

THE YOUNG PEOPLE'S DIABETES SERVICE



WELCOME TO OUR LATEST NEWSLETTER



BREAKING NEWS TECH CORNER

by Dr Helen Partridge - Consultant

So hybrid closed loop really looks like it is heading our way!

At the moment I feel there are more questions than answers so let's just get those out on the table up front...

What is hybrid closed loop? So, some people wear an insulin pump to give insulin but they still need to tell the pump exactly what to do and when. They wear a sensor to know where their sugars are...well the next step is to get the sensor to talk to the pump and do a bit of the work for you! It doesn't do all the work but it does do a fair bit! (Follow the link to [JDRE](#) to learn a bit more). We think the new technology is great but it doesn't sort everything out - you will get the best results if you are able to tell it accurately what you are eating and when! So yep - you guessed it - you still have to carb count and ideally bolus 20 minutes before eating. If carb counting is something you really struggle with we have lots of resources - we have our lovely dietitians, we have www.bertieonline.org.uk and we have apps and websites we can direct you to - don't be afraid to ask...we know carb counting is tough!

Which system can I have? Honestly...I don't know yet! What we do know is that all the companies that provide the systems have been asked to provide a sensible proposal of what their system will cost over 4 years (pump and sensor and consumables together - the consumables are the tubes and insertion kits etc for the pumps). If they all come in under the magic number of £22000 then theoretically we can use any of them - that's what we are still waiting to hear.

The most likely ones to be available are:

- Ypsopump with Dexcom G6 via CAM APS
- Tandem with Dexcom G6 (Control IQ)
- Medtronic 780G with medtronic sensors Guardian 4
- Omnipod 5 with Dexcom G6 (maybe with Libre 3?)
- Maybe DANA pump with Dexcom G6 via CAM APS.

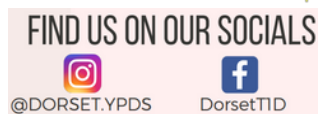


There are all sorts of rumours about what Libre 3 and even Libre 2 will be able to do and I still don't know...but am very excited to find out!

When can I get it? This is the question we are going to get loads when the NICE guidance finally lands! One thing for sure is that we can't get one to everyone on day 1! There will be criteria attached from NHS England. The good news is that we think children and young adults will be in the first wave.

There are a few other groups who will take priority such as pregnancy and those planning pregnancy, those with recurrent severe hypoglycaemia and those who need someone else to help them manage their diabetes.

Obviously those already on pumps will be quicker and easier to start up but we are already planning our pump start dates for the year ahead to make sure we are ready to go as soon as we get the green light.



TECH CORNER CONTINUED...

If we pay for sensors can we get the NHS to pick up the bill? Again - I don't know! It would make sense to me that we can do this straight away as that makes our numbers look a little less scary but I suspect I will be told what we can and can't do!

Where can I learn a bit more? Good question - there are some fantastic resources on line such as at [JDRF Hybrid closed loop technology](#). We will also be running some evening events in the New Year for people and friends/ families to come along and have a look at the various options and the team will be there to answer questions

Is the Dorset team ready for this? REALLY good question. We love tech for diabetes so we have spent the last year trying to get everyone trained up - even old dinosaurs like me. It will take us time to get everyone up and ready but we'll do what we can as fast as we can.

Does it matter if I am at Poole or Dorchester or Bournemouth? - nope (I do know the answer to that one!) - we are all working together to the same protocol so no matter where you live in Dorset you should get the same treatment and options.

Do I have to go onto hybrid closed loop? Absolutely not! I think as long as you have had the chance to look at it, talk about it and think about it, then the choice is entirely yours. We will support you no matter what decision you make - it's your body!

What if I am really struggling with my diabetes- Can I still have one? Yes you can! In fact we think that for those who are really struggling hybrid closed loop may really help! We know it takes a lot of the stress away from managing type 1 on a day to day basis so we would really encourage you to think about it and talk to the team.

