

Paediatric Endocrinology Clinics at Western Health:

Western Health provides the following Specialist Clinic services for children who require assessment and management of actual, or suspected paediatric and adolescent endocrine conditions:

- 1. General Paediatric Endocrinology Clinic:** for children up to 17 years of age with general paediatric endocrinology conditions that require a paediatric or adolescent endocrinologist.
- 2. Young Adult Diabetes Service (YADS):** a multidisciplinary clinic for young people between 15 to 25 years of age with diabetes mellitus. .

Referral will be triaged by a Paediatric Endocrinologist into one of the above management pathways according to specific clinical requirements.

Referrals may be triaged to alternative Paediatric Specialist Clinics at Western Health.

Specialist Clinics are provided in the Joan Kirner Women's & Children's Sunshine Hospital.

Conditions not seen by Paediatric Endocrinology at Western Health:

- Diabetes Mellitus in children aged less than 15 years.
- Endocrine conditions associated with other chronic diseases predominantly managed at a paediatric tertiary health service.

Acute conditions listed below require immediate assessment – please refer the patient to the Sunshine Hospital Emergency Department.

- Hypoglycaemia
- Newly diagnosed hyperthyroidism
- Polyuria
- Polydipsia
- Hypocalcaemia

Access & Referral Priority Paediatric Endocrinology:

The clinical information provided in your referral will determine the triage category.

The triage category will affect the timeframe in which the patient is offered an appointment.

<p style="text-align: center;">URGENT</p> <p style="text-align: center;">Appointment timeframe 30 days</p>	<p style="text-align: center;">ROUTINE</p> <p style="text-align: center;">Appointment timeframe greater than 30 days, depending on clinical need.</p>
<p>Thyroid Disorders</p> <p>Hypothyroidism</p> <ul style="list-style-type: none"> Newly diagnosed <p>Hyperthyroidism</p> <ul style="list-style-type: none"> Newly diagnosed, send to the Sunshine Hospital Emergency Department. 	<p>Short Stature</p> <ul style="list-style-type: none"> Height < 1st centile <p>Tall Stature</p>
<p>Primary Adrenal Insufficiency</p>	<p>Turner Syndrome</p>
<p>Precocious Puberty</p> <ul style="list-style-type: none"> In children < 6 years of age. 	<p>Pubertal Delay</p> <ul style="list-style-type: none"> No secondary sexual characteristics developed in boys or girls by the age of 14 years.
<p>Polyuria and/or Polydipsia</p>	<p>Fractures</p> <ul style="list-style-type: none"> Femoral shaft fracture Two or more other long bone fractures
<p>Hypoglycaemia</p> <ul style="list-style-type: none"> Refer to the Sunshine Hospital Emergency Department 	<p>Bone Fragility Syndromes</p> <ul style="list-style-type: none"> Osteogenesis imperfecta Hypophosphatasia
<p>Hypercalcaemia</p>	<p>Bone Health Assessment</p> <ul style="list-style-type: none"> Bone health assessment for non-ambulatory children less than 17 years of age.
<p>Rickets Vitamin D Deficiency</p> <ul style="list-style-type: none"> Patients with a 25(OH) D level < 12 nmol/L 	<p>Obesity</p>



Note: If also hypocalcaemic refer patient to the Sunshine Hospital Emergency Department.

- Children > 10 years with obesity for assessment and monitoring if associated with:

- Acanthosis nigricans
- Family history of type 2 diabetes mellitus
- Maternal gestational diabetes
- Polycystic ovarian syndrome in older teenager girls; indicative of increased risk for type 2 diabetes mellitus.

Diabetes Mellitus

- Established diabetes mellitus in a 15 to 25 year old previously treated at an external health service.

Western Health Specialist Clinics Referral Guidelines

Condition Specific Referral Guidelines:

Key information enables Western Health clinicians to triage patient referrals to the correct category and provide treatment with fewer visits to Specialist Clinics, creating more capacity for care. If key information is missing, you will be asked to return the referral with the required information. If this information is not received, the referral may be rejected.

Condition:	Key Information Points:	Clinical Investigations
Short Statue / Tall Statue	Essential <ul style="list-style-type: none"> • Past medical history • Clinical examination <ul style="list-style-type: none"> ➤ Height and weight measurements ➤ Growth chart assessments ➤ All past height and weight measurements 	<ul style="list-style-type: none"> • Please forward any copies of previous assessments and reports. • No specific blood test required prior to initial appointment.
Thyroid Disorders	Essential <ul style="list-style-type: none"> • Past medical history • Clinical examination <ul style="list-style-type: none"> ➤ Height and weight measurements ➤ Growth chart assessments • Age at diagnosis Hypothyroidism <ul style="list-style-type: none"> • Current thyroxine dose 	<ul style="list-style-type: none"> • Thyroid stimulating Hormone (TSH) • Free Thyroxine (fT4)
Pubertal Delay	Essential <ul style="list-style-type: none"> • Past medical history • Clinical examination 	<ul style="list-style-type: none"> • Please forward any copies of previous assessments and reports. • No specific blood test required prior to initial appointment.
Turner Syndrome	Essential <ul style="list-style-type: none"> • Past medical history • Age at diagnosis • Current hormone treatment 	<ul style="list-style-type: none"> • Results of chromosomal analysis. • Please forward any copies of previous assessments and reports.
Fractures	Essential <ul style="list-style-type: none"> • Past medical history • Details of Paediatric Orthopaedic involvement. 	
Bone Fragility Syndrome	Essential <ul style="list-style-type: none"> • Details of initial diagnosis 	
Bone Health Assessments	Essential <ul style="list-style-type: none"> • Past medical history 	
Hypophosphatemic Rickets	Essential <ul style="list-style-type: none"> • Past medical history • Details of initial diagnosis 	

Western Health Specialist Clinics Referral Guidelines

	<ul style="list-style-type: none">• Current dose of phosphate and calcitriol	
Diabetes Mellitus Established Diabetes Mellitus previously treated elsewhere for patient referral to the YADS.	Essential <ul style="list-style-type: none">• Past medical history• Co-morbidities• Current insulin regimen	<ul style="list-style-type: none">• GAD antibody test / status results if available.

