

## 15 Years of Age

The advice provided to each teenager must be individualised according to their specific circumstances.

Topic	Content
<i>Alcohol and Diabetes</i>	<ul style="list-style-type: none"><li>• explain the effects of alcohol on the brain &amp; liver</li><li>• explain the impact alcohol has on diabetes control</li><li>• explain the relationship between alcohol and hypoglycaemia</li><li>• discuss strategies to minimise the impact of drinking alcohol on diabetes control specifically prevention of hypoglycaemia</li></ul>
<i>'Hangovers' &amp; Diabetes</i>	<ul style="list-style-type: none"><li>• discuss strategies to manage diabetes if 'hung over'</li><li>• discuss 'sick day' action plan</li></ul>
<i>Drug Taking &amp; Diabetes</i>	<ul style="list-style-type: none"><li>• explain the effects of casual drug taking on diabetes control</li><li>• explain the long-term implications if taking drugs regularly</li></ul>
<i>Smoking &amp; Diabetes</i>	<ul style="list-style-type: none"><li>• explain the effects of smoking on diabetes control</li><li>• explain the long-term implications of smoking on general health and diabetes complications</li></ul>
<i>Feelings and Emotions - Burnout</i>	If possible a Mental Health review should occur at this time which includes a discussion on 'Diabetes Burnout'
<i>Confidentiality</i>	<ul style="list-style-type: none"><li>• explain the issue of confidentiality</li><li>• explain how information they provide will be managed</li></ul>
<i>Government Allowances</i>	<ul style="list-style-type: none"><li>• discuss availability of Government allowances and the process for applying</li></ul>

Continued

Topic	Content
<p><i>Sexuality &amp; Diabetes</i></p>	<p><b>Note:</b> It is not the primary responsibility of a diabetes health professional to educate teenagers on sexual issues. However, it is not practical to disregard these issues and their potential impact on diabetes control and the risk of a sexually transmitted disease or unplanned pregnancy.</p> <ul style="list-style-type: none"><li>• discuss the implications of unsafe sexual practices</li><li>• explain the need for pre-pregnancy counselling</li><li>• explain the importance of tight glycaemic control prior to and during pregnancy</li><li>• discuss the relationship between sexual activity (increased physical activity) and hypoglycaemia during sex (particularly for males)</li><li>• strategies to prevent hypoglycaemia during sexual activity e.g. take extra CHO</li><li>• discuss the effects of poor glycaemic control and sexual dysfunction in males</li></ul> <p>The advice provided to each teenager must be individualised to their specific circumstances.</p>

**Note:** A dietary review should also occur at this stage of the transition process.