



Welcome to the Royal Melbourne Hospital's Young People with Diabetes Clinic.

First of all what exactly is a Clinic?? Well basically they are run by public hospitals to allow a group of patients (you) to come along and see an Endo. Sounds a little dull but it is free, and there is usually an opportunity to see a diabetes educator, dietician and other D specialists while you're here.

To ensure you get the most from your visit to the Clinic today, here's some information about how it all works:

We will endeavour to see you as quickly as we can, and try to keep waiting times to a minimum. However you may have to wait, and we apologise for this. Due to the extremely erratic attendance rates at this clinic the hospital will generally overbook (just like most hotels and airline services) to cater for the people who don't turn up. However, sometimes, just to keep us on our toes Everybody decides to turn up and it gets a little crowded – but please try to be patient as we will get to you, and we do want to talk to you about your individual needs.

WHO'S WHO IN THE ZOO

Ever wondered exactly who it is you are seeing and what exactly their areas of expertise are? Well keep reading and you'll find out exactly who does what and who's the best person to talk to regarding your specific needs.

Endocrinologists:

Endocrinologists are doctors who specialise in the endocrine system and the hormones it produces. Most common condition looked after by endocrinologists is diabetes but it does also include other problems related to hormones.

Dr Peter Colman

In addition to being the Director of the whole Diabetes and Endocrinology Department here at RMH, Dr Colman has research interests including developing a vaccine for type 1 diabetes.

Dr Alison Nankervis

Dr Nankervis co-authored the first and only Australian book about Diabetes & Pregnancy – she has a special interest in pregnancy and all areas of women's health. She is consulting endocrinologist down at the Royal Women's Hospital diabetes and pregnancy clinic as well as here.

Pediatric Endocrinologist: Various

All referrals coming from the pediatric service see the Pediatric Endocrinologist and are then allocated to another Endocrinologist that is best suited to them.

Registrar: John Wentworth

Qualified doctor who is undertaking specialised diabetes training.

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young adults with diabetes

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Resident

A junior medical officer that has completed their university study then rotates through different disciplines of medicine to gain experience. Before implementing any treatment changes a resident will consult with a more senior doctor.

Diabetes Nurse Educators:

Cheryl Steele, Susan North, and Kathy Steele

An Educator is a Division 1 registered nurse with specialised training in diabetes.

Dietician: Larissa Watts

Specialises in dietetics. Food is a big part of diabetes so don't be shy – ask lots of honest questions to help you best understand how different types of food may affect the management of your diabetes.

CAN YOU SEE THE SAME DOCTOR?

If you'd like to see the same doctor at each visit you should specify that doctor when making your next appointment. If a doctor other than the one you requested does call your name, you are able to ask to wait for your nominated doctor.

ONE STOP SHOP

Are you time poor? Then keep reading to find out how to make the most of your visit.

As well as attending this clinic you can also arrange in the same visit to have eye photos taken as a screening for diabetic retinopathy, see a podiatrist, arrange for a kidney screening and chat to a dietician about your eating habits. All you have to do is ask the endocrinologist

during your visit, and if your endo orders other blood tests these can also be done during the clinic.

FAST FACTS

A few useful bits and pieces

◆ **CHANGING APPOINTMENTS**
To change or make a new appointment all you have to do is call 03 9342 8899.

◆ **PARKING**

Paid parking is available on site at the RMH or metered parking is available at Gratton St, Wreckyn St and Royal Pde.

◆ **PUBLIC TRANSPORT**

Tram #'s 55, 59 & 68 run along Flemington Rd to the RMH and bus # 402 travels along Wreckyn St to the RMH

◆ **EMERGENCIES**

In an emergency (business hours) call RMH switch 9342 7000 and ask for the Diabetes Educator, (A/H) call RMH switch and ask to speak to the Diabetes Consultant on call. Don't forget you can always call 000 or go to Emergency after hours.

