

# Complication Screening

## Information for Health Professionals

Families with a child or adolescent with diabetes should be made aware of the risk of long-term complications as part of their diabetes education. Information regarding complications should be provided to children and adolescents at a rate appropriate to their level of understanding and maturity. Families also need to be informed when complication screening should start, and how the screening is performed.

### Type 1 Diabetes

#### When to Start Screening for Diabetes Complications

Complication Screening should commence:

- when the pre-pubertal child has had diabetes for 5 years, *or*
- when a pubertal adolescent has had diabetes for 2 years

As Type 1 diabetes is an autoimmune disorder there is a greater risk of developing other autoimmune disorders such as:

- Hypothyroidism
- Hyperthyroidism
- Coeliac Disease

#### Complication Screening Tool

In 2001 the Queensland Health Paediatric Diabetes Working Party developed a 'Complication Screening Tool' for children and adolescents with Type 1 diabetes which was disseminated throughout Queensland.

In 2006 the Screening Tool was revised and updated to be consistent with the clinical practice guidelines prepared by APEG and approved NHMRC in March, 2005. To download a copy of the screening tool go to the Health Professional section of this website.

## Type 2 Diabetes

### When to Start Screening for Diabetes Complications

Complication screening in young people with Type 2 diabetes should commence at diagnosis.

The 2006 edition of the screening tool includes complication screening guidelines for children and adolescents with Type 2 diabetes. To download a copy of the screening tool go to the Health Professional section of this website.

### Parent Guidelines

In 2002, Complication Screening Guidelines for Parents of children and adolescents with Type 1 diabetes were developed and disseminated throughout Queensland. These guidelines were also revised in 2006 to be consistent with the revised screening tool. The 2006 edition includes guidelines for parents of children and adolescents with Type 1 and Type 2 diabetes. To download a copy of the screening tool go to the Health Professional section of this website.

These screening tools are also available by contacting the Mater Children's Hospital, Brisbane.

### Education Requirements:

Topic	Content
<b>Diabetes Complication Screening</b>	<ul style="list-style-type: none"><li>• discuss micro and macro-vascular complications related to diabetes, <i>and</i></li><li>• strategies for their prevention</li><li>• explain the complication screening process and schedule</li></ul>

### Website

For more information on complications screening and associated medical conditions visit the Queensland Government Diabetes Care Website: Module 8: Complications and Associated Medical Conditions

[www.workingwonders.com.au/rchsubsites/diabetes26042005/html/m\\_05..htm](http://www.workingwonders.com.au/rchsubsites/diabetes26042005/html/m_05..htm)

### Reference/s:

1. Stillman, J., Lang, E., Grieve, C., (2003) *Paediatric and Adolescent Diabetes Education Manual*, For Health Professionals. Queensland Health, Queensland Government Publication. Module 6 and 7
2. Australasian Paediatric Endocrine Group for the Department of Health and Aging: Clinical Practice Guidelines: Type 1 diabetes in children and adolescents. National Health and Medical Research Council (NHMRC), Australian Government, March, 2005

Visit the Sweet Transition website at [www.sweet.org.au](http://www.sweet.org.au)

