

Guidelines for Referral to Tertiary Centre

Please consider consultation with your tertiary centre if you observe any of the following:

- The classification of a child's diabetes as Type 1, Type 2, Monogenetic or other forms of diabetes is uncertain. The possibility of other types of diabetes should be considered in a child who has:
 - An autosomal dominant family history of diabetes
 - Diabetes diagnosed in the first 6 months of life
 - Mild fasting hyperglycemia (5.5-8.5 mmol) that does not progress
 - Associated health concerns such as deafness, optic atrophy, syndromic features
 - History of exposure to drugs known to be toxic to β cells or cause insulin resistance
- A child has a persistently elevated A1C >10% (i.e. 2 or more consecutive A1c values above 10% over 6-12 months). *According to the 2013 Canadian Diabetes Association Clinical Practice Guidelines (Wherrett et al 2013), children with persistently poor glycemic control i.e. A1C >10% should be assessed by a specialized paediatric diabetes team for a comprehensive interdisciplinary assessment and referred for psychosocial support as indicated.*
- A child experiences recurrent admissions for DKA (i.e. 2 or more episodes of DKA within 1 year).
- A child experiences recurrent severe hypoglycemia requiring glucagon or hospitalization (i.e. 2 or more episodes of severe hypoglycemia within 1 year).
- A child develops diabetes related vascular complications (persistent microalbuminuria, neuropathy, retinopathy or macrovascular disease).
- A child and their caregivers would benefit from professional services unavailable at your centre (i.e. Child Life Specialist, Endocrinologist, Adolescent Medicine, and/or Mental Health Specialist).
- A child and their caregivers would benefit from a comprehensive interdisciplinary assessment and recommendations to improve metabolic control.
- A parent/caregiver or youth requests a consultation with the tertiary centre.

Please note: The above is not an exhaustive list of consultation scenarios. Please contact us directly if you wish to speak to a member of the McMaster Children's Hospital Pediatric Diabetes Team about a potential consultation request. For more detailed information about our team members and referral process, please visit our website.

<http://mcmasterchildrenshospital.ca/body.cfm?id=58>