



Diabetes Clinic Adolescent Transition Checklist

Health Care Skills	Start date	Needs practice	Able to do	Comments
Complete comprehensive health summary				
Be aware of medical records, diagnosis information				
Understand health status/diagnoses				
Understand treatment plan				
Blood sugar monitoring				
Carbohydrate counting				
Medications and what they do				
Insulin administration				
Insulin doses and adjustment				
Oral medications				
Treatment of hypoglycemia				
Treatment of hyperglycemia				
Ketone testing and management				
Sick day management				
Assemble sick day kit				
Know health emergency telephone numbers/ when to call				
Know height, weight, & healthy weight range				
Keep monthly menstrual record				
Review sexuality materials, explore options as needed				
Know safe driving practices				
Discuss drugs and alcohol				
Know how to use a thermometer				
Know how to use OTC medications (read labels)				
Prepare questions for medical team				
Respond to questions from medical team				
Get prescription filled				
Schedule clinic appointments				
Keep a calendar of clinic, PMD, dentist, and eye appointments				
Know medical insurance information				
Identifies adult endocrinologist				

Moving On book _____ Transition 1 _____ Transition 2 _____

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