

PATIENT INFORMATION

**PAEDIATRIC DIABETES –
Exams and Stress**

Exams and Stress

Here are some tips and advice on how to cope with exams and stress.

- Get plenty of rest.
- Regular exercise can help you to cope with exam nerves and stress.
- Talk to your teachers about preparing for exams, where would be good to sit and what will happen if you need to treat a hypo in the exam – this can help you feel more confident and less nervous about the exams.
- Stress and nerves can affect your blood glucose in different ways, remember you may need to adjust your insulin dose for high and low blood glucose readings.
- When revising, have regular breaks and remember that eating regularly is important as the brain needs energy to function effectively,
- If you are taking an exam, ensure you eat properly and have your correct insulin on the day.
- Always take your hypo treatment into the exam room with you, some Fast-acting glucose (for example Lucozade tablets) and also take a longer acting carbohydrate if on injections (for example biscuits) taken out of the packet and kept in a small clear container to satisfy the exam invigilator that you are not cheating. You can then get to treatment easily without making too much noise.
- The school should talk to you about your health needs during the exam and have made provision for your medical needs in advance.
- Talk to your teacher or your paediatric diabetes nurse about any worries or concerns you may have.

If you feel hypo during an exam:

- Also inform the exam invigilator or a teacher on duty, so that they can record the event. You may be given extra time to complete the exam.
- Blood glucose test and treat immediately
- You may require a letter for the exam board which your diabetes team can help you with to make them aware that a hypo in an exam can affect your concentration.

Good Luck in your exams!

If your symptoms or condition worsens, or if you are concerned about anything, please call your GP, 111, or 999.

Patient Experience

We know that being admitted to hospital can be a difficult and unsettling time for you and your loved ones. If you have any questions or concerns, please do speak with a member of staff on the ward or in the relevant department who will do their best to answer your questions and reassure you.

Feedback

Feedback is really important and useful to us – it can tell us where we are working well and where improvements can be made. There are lots of ways you can share your experience with us including completing our Friends and Family Test – cards are available and can be posted on all wards, departments and clinics at our hospitals. We value your comments and feedback and thank you for taking the time to share this with us.

Patient Advice and Liaison Service (PALS)

If you have any concerns or questions about your care, we advise you to talk with the nurse in charge or the department manager in the first instance as they are best placed to answer any questions or resolve concerns quickly. If the relevant member of staff is unable to help resolve your concern, you can contact the PALS Team. We offer informal help, advice or support about any aspect of hospital services & experiences.

Our PALS team will liaise with the various departments in our hospitals on your behalf, if you feel unable to do so, to resolve your problems and where appropriate refer to outside help.

If you are still unhappy you can contact the Complaints Department, who can investigate your concerns. You can make a complaint orally, electronically or in writing and we can advise and guide you through the complaints procedure.

How to contact PALS:

Telephone Patient Services: 0300 123 1732 or via email at: wah-tr.PALS@nhs.net

Opening times:

The PALS telephone lines are open Monday to Friday from 8.30am to 4.00pm. Please be aware that you may need to leave a voicemail message, but we aim to return your call within one working day.

If you are unable to understand this leaflet, please communicate with a member of staff.