What happens next? As soon as we have the green light we will be in touch with you to start to make a plan - we will send out comms to everyone so that you know exactly where you stand and what criteria you fit.

Obviously we can talk about it in clinic when we see you and we can send out some more links and resources for you to look at but watch this space!!!



If you're like most people your Christmas meal may comprise of more than a few courses over more than a few hours so what do you do with your insulin?

We recommend splitting the dose and giving insulin if possible between courses.

Quick Festive Carbs Guide

- Handful Doritos/Twiglets = 10g
- Handful mixed nuts = 2g
- 3 roast potatoes = 36g
- 1 stuffing ball = 10g
- 1 tsp cranberry sauce = 5g
- Mince Pie = 36g
- Christmas pudding (1/8th) = 60g!
- Slice of youle log (1/8th) = 17g
- 2 small sausage rolls = 7g

Alcohol guide

Alcohol increases the risk of a hypo, particularly the following morning so...

- Don't feel pressurised to drink. If you don't feel like it, you aren't alone! More and more young people are choosing to abstain from alcohol than ever before. From 2005, the number of 16 to 24 year olds in the UK saying they did not drink at all has increased by 40%.
- Have your insulin with your evening meal before you go out. Remember people can look drunk when they're hypo so remind your friends about your diabetes hypo symptoms!
- If you're dinking sugary drinks e.g Cider, Cocktails, Alcopops etc these cause a quick spike in your BG levels. Avoid correcting at this time.
- Have something with carbs before you go to bed without quick acting insulin.
- Alcohol can lower BG levels many hours after you've been drinking. Ensure you have hypo treatments to hand.
- Don't drink and drive!!!
- Enjoy yourselves and stay safe.

MEET THE YPDS DIETITIANS

We're sure you'll soon start seeing their names and faces pop up in clinics and appointments. Here's an introduction;



Irantzu Arregui-Fresneda, or Iran as we all know her, is the Diabetes Specialist Dietitian working with the Young People's Diabetes Service (YPDS). Iran is originally from northern Spain and has worked as a dietitian in the UK for the last 20 years. During this time she has worked in a wide variety of specialities including diabetes, surgery, pancreatic disease, cystic fibrosis and cancer care amongst others. Iran works clinically at University Hospital Dorset (UHD) 3 days a week, and as a Dietetics lecturer at Winchester University 2 days a week.

Iran is passionate about patient involvement in clinical service delivery, education and training. She believes that individuals living with diabetes are the true experts in managing their condition and values a collaborative approach to patient care, including peer to peer support.

On a personal note, Iran enjoys entering on a personal challenge at least once a year. In the past this has taken her to complete the Pier-to-Pier Swim in Bournemouth, walking from Salisbury to Christchurch (65km) in one day or completing an 100km kayaking trip across the Scottish lakes while wild camping for 4 days. Iran is currently thinking about her next challenge for 2024, with the money raised being donated to YPDS services, so if you have any ideas, please put your suggestions forward now!

Equally, please email us on yps.diabetes@uhd.nhs.uk if you would like to book an appointment with Iran to discuss diet and diabetes, carbohydrate counting, exercise, technology management or anything else relevant to Iran's expertise.

Jo Hanna is the young persons diabetes dietitian for Dorchester hospital having recently returned from extended maternity leave after having twin boys!!

You may recognise Jo from UHD as she has worked in the paediatric, YPDS and adult teams at Poole in the past. She still has strong connections with the team.

Jo chose to work in diabetes because of her love of food and cooking and wants to use her knowledge and skills to help empower people with diabetes to have as much freedom and skills as possible when it comes to meals. Jo loves working with young people and promises a non judgemental, holistic and realistic approach for anyone who'd like to see her. It wasn't that long ago she was young and remembers how tough it can be!!

Jo has a keen interest in exercise and sport and loves being outdoors especially swimming in the sea when she is brave enough and it is warm enough! Running is Jo's main hobby, having completed a few marathons (one London sub 3 hour back in 2017) but has now settled on shorter distances. Her new goal is to complete a triathlon in the next year.

