



Diabe -Tees Newsletter

Welcome to the Spring/Summer edition newsletter from your diabetes team. We would love to hear your comments and suggestions for future editions. We will continue to send you one every 6 months. Our aim is to keep you updated on current events and developments within the team and in the world of diabetes

Recent developments

Patient empowerment tool: Christine and Hue have been working on new updated versions of the tool designed specifically for pen or pump regimes and we will be handing them out to families as they attend clinic over the coming few months. We will also attempt to upload it to the Digibete App for easy access if possible

Downloading your equipment: There are still a number of patients who are not routinely downloading their equipment; if this is because you have not got the necessary downloading cable or need help to access the CGM/Libre links please can you ask one of the diabetes team and we will endeavour to help you. **We are asking patients to ensure their equipment is downloaded to the relevant platform at least the day before their clinic appointment.**

The Diasend downloading equipment is available in Children's Outpatient's during normal working hours. If you would like to download your meter and have not got the equipment at home to do so, you can also call in to do it.

National Paediatric Diabetes Audit (NPDA) April 2019-20: we have some preliminary reports from the audit which is looking extremely positive for both JCUH and FHN sites. The full audit report will be available for you to access in the next few months; we are currently in the process of submitting data for 2020 – 21.

Newly Diagnosed patients: There has been a significant increase in the number of young people diagnosed with diabetes nationally throughout the lockdown period. In the last 6months we have had 11 newly diagnosed families. We continue to keep all newly diagnosed patients in hospital for a minimum of 5 working days to ensure they have been given the necessary information and training. We have produced a personal diabetes plan which incorporates all of our patient information leaflets and checklist for on-going education after discharge for the first 3months. **If your child has been recently diagnosed and has a plan could we remind you to bring it along to your appointments so that we can complete it before we commence the goals of education framework.** During the first year after diagnosis we will endeavour to see your child every 4 – 6 weeks; once every 3 months in the MDT clinic and in the nurse/dietitian clinic in between this. Kerry Ferguson our psychologist is aiming to be available for the nurse/dietitian clinics when she can and one of the consultants will also be present on the first Wednesday nurse/dietitian clinic of the month at JCUH

Diathlete zoom sessions and virtual pump education sessions: Gavin Griffiths – the diathlete is continuing to offer monthly educational events via zoom and we are sending the links out for these as we receive them. Similarly some of the pump companies are arranging regular workshops and events virtually which, again we are sending out as they arise.



Fund raising

We would like to thank all of the families who have donated/participated in events or raised money for us recently.

We use our trust fund to pay for events like Peat Rigg, our pre Transition evening and our soft play events as well as the purchase of carbs and cals books for newly diagnosed families and other educational resources.

Donations and fund raising ideas are always welcome – please contact us if you have any.

Remember to
download your
meter/pump at least
once a month

If you are having
difficulty downloading
please contact us

**HAVE YOU DOWNLOADED THE DIGIBETE APP
YET? YOU CAN LINK TO OUR RESOURCES IN
THE NEWS SECTION OF THE APP**

USING THE CODE

WBSPZ

Messages for the season:

Make sure you have back up insulin pens (especially if you are on a pump) Spare pens can be obtained on prescription from your GP



Patients who attend JCUH will be having their annual review appointments during April-June – please ensure your child is prepared for blood tests and a urine sample if needed on the day of your appointment. If you require a urine bottle and/or LMX cream in advance please call the office and we will ensure this is sent out to you. FHN patient's annual reviews will begin in Oct-Dec

In what has been a difficult year for everyone we would like to thank you all for your hard work and commitment. We are seeing a sustained improvement in our HbA1c figures and we are proud to tell you that we are now amongst the best in the North East!!

REMEMBER

It is always best to contact the Diabetes team or the Paediatric Decisions Unit (PDU) at The James Cook University Hospital on 01642 854896 if you are worried about your child

Virtual events: Covid restrictions have had to make us re-evaluate how we deliver our educational events this year. We have been able to offer some of the usual group sessions by Teams, which went really well. They have given us lots of ideas on how to deliver education in different formats for the future.

Group education: We are hoping to re-introduce some group education by the summer depending on when/if restrictions are reduced but if this is not possible then we can think about doing some more Teams events

Peat Rigg: We are delighted that we are able to go to Peat Rigg as planned in August and we are currently sorting out logistics in case there are still some restrictions in place. We have sent letters out in the last few weeks to the families of children eligible to go – we have 30 spaces; priority will be given to young people who have not been before and then on a first come first served basis. You and your child will receive a confirmation letter with details if you are offered a place

Meet your diabetes Team:

(For those of you who don't know all the team members!)

Your nurses: Alison, Julie, Christine and Louise



Your Doctors: Dr Burns, Dr Balasubrahmanyam, Dr Barron and Dr Dammann



Your Dietitians: Ruth, Hue and Vicki



Psychologists : Kerry & Shelley



Admin support: Sue



We have a new consultant, Dr Viji Raman joining us in May – we are looking forward to welcoming her to the team.

Farewell to Dr Birrell: Dr Birrell retired from the Trust in March. She was an integral part of the Diabetes Team for a number of years and we are sure that those of you who remember her will join us in wishing her a very happy retirement.



Upcoming events and education sessions:

Pre –Senior school event (for families and young people who are moving to senior school in September) – June (date and venue to be confirmed) may be via Teams

Pre –Transition Event (for young people who will be going into year 11 in September – James Cook Patients only) – date and venue to be confirmed may be via Teams if not possible

Summer club- education event (2 or 3 day structured education delivered in a fun way for young people with diabetes aged 8-16 including a sports/exercise day) – date and venue to be confirmed – or we may do something via Teams if not possible

Peat Rigg 11th – 13th August, **priority this year will be for those newly diagnosed or who have not been before, especially if restrictions are still in place.**

Invitations will be sent for all these events; however, if you are interested in any of them, or would like some further information please get in touch



Contact us by phone : 01642 854660

Email:

alison.murray22@nhs.net
julie.stonehouse1@nhs.net
c.mcpartland@nhs.net
louisefinn@nhs.net

Admin:

sue.coles2@nhs.net

IDEAS AND ARTICLES FOR NEXT EDITION?

Please let us know if you have any interesting articles or ideas for our autumn/winter edition; or any burning issues you would like us to highlight on your behalf

