

Paediatric Diabetes Team Newsletter

Swindon

Summer 2013

August 2013

Meet The Team



Paediatric Diabetes Consultants:

Dr Sanjay Rathi, Dr Nick West

Paediatric Diabetes Specialist Nurses:

Sandra Rudman and Helen Good

Paediatric Diabetes Nurse:

Nancy Brown

Paediatric Diabetes Dietitian:

Elmarie Van Wyk

Paediatric Clinical Psychologist:

Lauren Whittington (till End October 13)

Diabetes admin co-ordinator:

Janine Drinkwater

New Faces

We would also like to use this opportunity to formally welcome Janine Drinkwater to the Diabetes team. Janine has been appointed recently as our Diabetes admin co-ordinator.

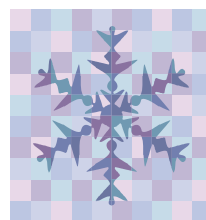
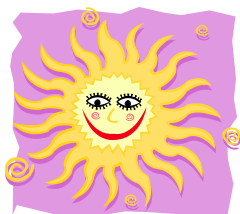
We hope you find our newsletters useful. If you have missed copies of the previous newsletters please contact one of the team members and we can forward a copy to you.

If you wish to contribute to the newsletter in the future please let one of the team members know.

ChildrensDiabetesTeam@gwh.nhs.uk

British Summer time ends on 27 October 2013

Remember Clocks go back 1 hour



Remember to change the time on your blood glucose meter.

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Diabetes Structured Education Programme

Where are we at?

We have successfully held a couple of structured education sessions since April 2013. We received constructive feedback from children and parents to improve our education even further.

The aims of the diabetes structured education sessions are to give you the confidence to self manage your diabetes and improve glycaemic control as well as prepare you for transition to adult services.

Next sessions for 2013/2014:

Date & Time	Topic	School year	Profession Leading	Venue
3 rd October 2013 14:00-16:00 (Thursday)	Dietetic topic tbc ? Exercise	tbc	Elmarie van Wyk	Seminar room 4
7 th November 2013 14:00-16:00 (Thursday)	Conversation maps for children who where diagnosed in 2013	everyone	Sandra Rudman Helen Good Elmarie van Wyk	Seminar room 5
11 th November 2013 Time tbc (Monday)	Teenage Awareness Evening	Year 8-9	Tbc nurse led	tbc
5 th December 2013 14:00-16:00 (Thursday)	Nursing topic tbc	tbc	Tbc Nurse Led	Seminar room 4
9 th January 2014 11:00-13:00 (Thursday)	Dietetic topic tbc	Under 7's	Elmarie van Wyk	Seminar room 7
6 th February 2014 14:00-16:00 (Thursday)	Nursing topic tbc	tbc	Tbc Nurse Led	tbc
6 th March 2014 14:00-16:00 (Thursday)	Nursing topic tbc	tbc	Tbc Nurse Led	tbc
10 th March 2014 18:00-20:00 (Monday)	Teenage Awareness Evening	Year 10+	Tbc Nurse Led	tbc

All structured education sessions have written curriculum and lesson plans which are tailored according to age groups and individual understanding. All of our education sessions are also evaluated by a peer reviewer to ensure quality assured outcomes.

If you worried about missing school, we can write a letter to your head teacher explaining that this is part of the medical management of your Diabetes.

You should receive an invite to one of these sessions in the next couple of months, but please feel free to contact us if you want to attend any other sessions. The majority of sessions will be held in the afternoon or evening although a couple of sessions will be held in the morning for the younger children. All sessions will take place in The Academy, Lower Ground Floor at GWH unless stated otherwise.

New clinic dates and times

From September 2013 our clinic times and dates will change slightly. We have increase the clinic slot times to 20min instead of 15min as well as add a Friday clinic.

The following clinics will now run on a weekly basis:

Day	Time	Type	Lead Professional
Monday	14:00-17:00	MDT Diabetes Clinic General/ Pump	Dr Sanjay Rathi
Tuesday	9:30 – 12:00	MDT Diabetes Clinic Pump	Dr Sanjay Rathi
Thursday	9:30-12:30	Diabetes Dietitian Clinic	Elmarie van Wyk
Friday:	9:30 – 12:30	MDT Diabetes Clinic General	Dr Nick West

Please do not hesitate to contact the team if you need discuss your clinic appointments.

