

Contact details for more information

Monday to Friday 9am-5pm

- Diabetes doctors can be reached via the paediatric secretaries on **01952 641222**, ext. **5980** or **5981**
- Diabetes nurses on **01743 450855 option 2**, text via **ChatHealth 07312 263102** or email **Shropcom.pdsn@nhs.net**
- Diabetes Dietician on **01952 641222** extension **4874**

In an emergency/out of hours

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.

Managing Type 1 Diabetes

School / nursery supplies



Any child/young person with diabetes attending school or nursery will require the following items to manage their diabetes safely and effectively:-

A mobile phone or receiver for their glucose sensor and/or insulin pump if applicable.

A box with a lid, labelled with the child's name, easily accessible and containing:-

- A list of contact telephone numbers
- Sharps box
- Blood glucose/ketone meter, glucose test strips and ketone test strips
- Blood glucose results diary or other communication record
- Finger pricker device and lancets (this should be a fastclix device if the child/young person needs staff help with blood glucose/ketone checks)
- Insulin pen and needles
- For pupils using an insulin pump, spare cannula, insulin set and batteries
- Supply of fast acting insulin (eg Novorapid) stored in a fridge in a locked room . N.B. insulin in use can be stored in a locked room or cupboard between zero and 25 degrees centigrade, but must be used within 30 days of

Foods to treat hypoglycaemia e.g.

- Dextrosol™/Lucozade™ sweets
- Fruit pastels™/Starburst™ sweets
- Small cartons of fruit juice
- Small can of non-diet,fizzy drink
- Tube of Glucogel™
- Lift Shots™

Longer lasting foods (following hypo or pre exercise) e.g.

- Digestive biscuits
- HobNobs™
- Cereal bars (under 15 grams carbohydrate)
- Crisps

NB. If school staff are carrying out blood glucose checks and/or insulin injections for the pupil, safety needles and gloves will be required.