



Diabe -Tees Newsletter

Welcome to the autumn –winter edition newsletter from your diabetes team. We would love to hear your comments and suggestions for future editions. We plan to continue sending 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

Clinics and education: With Covid 19 restrictions still in place we are continuing to adjust to life in this current situation. We started to see patients in clinic from July and we are working hard at trying to ensure all of the annual review appointments are completed to schedule and that you feel safe and secure coming for your appointments. There are lots of safety measures in place within the hospital in order to protect patients, visitors and staff. This means that wherever possible there will be a maximum of 3 adults in a consulting room with a child at any appointment (this includes the Doctor and other members of the multi-disciplinary team) so unless it is for specific training we are asking wherever possible that only one parents accompanies their child for their appointment.

We have been trying out different ways of communicating with our families – via telephone consultations or video consultations via attend anywhere. We have been doing some of our education sessions virtually and we have tried to ensure all the schools who care for our children have been provided with an education package. Christine has done some work with the regional network to produce a virtual teaching presentation which has been given to all schools. We have been able to go into primary schools to provide education updates as well and we sent all our families new care plans for school for you to complete and hand in to school at the start of the new term

Download clinic: We continue to actively encourage families to download their meters and pumps at least once per month and we are looking at these in our Download clinic each week – we have found that by contacting you to discuss any changes or adjustments that may be needed before you are seen in clinic has had a huge impact on the HbA1c target and we are still seeing a very encouraging improvement. If you have downloaded and we don't feel any changes are needed we will not contact you, but if you have any specific concerns and don't hear from us within 2 days of downloading please call us

Peer review: we had our peer review in August we were interviewed by a panel of diabetes professionals via Teams in order to identify areas of good practice within our service and help to identify areas where we may not be performing so well so that we can work on improvement. Some of our parents were kind enough to volunteer their time to speak to the panel about their experiences. The day went very well and the panel were very complimentary of the work we do to ensure we give a high standard of care to our families. Doctor and psychology time were highlighted as areas of concern and the Trust is working to address these.

Structured Education: we were hoping to be able to restart school clinics in senior schools in the coming months but this is now not possible. All of our usual group education events have had to be postponed due to Covid; we have recently started to do some pre-pump education sessions virtually via Microsoft Teams for families who are contemplating insulin pump therapy. If these go well we are planning on offering other sessions that we would normally do in a group such as our newly diagnosed session, Transition, pre senior school etc in a similar format

Peat Rigg:

It was with great regret that we had to cancel Peat Rigg this summer and we very much hope that we will be able to go ahead with the trip in summer 2021

We have 20 places for children who would like to attend

The dates are 11th – 13th August and we will be inviting children between the ages of 9 -14

Newly diagnosed or children who have not been before will get preference otherwise it will be on a first come first served basis

We continue to try to raise funds to subsidise some of the cost for this which will then reduce the price per child to £75 for the 3 days

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

**If you are having difficulty
downloading please
contact us**

Message for the season We are approaching that time of year where bugs, coughs and colds and flu are more likely

Do you know your sick day rules?

We recommend that you book an appointment for a flu jab – having diabetes will not make flu symptoms any worse than anyone else, but illness in general can affect glucose levels



It is always best to contact the Diabetes team on 01642 854660 or the Paediatric Decisions Unit (PDU) at The James Cook University Hospital on 01642 854896 if you are worried about your child

Other news

Welcome: We are delighted to welcome our new Diabetes Nurse Louise Finn to the team. Louise joined us at the beginning of October. She has a background in Health Visiting and Paediatric Intensive Care and is a very experienced nurse. She has a specialist interest in sports and exercise and is looking forward to being involved with promoting exercise for all of our patients and in the management of our type 2 diabetic patients



Fund raising: We continue to rely on charitable funds to pay for things like our educational events and some of the materials we provide to our families – eg the carbs and calcs books

If you have any ideas or would like to do some fundraising for our Diabetes charitable fund please contact us

NOVEMBER 14TH IS WORLD DIABETES DAY – this year's theme is "nurses make the difference" and is focussed on the role of the nurse in prevention and management of diabetes

Log into <https://worldidiabetes.org> #nurses make the difference for ideas/fund raising packs and posters to help make a difference

Digibete app: have you downloaded the Digibete app? If you haven't please give it a try – there is a link to all of the educational videos on the website and you can use it to store your own information such as your ratios and targets.

You can also link up to our clinic if you register the code WBSPZ

We are using this platform to share general information with our families who are using the app – just look in the news section of the app to access this

School clinics: due to the ongoing covid restrictions we are still unsure when we will be able to recommence our senior school nurse clinics. We will be writing to all of our young people of senior/college age with some information on the goals of diabetes education programme and some educational material

Stay safe everyone and stay well !



IDEAS AND ARTICLES FOR NEXT EDITION?

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



Upcoming events and education sessions:

BECAUSE OF COVID RESTRICTIONS WE ARE CURRENTLY NOT ABLE TO OFFER LARGE GROUP EVENTS

We have just successfully completed some virtual education via Microsoft teams to small groups of our families.

We are planning on holding similar sessions over the coming months –especially for our families with children/young people diagnosed with diabetes in the last year.

If the current restrictions ease we are very much hoping to resume our educational events in the summer

- Such as summer club, exercise event, Peat Rigg, Transition and pre senior school events

We will keep you posted!!



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