

# NEWS FROM NEEDS

## FOCUS ON FEET

People with diabetes across North East Essex now have access to a better integrated service to help manage foot complications. The improvements mean that patients who have a higher risk and difficulties with their feet will get specialist care quicker when they need it.

The enhancements to the service provided by NEEDS in partnership with Anglian Community Enterprise (ACE) and Colchester Hospital comply with the new 2016 NICE (National Institute of Clinical Excellence) guidance on foot care. Feet are examined to determine a risk score and then the treatment and care patients receive is tailored to their specific needs.

Craig Myles, Interim Lead Diabetes Podiatry at ACE said: "The aim of the changes to our service is to provide a safer service for people who are at greater risk of ulcerations and amputations, with more rapid access for assessment and treatment in line with national guidelines. Changes in services can be difficult for patients and staff and if you have any concerns please discuss these at your appointment. However, if a problem does develop such as a blister or trauma then patients will be advised to contact our team as soon as possible."

If you develop any problems with your feet or simply want some advice, please call **NEEDS on 0845 241 3313** or **ACE Podiatry via the Community Gateway on 0300 0032 144**.



## DVLA driving rules

If you're driving with diabetes, you need to be aware of the DVLA rules. Depending on your treatment method, you may need to inform the DVLA about your diabetes or you could risk facing a fine of up £1,000, or prosecution if your diabetes results in a road accident.

Here is a quick guide on when to inform the DVLA, depending on your diabetes treatment:

- **Tablets or non-insulin injections:** If you hold a licence to drive a bus, coach or lorry you will need to inform the DVLA. If you drive a car or motorbike, check

with your doctor or nurse. You may be advised to fill in the DVLA DIAB1 form.

- **Insulin:** You must inform the DVLA using the DIAB1 form, regardless of what vehicle you drive.
- **Diet:** You do not need to inform the DVLA.

**If you're unsure what diabetes treatment you use, check with your doctor or nurse.**

For more information on the DVLA driving rules and to download the **DVLA DIAB1** form, visit [www.gov.uk/diabetes-driving](http://www.gov.uk/diabetes-driving).

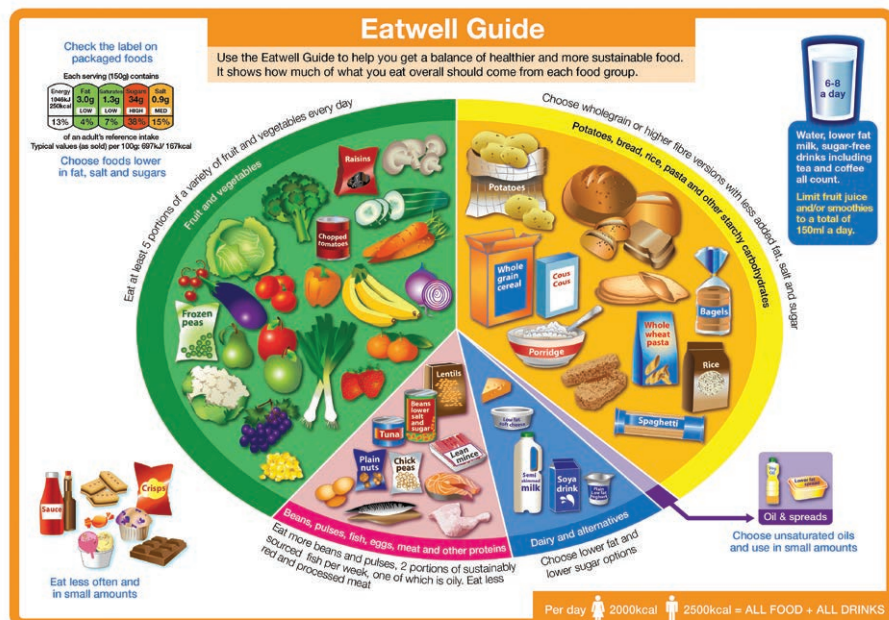
## The National Primary Care Awards 2016

We're delighted that NEEDS was shortlisted for 'Pathway Innovation of the Year' at the National Primary Care Awards. A great accomplishment, well done team!



## New Eatwell Guide

This new Eatwell Guide defines the government's advice on healthy eating and visually represents how different foods contribute towards a healthy balanced diet. The segment sizes for each food group is recommended for a diet that would provide all the nutrients required for a healthy adult or child (over the age of 5).



## Always try to:

- Eat at least 5 portions of different fruit and vegetables every day
- Base meals on potatoes, bread, rice, pasta and other starchy carbohydrates. Choose wholegrain versions where possible
- Have some dairy (or dairy alternatives like soy) but choose lower fat and lower sugar options
- Eat some beans, pulses, fish, eggs, meat and other proteins. Try to eat 2 portions of fish every week, one of which should be oily.
- Choose unsaturated oils and spreads and eat in small amounts
- Drink 6 to 8 cups/glasses of fluid a day

If you're consuming foods and drinks high in fat, salt or sugar make sure you have these less often and in small amounts.

## Planning a pregnancy?

Good diabetes control is particularly important during pregnancy.

Having an ideal HbA1c of less than 53mmol/mol will greatly reduce risks of miscarriage, preterm labour, pre-eclampsia (high blood pressure) and difficult delivery.

Managing your prescribed diabetes medications is also important, as not all medications will be appropriate for pregnancy and some could cause growth restriction or abnormalities for your baby.

For these reasons, it is best practice to continue contraception until you have achieved a good HbA1c and had a chance to discuss your current medication with a doctor. Ask your surgery to refer you to the NEEDS team if you would like to find out more information.

When ready to start trying to conceive you will need to take the prescribed 5mg dose of Folic Acid, which isn't available to buy in over-the-counter vitamin supplements.

Most importantly, make sure you contact us when you have a confirmed pregnancy test so that you can be seen by our antenatal/diabetes team.



## Have you booked your eye screening appointment?

Visit the Essex Diabetic Eye Screening Programme website [www.essexdesp.co.uk](http://www.essexdesp.co.uk) for details of clinic locations and how to book an appointment.



## Contact Us

If you have any questions about the NEEDS service or any of the topics covered in this newsletter please contact us:

### Telephone:

0845 2413313 or 01473 344930

**Email:** [info@diabetesneeds.org.uk](mailto:info@diabetesneeds.org.uk)

**Post:** Suffolk GP Federation CIC, Riverside Clinic, 2 Landseer Road, Ipswich, IP3 0AZ

**Web:** [www.diabetesneeds.org.uk](http://www.diabetesneeds.org.uk)

### Do you use social media?

#### Find us at:

[www.facebook.com/NEEDDiabetesService](http://www.facebook.com/NEEDDiabetesService)

Twitter: @diabetesNEEDS