If you need to change your clinic appointment please contact the outpatient booking clerk on 01793 604990 . It's a good idea to let the Diabetes team know as well so that we can try and re-arrange the clinic review sooner if needed.

Going 'blue' for World Diabetes Day



World Diabetes Day will be celebrated on the **14 November 2013**. If you want to get involve in fundraising in your school or area for this event please contact diabetes UK for more information or see link below.

<http://www.diabetes.co.uk/World-Diabetes-Day>

<http://www.idf.org/worlddiabetesday>

Please let us know if you want any other diabetes related topics to be covered in this newsletter by emailing us on ChildrensDiabetesTeam@gwh.nhs.uk

What have you been doing?

"Are you sure you can do it with diabetes?"

YES!

Emma on going to a PGL Diabetes UK camp

Just before I was diagnosed with diabetes in October 2012 I noticed that I had changed, I was always thirsty and kept on drinking a lot more than normally. One morning I told my mum that the TV looked blurry. After this my mum thought that all of the signs looked like they could be related to diabetes and took me straight to the doctor's.

The doctor said that I needed to go straight to the hospital for tests. After lots of blood tests I was diagnosed with Type 1 diabetes and had to spend a few days in hospital. During those days I had to learn lots. I learned what diabetes is and how it is treated. Over the last 10 months I have got on well with having to count my carbs, measure my blood sugars and do my injections. Having diabetes has not stopped me from doing anything and hasn't got in the way too much.

Earlier this year mum and dad applied for me to go on a Diabetes UK care camp. I have just come back from a week at the Calshot Activity Centre near Southampton. It was great. I went skiing, abseiling, climbing, kayaking and lots of other activities such as a pool cross which was using a single rope as a bridge across the swimming pool. I fell in! I also learnt a lot more about diabetes such as the importance of rotating finger pricking and using different injection sites, like my tummy which I had never done before. I got a certificate for having taken part in lots of confidence building activities.

Emma 7yrs old

We hope these stories and achievements will inspire you and look forward to hearing from you with what you have achieved

Congratulations to everyone who passed their exams in 2012/2013 academic year!

CHARITY SINGLE "FIND A CURE"



Hi Guys!! I'm Phoebe Maddison. I have had articles in the magazine before, as I am heavily involved in raising money for finding a cure for Type 1 diabetes. I have done a few fund raisers Mad hair days etc, but my main way is through Music.

I am always singing at charity functions and at Christmas markets along with my fundraising buddies from Pop4diabetes. Our latest venture is to release a single called Find a Cure. The song has been co written and produced by Simon Ellis and Shane Board. Sung by Shane Board and a Childrens choir. Shane is Type 1 diabetic and like me is determined to help raise funds to find a cure.



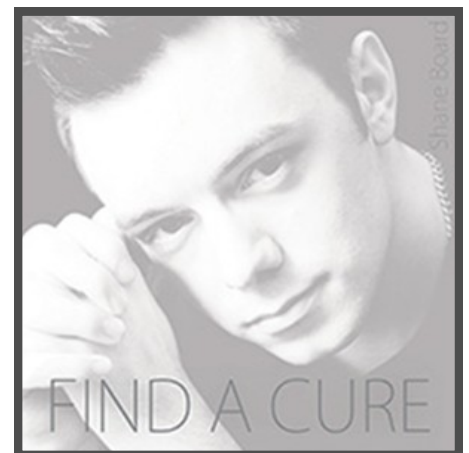
Shane and Pop4diabetes founder Iris Board asked if I would like to be part of the choir and if I know anyone who could join us. I go to Stagecoach which is a performing arts school for children of all ages. I asked the principle if we could help with the record, and she was very happy for Stagecoach to provide the majority of the Childrens choir. Iris also got other diabetic children to come and help on the day. This was really good as I got to meet some new friends who knew what it is like to have my condition.

The day was excellent!!!! I went to a recording studio in Ringwood with all my friends and we all experienced what it must be like to be a professional recording artist.