Please email us at ypds@dchft.nhs.uk if you would like to connect with Jo and discuss anything diet, diabetes and exercise related.



Here's two recipes for you to try and enjoy

JO'S WINTER WARMER PORRIDGE



by Jo Hanna

Specialist Diabetes Dietitian

Try this super easy and affordable breakfast that's full of slow release carbohydrates and counts as 1 of your 5 a day!

45g carbs per portion (serves 2)

Ingredients

- 85g porridge oats
- ½tsp ground cinnamon, plus extra to serve (optional)
- 350ml milk (any kind), plus 4 tbsp to serve
- 2 small apples, preferably red
- 15g raisins
- Sweetener powder 1 tsp (if desired)
- Peanut butter 1tsp (if desired)

Method

• **STEP 1**

Tip the oats and cinnamon into a non-stick pan with the milk. Put the pan over a gentle heat. Once simmering, leave for 5 mins, stirring frequently until the porridge has thickened.

• **STEP 2**

Meanwhile, coarsely grate the apples, including the skin, into a bowl, until you're just left with the cores.

• **STEP 3**

Serve the porridge with the apple, raisins and if desired 1 tsp peanut butter on top. Sprinkle over some extra cinnamon and sweetener powder, if you like.



IRAN'S FAVOURITE TURKEY CURRY



Suggested by Irantzu Arregui-Fresneda - Specialist Diabetes Dietitian

12g carbs per curry portion (serves 4)

Remember to add the carbs for your choice of side (rice, potato or naan)

Ingredients

- sunflower oil
- onion, finely chopped
- 3 garlic cloves, crushed or finely grated
- thumb-sized piece of ginger, peeled and finely grated
- 1 red chilli, deseeded and finely chopped
- 1 tsp cumin seeds
- 1 tsp ground coriander
- ½ tsp paprika
- ½ tsp ground turmeric
- ½ tsp garam masala
- 1 tbsp tomato purée
- 400g can passata or chopped tomatoes
- 1 tbsp mango chutney
- 100ml double cream
- 2 tbsp natural yoghurt (optional)
- about 600g leftover roast turkey, cut into large chunks
- chopped coriander, toasted flaked almonds, steamed rice and garlic naan breads, to serve

Method

• **STEP 1**

Heat the oil in a casserole dish or shallow pan over a medium heat, and fry the onions for 10-12 mins until golden. Stir in the garlic, ginger, chilli and all the spices, and cook for 2 mins more until the mixture resembles a paste. Stir in the tomato purée, passata or chopped tomatoes and mango chutney, and bring to a simmer. Cook for a further 10 mins.

• **STEP 2**

Stir in most of the cream and the yoghurt, if using, and return the mixture to a simmer. Add the turkey and continue to simmer until the turkey is piping hot. Remove from the heat, drizzle over the remaining cream and stir through briefly. Scatter over some coriander and flaked almonds, and serve with the rice and naan breads on the side.



[Recipe courtesy of BBC Good Food - Link here](#)

YOUTH WORK UPDATE

The Youth workers are still working hard to develop an inclusive service that provides young people aged 16+ with support for their wellbeing and lifestyles.

You can engage in targeted support with a youth worker to help achieve a specific goal and/or come along to one of their group activities and try something new. So far they have successfully ran a pub quiz night in Poole, dog walks in Dorchester and are preparing lots of other fun events for the New Year. Keep an eye out on your emails and our latest Instagram posts for up to date news!

We are continuously looking for ways to improve the support you receive. We believe learning from people's lived experience is invaluable and we want to find out from you, whether peer support would be useful. Would you like to know more about how to manage your diabetes alongside festivals, employment, travelling abroad, sport, drugs and alcohol? Or can you share your successes and challenges with other young people? Let us know by completing the following survey....click [here](#)

Peer Support



NEWSLETTER IDEAS AND OPPORTUNITIES



We would love to get you involved with our newsletter! Do you have news to share?

