

Pathways for young people at risk of or with diagnosed youth onset type 2 diabetes

Welcome to the Youth Type 2 Diabetes screening, management and referral pathways hub. Here you will find resources to guide your practice with young Aboriginal and Torres Strait Islander people, at risk of or diagnosed with youth onset type 2 diabetes. The resources here have been developed by The NT Diabetes Network and Menzies School of Health Research in close consultation with health professionals who work with young people living with type 2 diabetes.

There are three pathways included here: Screening, Management and Referral Pathways.



1. Screening Pathway



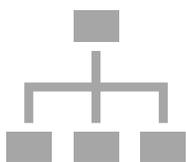
This pathway is to be used by health professionals working with Aboriginal and Torres Strait Islander young people in the Northern Territory and who are at risk of type 2 diabetes. If your patient is between 10 and 25 and known to have risk factors, undertake a blood test to measure HbA1c, and this value will guide your next step. The Screening Pathways presented here differs to that in CARPA in several ways. Please refer to the flow diagram, and description below for a more detailed overview. Link: <https://diabeteslifecourse.org.au/youth-diabetes/health-professional-resources/>

2. Management Pathway



Intensive support and early management of type 2 diabetes in young people can positively impact long term outcomes, and so it is essential that diabetes is closely managed. The pathway for management of young Aboriginal and Torres Strait Islander people with type 2 diabetes involves four pillars. Details of each of these pillars are listed in the Management Pathways flow, which can be found here: <https://diabeteslifecourse.org.au/youth-diabetes/health-professional-resources/>

3. Referral Pathway



Collaboration between health services is a key part of the effective management of type 2 diabetes in young people. Collaboration between health care providers differs between those 17 and under, and those over 17, primarily by the involvement of either paediatricians/ paediatric endocrinologists or adult endocrinologists. Referral Pathways can be found here at this link: <https://diabeteslifecourse.org.au/youth-diabetes/health-professional-resources/>