A few weeks later I was asked to go to Paultons Park to film the video to coincide with the release of the single. That was a fun day. Oh the life of retakes. I had to go on a rollercoaster 5 times he he, no queuing either. I think I might be liking the life of a Diva.

The single is available to download from Itunes and Amazon or buy the CD NOW on POP4DIABETES website.

WWW.pop4diabetes.co.uk



Hot Topics

What is Hba1c?

Glucose in the blood sticks to haemoglobin in red blood cells making glycosylated haemoglobin called HbA1c. The more glucose in your blood, the higher the HbA1c. The HbA1c gives a measure of what your average blood glucose level has been in the previous 2-3 months.

What does it tell us?

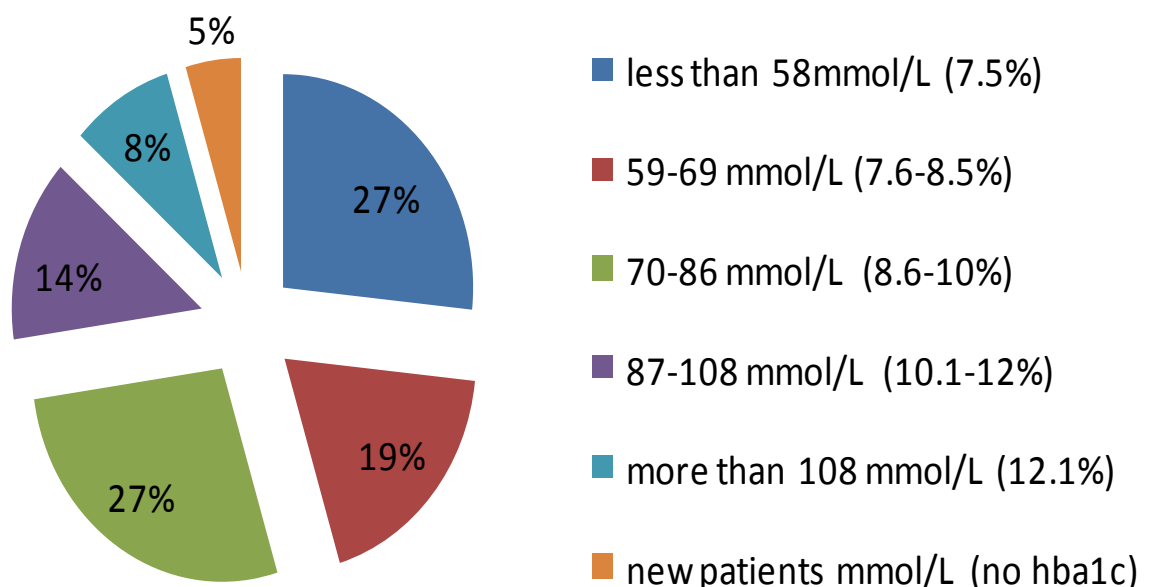
The better your blood glucose control the less chance there is of you developing complications such as eye, kidney or nerve damage, heart disease or stroke. Red blood cells live for about 8-12 weeks before being replaced so the HbA1c test tells you what your blood glucose has been over the past few months and whether you are on target to keep your risk of complications as low as possible.

Do you know your number?

	Target number
Pre-meal Blood glucose	4-8mmol/L
Hba1c	Less than 58mmol/L (7.5% in old money)

Where are we with Hba1c for Swindon August 2013?

Hba1c control



Hot Topics

Annual reviews with Paediatric Diabetes Dietitian

One of the set standards of the 'Best Practice Tariff (BPT) is that every child or young person with diabetes should be offered an appointment with the dietitian at least once a year.

What services can the Paediatric Diabetes Dietitian offer?

- Healthy choice dietary assessment
- Exercise management,
- Weight management,
- Carbohydrate counting review and Insulin Carbohydrate ration (ICR) review
- Annual Coeliac review,
- Low Glycaemic Index (GI) diets,
- Cardiovascular Health Promotion,
- Advice on take away foods and eating out,
- How to cope with parties,
- Help, my child won't eat!,
- Bolus types on Insulin pumps,
- Disordered eating screening,
- Assessing adequacy of vegetarian diets,
- School menu assessment

You should receive an appointment letter with the Paediatric Diabetes Dietitian over the next couple of months. The clinic is usually held on a Thursday morning at The Great Western Hospital and will be between 30-60min long. Please feel free to contact Elmarie van Wyk if you need a review.

