

## Making an appointment

To be able to come to YADS your current local doctor should send a referral letter to one of the following YADS Medical Consultants:

- A/Prof. Christine Rodda, Paediatric and Adolescent Endocrinologist (for people 15 – 18 years old)
- Dr Bala Krishnamurthy, Adult Endocrinologist (for people 19 – 25 years old)
- Dr Tricia Wong, Adult Endocrinologist (for people 19 – 25years old)

Appointment enquires can be made by calling the YADS appointment line Monday to Friday - 9am—5pm.

Phone: (03) 8345 1618  
Fax: (03) 8345 1079

Patient ID Label

## Young Adults Diabetes Service (YADS)

### Linking with Western Health Diabetes Service

#### WESTERN HEALTH

Sunshine Hospital

POD 2 Specialist Clinics

176 Furlong Rd, St Albans VIC 3021

Phone: (03) 8345 6666 (Hospital)

Phone: (03) 8345 1618 (YADS appointments)

Fax: (03) 8345 1079

<http://www.westernhealth.org.au>



Western Health

*Together, caring for the west*



Western Health

## What is YADS?

The Sunshine Hospital Young Adults Diabetes Service (YADS) is a clinic for people with insulin dependent diabetes mellitus (type 1 and type 2) who are between 15 and 25 years old. The clinic is staffed by:

- Paediatric Endocrinologists
- Adult Endocrinologists
- Diabetes Nurse Educators( DNE)
- a Dietitian
- a Social Worker.

People attending YADS may have been attending the Diabetes Service at Western Health or may have been referred from another doctor or clinic.

## About YADS

### When?

YADS runs on the 3rd Thursday of each month. If there is a public holiday on this day we will reschedule to the 2<sup>nd</sup> or 4<sup>th</sup> Thursday.

Appointment times are between 3:30pm and 6 pm. This gives you enough time for your HbA1C and other checks to be done before you see the YADS diabetes team. All of your appointments will be finished by 7pm.

### Where?

POD 2 Specialist Clinics, Ground Floor of the new Acute Services Building  
Sunshine Hospital, 176 Furlong Road, St Albans 3021.

### What does it cost?

There is *no charge* for appointments if you have a current Medicare Card. Please bring your card with you to each appointment.

## What do we offer young people attending YADS?

- Confidential consultation with your doctor. *You will be booked in to see the same doctor at each visit.* Parents are welcome to come with you, however we encourage you to see the doctor and other professionals in the Clinic alone for at least part of the appointment.
- Everyone has a three monthly HbA1C (to assess long term control) with a finger prick performed at the clinic. Sometimes additional blood and urine tests may be requested by your doctor and these can be performed by Dorevitch Pathology at Sunshine Hospital until 5pm on YADS clinic days.

A follow up diabetes education review can be arranged with the Diabetes Nurse Educator (DNE) between your YADS appointments. If you require a review please call the DNE Team on 8345 6666 between 9am and 4pm Monday to Friday and ask for the Diabetes Nurse Educator on call to be paged.

- If you become unwell or have unstable blood glucose readings phone 8345 1333 (switchboard) and ask to speak to a diabetes nurse educator for advice 9am – 5pm weekdays. After these hours, ask to speak to the endocrinology registrar.

- Social Work and Psychiatry support can be arranged for young people who need help with issues such as emotional, financial, school or work problems.

Referrals can be made during your YADS visit. If you need an urgent referral between your YADS appointments call the Endocrinology Registrar on 8345 1333.

## Pharmacy at Sunshine Hospital

- The Pharmacy at Sunshine Hospital is currently open until 5:15pm on YADS Clinic days for your insulin and Glucagen Hypokit supplies.
- NDDS supplies are currently NOT available through Sunshine Pharmacy.

## Diabetes Eye Checks

- Diabetes eye checks are not currently available at this clinic but information for local recommended *OPTOMETRISTS* can be found at [www.optometrists.asn.au](http://www.optometrists.asn.au)