Any events coming up? Or, are you a media student who needs some experience working on a newsletter? It would look great on your CV!!

Also, what would you like to see in the future newsletters? We would love to hear from you.

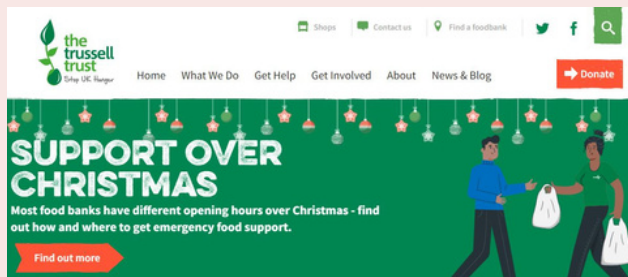
Please send any suggestions and features to yps.diabetes@uhd.nhs.uk



DCH - Kate Parish - 07796 076720
kate.parish@dchft.nhs.uk

UHD - Kirsty Crook - 07584 004772
ypdsyouthwork@uhd.nhs.uk

UHD - Coralie Loader - 07584 007068
ypdsyouthwork@uhd.nhs.uk



The Trussell Trust support 1,200 national food banks to provide emergency food and help people locked in poverty, whilst also campaigning for change to end the need for food banks in the future.

If you find yourself needing support over Christmas and at any other time the Trussell Trust website has a list of food banks near you. They also have support numbers you can call to help you. Find out more [here](#).

If you need help with benefits or money worries our Youth Support workers may be able to help.



@DORSET.YPDS

Are you following us on Instagram? We will be posting upcoming events, and some handy tips for new year goals and dry january...Scan the QR code here..

USEFUL LINKS & CONTACTS

For the UHD (Bournemouth & Poole) team

DNS & Appointment line

0300 019 8759

Mobiles

07771 577535 DNS Mel Pritchard
Monday-Friday during office hours

07553 377796 DNS Anne Milsom
Wednesdays and Thursdays only

Email

yps.diabetes@uhd.nhs.uk

For the Dorchester team

Diabetes Administrator

01305 255737

Diabetes Specialist Nurses

01305 255342

Mobile

07880 474397 DNS Laura Brokenshire
Monday-Thursday during office hours

Email

ypds@dchft.nhs.uk

- **Let's get cooking** - The British Dietetic Association. Great tips for eating healthy on a budget.
- **Extod** - The EXercise for Type 1 Diabetes (EXTOD) program aims to provide evidence-based support for people with type 1 diabetes to undertake safe and effective exercise, and to enjoy its associated health benefits
- **Runsweet** - Offer advice and guidance helping athletes manage their diabetes.
- **Bertieonline** - There is a lot of useful information here to help you to understand and manage your diabetes in a way that suits you and your lifestyle.



Mental Health

Crisis Helplines



GP: Ring your GP in surgery hours

Connections: Tel 0800 652 0190 – 24/7 telephone mental health support line (Those living in Dorset)

NHS 111: Tel 111 24/7 (Those living outside of Dorset)

SHOUT: Text 85258 – 24/7 free texting service

DistrACT: Download the free app for info and advice about deliberate self-harm and suicidal thoughts

Samaritans: Tel 116 123 – free from any phone



Take a photo for future reference!



The clinic has acquired the DigiBete App for you to use at home, to support communication with your clinic and provide additional education resources that you can access anytime.

1. On downloading the DigiBete App, you will be asked to enter either 'log in' or 'sign up'.
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.

UHD (Bournemouth & Poole)

Your clinic code for Type 1 is: Z36FB

Your clinic code for Type 2 is: UHEJB

DCH (Dorset County Hospital)

Your clinic code for Type 1 is: AWKUJ

Your clinic code for Type 2 is: LYA3R

You can find a guide on how to register and how best to use the App here:

<https://www.digibete.org/digibete-app/>

Please sign up with email address and a password that can be shared with carers. Up to 6 devices can access the same app.

**We would like to wish you all a very
Merry Christmas,
&
Happy New Year**

2024