SWPDN Facebook Page



The South West Paediatric Diabetes Network (SWPDN) endorses the Facebook Social Network Group for Patients & Families in the South West. This page is for parents and children living with Type 1 DM only and not for professionals.

Please let us know if you want any other diabetes related topics to be covered in this newsletter by emailing us on ChildrensDiabetesTeam@gwh.nhs.uk

Calling all aspired event planners

Are you interested to be part of a small working committee to host our own local Diabetes Charity Ball in Spring/Summer 2014?

If so please contact Helen or Sandra on 01793 604969 /

childrensdiabetesteam@gwh.nhs.uk for more information

New Diagnosis

Can you remember what it was like when you or your child was diagnosed?

We are currently looking for patients and their families who would be willing to be contacted by newly diagnosed patients and / or their families. It is often quoted by new patients or their families 'it would be nice to speak to others who have been through what we are going through and are faced with'. As a diabetes team we give you the medical information and support but do not actually live with diabetes, unlike yourselves. If you are interested in speaking to new families either when they are in hospital/ at diagnosis or after discharge please contact Sandra, Helen or Nancy. We will always contact you before giving your details to a patient/ family.

Type 1 kids....BG'S

Do you look after a child or young person with Type 1 Diabetes?



Family support Group for children with Type 1 diabetes

For more information about meetings/ trips out either look on the web site or contact:

Sharon.....07980 149828

Or Bev.....07867 800599

www.type1familieswindon.moonfruit.com

***Holiday abroad
and need a travel
letter?***

*Please give the
Diabetes Nurses at
least **2 weeks**
notice to arrange a
travel letter.*

How and when to contact the team

If you or your child has diabetes someone is always available to help you with any queries or concerns you have. Please contact us asap if you/ your child require advice. Due to a large amount of patients we are not always able to frequently contact you to see how you are getting on but if you contact us one of the team will always speak to you or return your call if you leave a message.

Any diabetes related issues will be dealt with directly with the diabetes team/ children's unit, see below (who to contact). However for all non-diabetic medical issues please see your GP,

Type of enquire	Contact Person	Contact Number
For <u>non</u> urgent enquiries Office hours (Monday – Friday). Except Bank Holidays	Sandra, Helen or Nancy	Monday to Friday 8.30-16.30: 01793 604969 or leave a message
<u>For Urgent Enquiries:</u> Office hours (Monday – Friday). Except Bank Holidays	Sandra, Helen or Nancy. If they not available please contact the Children's Unit (inform the staff your child has diabetes and ask to speak to the Paediatric Registrar)	Monday to Friday 8.30-16.30: 01793 604969 or Children's unit 01793 604095
<u>For Urgent Enquiries:</u> Out of hours , weekends and Bank Holidays	Children's Unit (inform the staff that your child has diabetes and ask to speak to the Paediatric Registrar on call)	01793 604095
Paediatric Diabetes Dietitian	Elmarie Van Wyk	01793 605149
General. Non-urgent enquiries	Diabetes Team	childrensdiabetesteam@gwh.nhs.uk Please do not add any confidential / personal identifiable information
For Appointment changes	Children's Outpatients clerk (appointments) It will be good to contact Janine Drnkwater (diabetes admin co-ordinator) as well as she can try and arrange a review sooner than the 'next available appointment' if needed.	Children's Outpatients clerk: 01793 604990 Please make sure you cancel your appointment if you cannot make it. Janine Drinkwater: 01793 604969

Don't forget you can contact the team at anytime for advice. If your child is unwell please try to contact one of the team or the Children's Unit as we may be able to prevent an admission/ visit to hospital:

It is always better to contact the team at the beginning of the day, or as soon as you are concerned, as we can then do all we can to help you care for your child at home, if appropriate.

**The Paediatric Diabetes Team
The Great Western Hospital, Swindon
August 2013**