



# NEEDS

NORTH EAST ESSEX DIABETES SERVICE

## PUMP NEWSLETTER

SUMMER 2020

### Welcome to your latest Pump Newsletter

Thank you for your patience and understanding during these difficult times. Covid-19 has certainly been an unexpected challenge for all of us. We hope you are all looking after your health, and most importantly, your wellbeing while we face this pandemic.

#### Pump Team Update

Most of our team had been redeployed to work on the wards but they are now back and resuming the services with NEEDS. We also welcome Hannah Addington, Diabetes Specialist Dietitian, back from maternity leave. Ceri Jagger, Diabetes Specialist Nurse, had a healthy baby girl and shall be returning to us towards the end of the year.

The current team is Nina, Hannah, Emma, Adele, Heather and Dr Vithian.



#### Virtual Clinics

As we try to resume service to some sort of normality, we are currently delivering virtual clinics. You may have been asked to sign up to NYE app so that a clinician can contact you and deliver the clinic remotely via the app. We appreciate this might be daunting to some of you - it is for us too - but it will allow you to feel like you are in a clinic setting and it will be more personal to you.

For those that have a Consultant appointment, you will be asked to sign up to Microsoft Teams. This will allow us to have a Multi-Disciplinary approach with a Nurse and/or Dietitian involved at the same time and allow us to share screens with you if required (e.g. all look at Libre graphs together).

If you need more advice about our virtual clinics, please contact NEEDS on **0345 241 3313** (Option 2). We will be asking for feedback on how you feel about the virtual clinics and if this is something that would benefit the service in the future.

Please complete the feedback forms as your opinion really does count!

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## Sick Day Rules

With the current situation, it is the perfect time for us to freshen you up on your sick day rules. If you become unwell, your body becomes more insulin resistant and requires more insulin so therefore can put you at an increased risk of Diabetic Ketoacidosis. Following the sick day rules will reduce your risk of admission to hospital.

Basic principles to remember:

- Remember to test for ketones
- Continue using your pump to deliver your basal insulin
- If you test positive for ketones then take a correction dose of rapid acting insulin by pen injection
- Test blood glucose and ketones every 1-2 hours and continue to give a double correction dose until ketones are negative
- Remember, you should **not** exercise if ketones are present
- Change infusion set and check pump settings
- Keep hydrated with water or sugar-free liquid
- Eat if you can
- Contact your Diabetes Team if you need further advice or if ketones and high blood glucose levels persist

If you experience vomiting, stomach cramps, and/or shortness of breath, please attend A&E.

Always ensure you have enough ketone strips to hand. Please contact us if you do not have a ketone meter.

## Managing Worry About COVID-19 and Type 1 Diabetes

For tips on how to manage your Type 1 diabetes safely during this crisis, please view the poster created by Dr Rose Stewart [here](#).

### Pump Workshops

Thank you to those who attended the Pump workshop in February. Adele Holcombe, Dietitian, provided an interesting speech on nutrition which received very positive feedback.

Travelling with pumps and Libre was also a hot topic of conversation and hopefully once travelling resumes we will be able to discuss again in future.

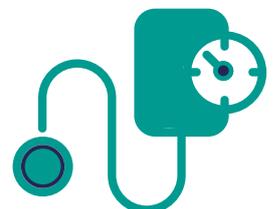
Pump workshops are currently on hold due to the COVID-19 situation but we hope to resume once social distancing measures are relaxed. We will keep you updated with regards to this.

Another option is to do a Virtual Pump Workshop so please feedback if this is something you would be interested in. Please contact the pump team (text/email/phone or when you next see us) to share your thoughts.

### COVID-19

NEEDS continues to follow government guidance and have a standard letter we can supply you with, if required, to help your employer understand the additional considerations for people living with diabetes.

Although the evidence is that many people with diabetes may be at higher risk, we advise you to focus on the things that can be improved such as blood sugar control, BMI and blood pressure; rather than worry about the things that cannot such as age, type of diabetes and other health conditions.



## Staying Active

Lots of people have been trying to fit in more physical activity whilst in lockdown which is a great positive step! We are sure you all know the benefits of being active for our mind, but sometimes juggling diabetes around activity can add additional barriers!

Here are a few top tips to help:

- Be prepared – think about what exercise you would like to do, when you would like to do it, how long for and how often?
- You will need to know what your blood sugar levels are before, during and after exercise. Ideally, best start with your glucose levels roughly around 7-10 mmol/l.
- Remember, following activity you can be more sensitive to insulin for up to 48 hours depending on the duration and intensity.
- Temporary basal rates, reduced boluses around food and additional carbohydrates can all be used to help stabilise blood glucose levels around activity.
- Try to learn your patterns of responses to activity at different times of day and the changes to your pump settings/dietary intake that help you to maintain blood glucose levels in the desired range.
- Don't exercise if you have ketones in your blood (> 1.5 mmol/l). Follow the advice for sick day rules.
- Don't exercise if you have had a severe hypo (low) within the previous 24 hours.
- Always have a supply of quick acting carbohydrates on hand to prevent hypos.
- Don't drink too much alcohol after exercise as this will increase your risk of a severe hypo.
- If you have any complications related to diabetes, or any other medical conditions, it would be sensible to discuss starting a new type of exercise with your GP/Practice Nurse or Diabetes Clinician first.

### Useful websites include:

[www.runsweet.com](http://www.runsweet.com)

[www.extod.org](http://www.extod.org)

[www.excarbs.sansum.org](http://www.excarbs.sansum.org)

## Contact Us

**Telephone:** 0345 241 3313 (Option 2)

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

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