



UHS Paediatric Diabetes Newsletter

Autumn 2018



Welcome back!

We hope you all enjoyed the long hot summer and you haven't found managing diabetes too challenging in the heat. As the weather gets cooler we want to remind you again that you are eligible for a **flu vaccination** from your GP to give you extra protection. Ask your team about 'sick day rules'

*To help aid flow through clinic and improve delays ,we are asking that you please try to **download your blood glucose meters, pumps and CGM devices at home prior to clinic, the WiFi connections in the hospital can sometimes not work. If you require help with this please ask one of the nurses.***

Technology

Currently there are lots of exciting advances in technological support for people with diabetes. If you are interested in your child having a pump or a continuous glucose monitor please discuss this with your diabetes nurse or consultant in clinic as certain criteria have to be fulfilled to qualify for these on the NHS.

If you do qualify for a pump or monitor there is a waiting list of three to six months followed by intensive training and support.

News

- South Central Freemasons donated £690 for the diabetes team
- Priestlands School chose us as their charity of the year and raised £2000
- Any money raised will help us to organise activity days next year and a Christmas party – watch out for flyers with date and location!
- We are aiming to run some activity days for our young people over the next year. Please give us ideas about what you like to do.
- Over the next few months the UHS diabetes team website will be updated. Let us know if there is anything you would like included on it.
- We are trying to set up a mentoring system for young people and families. Please let us know if you are interested in supporting this by becoming a mentor .



TILE BARN

A great time was had by everyone who came to the Tile Barn activity days in June, where we tried crate stacking, archery, cycling, abseiling and more.

“I enjoyed my day at Tile barn because of taking part in all the activities and I also enjoyed making new friends”

Louis, aged 9 years

If your child would like to join others in a fun weekend under supervision of our team, please look out for the application forms next year.



URGENT ON CALL SERVICE REMINDERS

We realise that there have been many changes to the diabetes on call service over the past year. Major teething problems have now been resolved and it appears to be working well. Just to clarify that this service should only be used for urgent advice or emergencies and not routine calls or ordering please. We continue to do our best to give you helpful advice when you call, but just to remind you that the diabetes nurse on call does not always have access to IT or medical records when you ring. Therefore, we advise that you always have your up-to-date doses and ratios ready to hand.

Your keyworker knows you/your child the best and is better able to provide help and advice about routine blood glucose management and adjusting insulin doses. They can be contacted directly, or you can leave a message on the diabetes office answerphone for them to call you back.

Enquiries about pump and sensor orders should be done through the email below or via the diabetes administrator (Maisie) on 023 8120 8518. Please make orders at least 2 weeks before you need the materials.

Technical support is also available through company helplines and websites.

Thank you for your support and cooperation

If you need to contact us, either about the newsletter, a clinic appointment or anything else, then please use the following details:

- **Emergency number (8am-10pm): 023 8077 7222 and ask for paediatric diabetes nurse on call**
- **Outside of these hours, please call: 023 8120 4628**
- Diabetes administrator (Maisie): 023 8120 8518
- Patient Services Centre (for clinic appointments): 023 8120 4477
- Diabetes Nurses (Jo, John, Gill, Haley and Carlyne) during working hours: 023 8120 6893
- Dietitians (Rebecca, Helen and James) during working hours: 023 8120 6072
- Psychologist (Heloise) during working hours: 023 8120 4657
- To order pump supplies: paeddiabetespumps@gmail.com

You can also refer to our website: <http://www.uhs.nhs.uk/OurServices/Childhealth/Childrens-diabetes-service/ChildrensDiabetesService.aspx>

