

16-17 Years of Age

| Topic | Content |
|---|---|
| <i>Getting a Driver's Licence</i> | <ul style="list-style-type: none"> • explain the specific requirements to obtain a learners and drivers licence • discuss current restrictions and regulations around holding a drivers licence • discuss young person's usual 'hypo' symptoms and what their early warning signs are • discuss safety precautions that need to be taken every time a young person gets behind the wheel of a car, which include: <ul style="list-style-type: none"> - Always checking their BSL before starting the car - Keeping 'hypo' food in the car at all times - Never drinking alcohol and driving - Never taking drugs and driving |
| <i>Travel & Diabetes</i> | <ul style="list-style-type: none"> • discuss the importance of 'planning' prior to travel • discuss and develop a 'sick day' management plan during travel • discuss regulations and restrictions when travelling by air (domestic and international) discuss insulin adjustment particularly during international travel |
| <i>National Diabetes Supply Scheme (NDSS)</i> | <ul style="list-style-type: none"> • discuss the process for obtaining diabetes supplies |
| <i>Health Care System & Associated Costs</i> | <ul style="list-style-type: none"> • discuss the different types of health care public vs private • explain the potential out-of pocket expenses • explain how to get a Medicare card • discuss advantages and disadvantages of private health insurance |
| <i>Tertiary Studies, Employment & Diabetes</i> | <ul style="list-style-type: none"> • discuss priority setting and the importance of continuing diabetes medical care (particularly if living away from home) • discuss diabetes care options • discuss expectations of employers and 'disclosure' of condition • discuss management of 'hypo's' in the workplace |

Note: A dietary and mental health review should also occur at this stage prior to transfer.

Continued

Education on the Management of Diabetes at 'Schoolies' Week

| Topic | Content |
|--|--|
| <i>Alcohol and Diabetes</i> | <ul style="list-style-type: none">• explain the effects of alcohol on the brain & liver• explain the impact alcohol has on diabetes control• explain the relationship between alcohol and hypoglycaemia• discuss strategies to minimise the impact of drinking alcohol on diabetes control specifically prevention of hypoglycaemia |
| <i>'Hangovers' and Sleep Deprivation</i> | <ul style="list-style-type: none">• discuss strategies to manage diabetes if 'hung over'• discuss 'sick day' action plan• explain the effects of sleep deprivation on diabetes control• discuss strategies to minimise the impact of sleep deprivation on diabetes control |
| <i>Drug Taking and Diabetes</i> | <ul style="list-style-type: none">• explain the effects of casual drug taking on diabetes control |
| <i>Alcohol and Sex</i> | <p>Note: 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 management (e.g. acute complications such as hypoglycaemia during intercourse, the risk of a sexually transmitted disease or unplanned pregnancy).</p> <p>The advice provided to each teenager must be individualised according to their specific circumstances.</p> |

Note: Ensure the teenager has a written plan (including a 'Sick Day' plan for managing their diabetes). Ensure the teenager has adequate diabetes supplies to take with them. Ensure the teenager's friends know how to treat a 'hypo' and have an emergency plan in place for seeking medical care if needed.