

Transcript: *supporting your adolescent with their diabetes*

“So do you want to tell us Bailey, what sort of injections you’re having?”

“I use pens”

“Pens and when you do your pens do you usually give your own injections?”

“I do nights and suppers but mornings Mum and Dad do it for me”

“Excellent. So you have a sort of mix between Mum and Dad doing it in the morning and you doing it in the evening? Yep?”

“And that’s mainly because in the morning you’ve got to wake him quite early. I think too because the protaphane, you have so much in the, you know , the injection is more so you know you’re sort of holding it longer so until they get confident doing that, you know, it’s quite good that we do it. But then he has started to do it in the mornings, only because then if he wants to go for a sleep over to people’s places, he can do it himself, so”

“And that’s where pens are ideal too, isn’t it, being able to do it yourself and go away. And with your blood testing does Mum and Dad keep an eye on what the numbers are and write things up in the book?”

“Yep we write every day, four times a day”

“Yep so you take that responsibility to write it up in the book?”

“Well he does it, but we make sure that we’ve got something in there every day”

“And you’re sort of reviewing what the blood sugar levels are, and contacting us if you need to”

“Yeah, yeah”

“Excellent – that’s a good combination. It’s really important as you’re growing into adolescence now you’re 13 and you’re going into those adolescent years, that you’ve got somebody to support you and keep an eye on you and help you out with your diabetes, isn’t it. Excellent – well done”