

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

Diabetes Clinics



Paediatric and Young Persons Diabetes Clinics are held at:

Royal Shrewsbury Hospital,
Princess Royal Hospital (Telford), and
Ludlow Hospital.

It is best practice to see you in a multi-disciplinary clinic four times a year. The members of the team you may see in clinic are:

Paediatric Diabetes Consultants:

Dr Kathryn McCrea
Dr Susan Muniu
Dr Rajesh Sakremath

Young Person's Diabetes Consultants:

Dr Srinivasa Rangan

Paediatric and Young Person's Diabetes Nursing Team:

Amanda Stephenson	Laura Bird
Debbie Turner	Michelle Taylor
Sean Petett	Nicola Collins (Bank Nurse)
Rebecca Bird	Grace Ridgway (Support Worker)

Psychologists:

Dr Sophie Burgess Dr Vicky Quinne Hannah Knight

Dieticians:

Lynn Mander
Nanette Clarke

Risks to health significantly increase when HbA1c is 70mmol/mol or above.

There can be many reasons why your HbA1c may rise to 70mmol/mol and above, but the key reason will be that you are not getting enough insulin. If this should happen, the Paediatric Diabetes Team will discuss this with you in clinic and make plans to give you whatever extra support and education is needed, with the aim of reducing the level back down to as close to 48mmols/mol as possible.

Having a high HbA1c (70mmol/mol or above) significantly increases the risk of developing complications of diabetes, such as eye disease, kidney disease, heart disease, stroke or impotence.

Let us know what you think

We would be grateful to hear your comments about your clinics. If you have any comments, compliments or concerns about clinic please contact the team directly, in writing if possible, or contact our Patient Advice and Liaison Services (PALS):

01952 282888 (Princess Royal Hospital)
0800 783 0057 (Royal Shrewsbury Hospital)
01743 277500 ask for PALS (Ludlow Hospital)

What is an HbA1c test?

This is the name given to the finger prick blood test that you do each time you come to clinic.

The **HbA1c blood test** is a marker of glucose control. National guidance recommends that the **nearer the HbA1c is to 48mmol/mol** without lots of hypoglycaemia, the better to minimise short and long term complications of diabetes.

It is a measure of the number of red cells in the blood, which have glucose stuck to them. As red cells last about 3 months before they are replaced by the body, it reflects the blood glucose levels over the last 3 months.

If your blood glucose levels are mostly high, your HbA1c will be high. The link between average blood glucose levels and your HbA1c number is shown here:



HbA1c and Blood glucose levels

How can I best prepare for clinic?

Spend some time as a family thinking about what you would like to discuss in clinic. Think about what has gone well recently and if there is anything you would like to change. You will be given an agenda setting document on arrival at clinic, please complete this whilst you are waiting to see the team and give it to the Consultant when you go in to your appointment.

Download your glucose meter and pump if you use one, to your chosen software and make sure the team are able to access the information. If you do this the weekend before clinic this may mean you have time to look at it before coming to clinic. Have a look and see if you can see any patterns forming and what you might suggest as an adjustment to your diabetes management.

Consider allowing enough time to get to the hospital, as it is often difficult to find a parking place.

What do I need to bring with me to clinic?

- Blood glucose meters- please bring all the meters you use
- Mobile phone with any Diabetes Apps that are used
- Finger pricking device
- Hypo treatment (just in case you need it)
- Diabetes diary if you use one
- Food diary if this has been requested
- Any equipment you are concerned about or would like help with.

Entertainment, we try our best to run to time during clinic, but sometimes people need to spend more time with us than we have allowed. Please bare with us and bring something to keep you entertained such as a book.

What happens when I get to clinic?

- When you arrive in clinic, please check in with the front desk. This lets everyone know you have arrived. You will be asked to take a seat.
- The allocated time for your appointment is 30 minutes. Sometimes the appointment might take more or less time, depending on the support you need.
- The clinic nurse will ask you through to their room where your height, weight, blood pressure, and HbA1c will be measured. Your height will be measured against the wall. Your weight might be measured on a chair or standing scales. Your blood pressure will be measured using a cuff that gets tight around your arm. Your HbA1c is a blood measurement using a machine in the room. This result will be available in time for your clinic appointment. You will be given some documentation to fill in and asked to take a seat.
- You will next be asked in to see the Consultant. The Diabetes Nurse and/or Dietitian may also sit in. Here you can discuss the documentation you have been given. This may include what you want to talk about and what your meter/pump settings are. If you have been unable to download your equipment at home, please contact Diabetes Nurse to advise. We may be able to do this in the clinic room. Your meter/pump download will be reviewed and your diabetes regime will be reviewed to make sure you are on the best one for you. Some of your doses may be changed at this point. Make sure you understand why the change has happened, ask for it to be explained until you understand. You can speak to your consultant about other health concerns, they may not always be able to help but they maybe able to direct you to additional support.
- You will see the Diabetes Nurse as part of your clinic appointment . The Diabetes Nurse may go through some education with you whilst you see them. This is structured and age banded, but let them know if there is something specific you would like to discuss. You can speak to the nurse about anything that concerns you about your Diabetes and they will try to help you. If they are not able to help, they will direct you towards some alternative help and support.
- Once a year, you will have an 'Annual Review' appointment. At this appointment, you will need to see the dietitian and be given forms for your annual blood and urine screening checks. You will be advised on the process for getting these done. You will also be asked about any concerns with your feet, and your psychological well being.

