

# Managing Type 1 Diabetes

## The Paediatric Diabetes Team

The Paediatric Diabetes Team is a team of Doctors, and dietitians employed by the Shrewsbury and Telford Hospitals NHS Trust and Nurses, a support worker and Psychologists employed by Shropshire Community Health NHS Trust.

The Paediatric Diabetes Team follow Best Practice and National Institute for Health and care Excellence (NICE) Guidance, ensuring delivery of the best treatment, care and ongoing education for children and young people with diabetes, and their families.

Following your diagnosis of diabetes, you will be in frequent contact with the Diabetes Team, this may be daily. We will see you at home, at school/college/nursery and have a mixture of face to face, virtual and phone contact. This will become less frequent as you become more knowledgeable and confident about managing Diabetes.

## Your Diabetes Team:

### Monday to Friday 9am - 5pm

- Diabetes Doctors: Dr McCrea, Dr Sakremath and Dr Muniu can be reached via the Paediatric Secretaries on **01952 641222**, extension **5981**
- Diabetes Nurses: Laura Pitt, Amanda Stephenson, Debbie Turner, Laura Bird, Michelle Taylor and Sean Petett, on **01743 450855 option 2, ChatHealth text service 07312 263102 or email Shropcom.pdsn@nhs.net**
- Diabetes Support Worker: Grace Ridgeway (currently on maternity leave), Hannah Knight on **01743 730138**
- Diabetes Dietician: Lynn Mander and Nanette Clarke **01952 641222** extension **4874**
- Diabetes Psychologist: Sophie Burgess Vicky Quine on **01743 730138**
- Clinic Appointments: **01952 565980**

### In an emergency/out of hours - 01952 641222

In an emergency during working hours when you cannot reach one of the team above or for out of hours support i.e. after 5pm or at weekends:

All patients requiring advice should contact the Princess Royal Hospital switchboard on 01952 641222 and ask to speak to the paediatric registrar for diabetes advice.

## Educational Resources

Our nursing team website:

[www.shropshirecommunityhealth.nhs.uk/children-young-people-diabetes](http://www.shropshirecommunityhealth.nhs.uk/children-young-people-diabetes)

## Medical alert

We recommend that anyone with diabetes carry or wear some form of identification which informs others how to seek help for them in a medical emergency. Your diabetes nurse has a supply of id cards which can be carried in a pocket or bag. If you have a mobile phone you can set it up so you have medical information available for people who are trying to help you. There are also companies who supply medical alert jewelry as follows:-

**Medic-Alert Foundation** [www.medicalert.org.uk](http://www.medicalert.org.uk)

**Medi-Tag Hoopers** [www.medi-tag.co.uk](http://www.medi-tag.co.uk)

**ICE Bands** [www.iceid.co.uk](http://www.iceid.co.uk)

**Pump accessories** [www.funkypumpers.com](http://www.funkypumpers.com)

## General support for children and families

- Patient Advice and Liaison Service (PALS) for:-
  - ⇒ Shropshire Community Health NHS Trust: [www.shropscommunityhealth.nhs.uk/pals](http://www.shropscommunityhealth.nhs.uk/pals) Tel: 01743 277689
  - ⇒ Shrewsbury & Telford NHS Trust: [www.sath.nhs.uk](http://www.sath.nhs.uk) Tel: 01952 282888 (Princess Royal Hospital) 01743 261691 (Royal Shrewsbury Hospital)
- Spiritual Support (Chaplaincy) [www.sath.nhs.uk/patients-visitors/advice-support/](http://www.sath.nhs.uk/patients-visitors/advice-support/)
- Interpreter/Translation Services/communication support [www.sath.nhs.uk/patients-visitors/advice-support/](http://www.sath.nhs.uk/patients-visitors/advice-support/)
- Social Care [www.shropshire.gov.uk](http://www.shropshire.gov.uk) Tel: 0345 678 9000 [www.telford.gov.uk](http://www.telford.gov.uk) Tel: 01952 380 000
- Healthwatch [www.healthwatchshropshire.co.uk](http://www.healthwatchshropshire.co.uk) Tel: 01743 237884 [www.healthwatchtelfordandwrekin.co.uk](http://www.healthwatchtelfordandwrekin.co.uk) Tel: 01952 739540

## What to do if your Diabetes equipment fails?

If you have a piece of equipment which is faulty, it is best to contact the company who made it directly as they can often solve the problem over the phone. If not, they will send a replacement out by post.

