

THE YOUNG PEOPLE'S DIABETES SERVICE



Welcome to our Winter Newsletter. We will be sending newsletters to share any team news, tech updates, seasonal recipes, top tips from our team and any events that have happened or planned.

We would love to share your news, achievements, fundraising etc please email us at **uhd.yps.diabetes@nhs.net**.

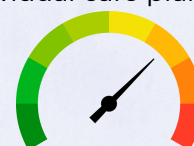
IMPORTANT EMAIL CHANGES!!!

We recently changed all of our email addresses and from the end of January **we will no longer get any emails sent to any email addresses ending @uhd.nhs.uk.**

We are aware most people email our shared email inbox - this will now change to **uhd.yps.diabetes@nhs.net.**

If you have any individual staff email addresses these will not work!! Please contact us using the above email address only. Reminder please inform your schools/colleges to change these on your individual care plans.

DIABETES CHECKS EXPLAINED



You may wonder why we do all those annual review checks every year!

Digibete have a whole section on their website that explains each of the essential checks that we do.

<https://www.digibete.org/content/page/annual-checks>

We are going to give you a bit more detail on this newsletter about why we check HbA1c's

What is it? Measure of how much glucose is attached to your red blood cells. Shows your average blood glucose levels over the last 3 months approx.

Why do we measure it? As you know your blood glucose level can change all the time as you'll see on your sensor or blood glucose tests. HbA1c gives a better idea of average.

What does it mean? Research has shown that if you have diabetes to keep healthy now and in the future a target of 48-58mmols/mol can really help.

What can a high HbA1c mean for my future health? Over a long period of time having lots of glucose in your blood can cause irritation and damage to your blood vessels- if you want to know more ask us, we can give you a little more detail.

Help! Why is my HbA1c above this target? Lots of reasons- life can get in the way of carrying out your daily diabetes care. Your insulin doses might need checking. You're not using the latest tech.

How can I reduce my HbA1c? Talk to us! We are here to help. Whether it's help with diabetes burnout, finding out about new tech, help with college, uni or work there are lots of ways you can gradually reduce your HbA1c.

LET'S talk

If diabetes has been hard lately, you're not alone. Living with diabetes isn't always easy.

How you manage it can change over time. Life happens! Sometimes things don't go to plan. You might not feel as "on track" as you'd like. That's ok! It can feel frustrating. You might feel tired or maybe even a bit embarrassed. Maybe you've skipped appointments because you were worried we'd be disappointed. You might think we'll tell you off. We get it - that feeling is really common. But the truth is: diabetes doesn't define you.

We're not here to judge you. We're here to listen. To hear about you and what's going on in your life. Your appointments are a safe space to talk. Every visit is a chance to reset. Ask us questions. Get the advice that helps makes things feel easier. We know that living with diabetes doesn't look like perfection. You don't need to fix everything first before you come in. That's what we're here for.

Living with diabetes can be a balancing act and it can be tricky. You are doing the best you can right now. Showing up is already a huge step forward. If you feel like you might need extra support or help, you can always ask to get in touch with the psychology team.

TECH CORNER

How to get the best out of HCL (hybrid closed loop)?

There are 3 elements that affect how efficient HCL is

1. Is the system working well?
2. Are the settings right for you?
3. Are you following the best HCL advice?

HCL systems rely on the pump being used well which includes remembering to change the cannulas every 3 days and rotating the sites where they sit in the skin.

Insulin doesn't get absorbed very well if the cannulas are left for more than 3 days or are sited in lumpy areas. HCL also relies on the clever algorithm being able to talk to the pump and the sensor. For some systems this is REALLY important like Omnipod where the pump and sensor need to be able to see each other (sometimes best right next to each other!).

If the algorithm is on your phone (Ypsopump) then phone health really matters too -so remembering to switch off apps not being used and closing down those webpages after use. It is worth getting into the habit of powering down the phone regularly to refresh it all.

Remembering to keep your phone or PDM close enough to your pump also will affect reliability!

Finally, the sensor -we all know that sometimes they go a bit wobbly and won't read or fall out -they can be really frustrating....but they are still better than fingerstick testing! Keeping well hydrated is a good way to keep accuracy on the sensors and making sure they are not sitting over any bony areas.

Next time we'll talk about "Are the settings right for you?"

If you want to have a look at some excellent resources check out the Panther tools via the QR codes - there's one for each system (apart from Ypso pump which has its own)

UPCOMING EVENTS

Not on a pump and want to know more?

Date of our next insulin pump information session:

Monday 16th March - Poole Hospital, Get in touch to book on.

CONTACT US

For appointments, letter requests or any routine information please email uhd.yps.diabetes@nhs.net. or Text **07771 577535**. You can also call **0300 019 8759** - if we are unable to answer please leave a message and we will get back to you.

If your query is for **urgent advice** from a diabetes nurse (not appointments or general information requests) please call **07771 577535** and leave a message if unanswered.

If you do not get a response from any of the above and feel you need urgent same day diabetes advice -

Aged 18 years or younger please call 01202 665511 and ask to bleep the children's diabetes team on call. A member of the team will call you back.

Aged 19 years or over during office hours please call the urgent advice line and leave a message. These calls are triaged by urgency but you will get a call back 0300 019 3096.

You must go to A&E if you think you have Diabetic Ketoacidosis. High blood glucose values (14mmols or higher) AND moderate to high blood ketones (greater than 1.5 mmols/l).If needed call an Ambulance on 999. Do not drive yourself to hospital.



For a refresher and how to get the most from your YPSO HCL, have a look at the mylife review guidebook



Medtronic

For a refresher and how to get the most from your medtronic HCL, have a look at the Panther tool (QR)



For a refresher and how to get the most from your Control-IQ HCL, have a look at the Panther tool (QR):



For a refresher and how to get the most from your omnipod HCL, have a look at the Panther tool (QR):

