

## 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

during activity holidays



Activity holidays such as Duke of Edinburgh's Award may involve completing unaccompanied, self-reliant expeditions lasting up to 1 week.

You may have to carry all of your food for the expedition and cook your own meals each day. This takes planning for everyone but if you have type 1 diabetes, you will need just a bit more planning.

Being physically active all day and carrying a pack can lead to low blood glucose levels (hypos) whilst you are hiking etc. and also at night, so it is important to reduce your insulin and make sure you eat carbohydrates throughout the day.

### Insulin Adjustments:

These will need to be discussed with your diabetes team so that appropriate adjustments can be made.

### Snacks:

You may need regular snacks throughout the day (Please refer to the Exercise Management leaflet) for example, cereal bars, flapjack, fruitcake, oatcakes, chocolate bars, dried fruit (raisins, apricots, mango, banana chips, dates, figs and cranberries). Your dietitian can help you with this.

### Helpful Hints:

- Have a checklist of all your diabetes equipment - ask your diabetes nurse if you need help with this.
- Check your glucose levels at least 6-8 times per day and make sure you have spare glucose sensors.
- Have your Hypo treatment with you all the time.
- Remember, exercise can make you more likely to have hypos and these could happen many hours after you stop exercising.
- Take extra supplies of insulin, hypo treatments and a spare meter in case of unforeseen events.
- Do not inject or site your pump cannula into your legs as you are using these muscles to exercise.
- You may require between 2500-3500 kcals per day so plan your food.
- Carry ID that says you have type 1 diabetes.
- Carry your mobile phone and charger/power pack.
- Remove excess packaging and place food in re-sealable plastic bags and keep in waterproof containers if needing to carry all food supplies.
- Ask a friend or supervisor to take some extra snacks and glucose for you in case you lose yours and make them aware of your hypo signs.
- Have a good carbohydrate breakfast of at least 40g carbs.
- Start eating snacks early and frequently as needed.. You might still need these even if you have the exercise setting on your pump.
- Make sure you have good footwear and check your feet