If the company can't help, or you simply need additional equipment such as a spare blood glucose meter, contact your Diabetes Specialist Nurse or local Children's Ward as they have stocks of such items. Items such as insulin pens, needles, glucose test strips, insulin and lancets are all available free on prescription from your GP. There is no need to ever buy diabetes equipment.

### Diabetes Equipment suppliers:

**Abbott Diabetes** (freestyle optium/ libre meters and sensors) **0800 170 1177**

**Roche/Accucheck** (Guide/Expert/nano/mobile meters/FastClix) **0800 701000**

**Ascencia** (contour meters) **0345 600 6030**

**Menarini Diagnostics Ltd** (GlucoMen meters) **0800 243667**

**Advanced Therapeutic (UK) Ltd** (Dario meter/ Dana insulin pump) **01926 833273**

**Medtronic** (insulin pumps and sensors) **01923 205167**

**CamDiab** (CamAPSFx pump app) **020 3695 3780**

**Tandem Diabetes** (T-slim pump) **0800 0121 560**

**Insulet** (Omnipod pump) **0800 011 6132**

**Dexcom** (G6/G7/One) **0800 031 5761**



Type 1 Diabetes educational videos available via the DEAPP app. Available on the App store and Play store. Ask your diabetes team for an access code (you can watch the videos without a code too).



DigiBete App for you to use at home, to support communication with your clinic and provide additional education resources for you to view at home.



Here are the **3 reasons** for you to download the DigiBete App today from either the App Store or Google Play....

#### ⇒ Better Communication

Your diabetes teams can send you relevant information and resources about managing your type 1 diabetes at home – newsletters, as well as updates, including those relevant to Covid-19, in these unprecedented times.

#### ⇒ Store Ratios

You will have a place in the App to store all your insulin ratios safely should your pump break. You will also be able to store care plans, future appointments and notes.

#### ⇒ Essential help, resources and awards!

You will have direct access to over 200 type 1 diabetes films including sick days and age appropriate resources to support self-management, including exercise and all essential training.

#### Download

1. On downloading the DigiBete App, you will be asked to enter either 'log in' or 'sign up'. (small writing at the bottom of the message or log in).
2. You will need to press 'sign up' on your first visit.
3. You will then create an account and enter your unique clinic code.

Type 1 Diabetes Clinic Code:  
CYEUC

Type 2 Diabetes Clinic Code:  
N5TTH

Digibete Website:

Type 1: [www.digibete.org](http://www.digibete.org)

Type 2: [www.youngtype2.org](http://www.youngtype2.org)

## Local Support

All children up to the age of 16 years with diabetes have 24 hour open access to the Children's Ward at The Princess Royal Hospital, and can request support from any member of the Paediatric Diabetes Team without a referral from their GP.

Young people over 16 can still request support from any member of the Paediatric Diabetes Team without a referral from their GP, but if you need admission to hospital, either your Diabetes nurse, Diabetes consultant, GP (or A&E in an emergency) will request this admission.

Structured education will continue throughout your time spent with the Paediatric Diabetes team. This could be face to face, leaflets, group sessions, or online learning. Please let your Diabetes Nurse know what works best for you as everyone learns differently.

It can be daunting learning to live with diabetes. Having access to knowledge and other people who have been through a similar situation can help.

There is a family support group within Shropshire called The Shropshire and Borders Family Group (Diabetes UK affiliated) who offer independent support to children and young people with diabetes and their families. They aim to bring those with diabetes together to make them aware they are not alone. They also try to raise awareness of diabetes in the local community. With money raised through fund raising events, the group also organises day trips, residential activity weekends and evening events for children, young people, their families and friends.

- **Email:** [Shrewsburytype1diabetes@gmail.com](mailto:Shrewsburytype1diabetes@gmail.com)

## Useful Websites

There are several websites set up by charities such as Diabetes UK and the JDRF which provide information about diabetes in childhood.

- [www.cypdiabetesnetwork.nhs.uk](http://www.cypdiabetesnetwork.nhs.uk) West Midland Diabetes Network Group
- [www.diabetes.org.uk](http://www.diabetes.org.uk) Diabetes UK 08451202960
- [www.jdrf.org.uk](http://www.jdrf.org.uk) JDRF 020 7713 2030
- [www.runsweet.com](http://www.runsweet.com) Advice on exercise management
- [www.childrenwithdiabetesuk.org](http://www.childrenwithdiabetesuk.org) Online support & info

The book, 'Type 1 Diabetes in Children, Adolescents and Young Adults' by Ragnar Hanas is also an excellent resource.