

**Paediatric Diabetes Team
Contact information (9am – 5pm):**

Diabetes Specialist Nurses

Karen: 020 3315 8128

Jose: 020 3315 3114

Diabetes Dietitian

T: 020 3315 8609

**Paediatric Diabetes
Secretary**

T: 020 3315 8695

**Out of hours after 5pm/
weekends/bank holidays
(clinical enquiries only)**

T: 020 3315 3399

**Patient Advice & Liaison
Service (PALS)**

If you have concerns or wish to give feedback about services, your care or treatment, you can contact the PALS office on the Ground Floor of the hospital just behind the main reception.

Alternatively, you can send us your comments or suggestions on one of our comment cards, available at the PALS office, or on a feedback form on our website www.chelwest.nhs.uk/pals.

We value your opinion and invite you to provide us with feedback.

T: 020 3315 6727

E: cwpals@chelwest.nhs.uk

Chelsea and Westminster Hospital

369 Fulham Road
London
SW10 9NH

T: 020 3315 8000

W: www.chelwest.nhs.uk

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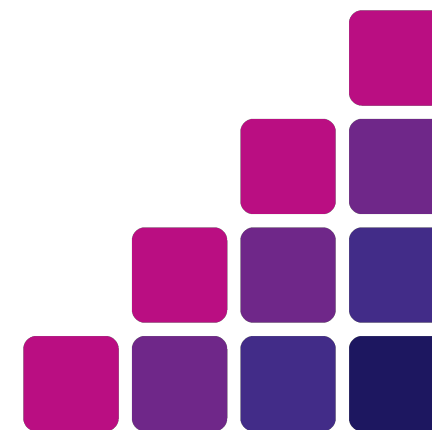
Speak to your clinician



Chelsea and Westminster Hospital **NHS**
NHS Foundation Trust

Paediatric diabetes team

Information for patients



Inpatient stay

During your child's stay on the ward you will learn the basics of diabetes management, (see checklist). This will equip you with the necessary knowledge and information to manage diabetes at home. You cannot expect to know everything about diabetes to begin with and the diabetes team will continue to support you.

Clinics and Follow up

Follow up

Prior to discharge from the ward, you will receive an outpatient appointment. This will be made for the Tuesday morning diabetes MDT clinic within 2 weeks. Routine clinic appointments are offered every 3 months, however if you are newly diagnosed or finding it difficult to get good diabetes control, you will be seen more frequently. All outpatient appointments are in the paediatric outpatient department.

Clinics

General MDT Diabetes Clinic:

Tuesday morning

Adolescent MDT Clinic:

Friday afternoon (once/month)

Young Adult transition Clinic:

1 afternoon/month- joint between Consultant Paediatrician and Consultant Physician Diabetologist

Pump Clinic:

Tuesday morning & 2nd Friday of each month

What to Expect at your Clinic Appointment:

- Blood pressure
- Height & Weight
- Blood glucose & HbA1C
- Review of diabetes control

HbA1c is a test which gives us a picture of your blood glucose control over the past few months.

Additional Appointments

Additional appointments with the nurse, dietitian and psychologist can be arranged as and when needed on request.

Annual Review

All children and young people will require an annual review, which takes place at a clinic appointment.

This will include:

- Investigations: blood tests (coeliac screen, thyroid function, cholesterol)
- Feet and eye screening (for children over 12 years old arranged separately)
- Urine sample
- Consideration whether psychology/extra dietetic input helpful
- Overall review of diabetes control and identifying goals for the next year
- School Health Care Plan

Additional Services Offered

- Admissions to hospital if diabetes control is poor
- Insulin pump therapy and CGMS
- Podiatry
- Structured patient education sessions (quarterly)
- Education sessions for school staff (7 per year)

Pump Therapy

All team members are trained in insulin pump therapy. We have a structured process including

- Introduction to pump therapy session
- MDT assessment (including psychology)
- Individualised pump plan
- Pump start
- Advanced pump education sessions (quarterly)

MDT Members

Consultants:

Dr Nicola Bridges (Clinical Lead)

Dr Kingi Aminu

Dr Saji Alexander

Dr Sandy Alatzoglou

Diabetes Specialist Nurses (DSN):

Karen Spowart (Lead)

Jose Cavalcante

Diabetes Dietitian:

Emily Sutton

Psychologist:

Dr. Aayesha Mulla

If you think that it would be helpful to meet with the psychologist attached to the Diabetes team, you can ask a member of the team to contact us on your behalf.

Podiatrist:

The podiatrist is based in the adult diabetes department and can be accessed as needed.

What you can expect from your Diabetes Team

- To offer multidisciplinary care in line with national guidelines and best practice
- To provide individualised advice to optimise diabetes control
- To be available for provision of advice, education and support for children and their families
- To promote independence in self-management of diabetes

What we expect from you

To attend your clinic appointments, cancelling if you are unable to attend