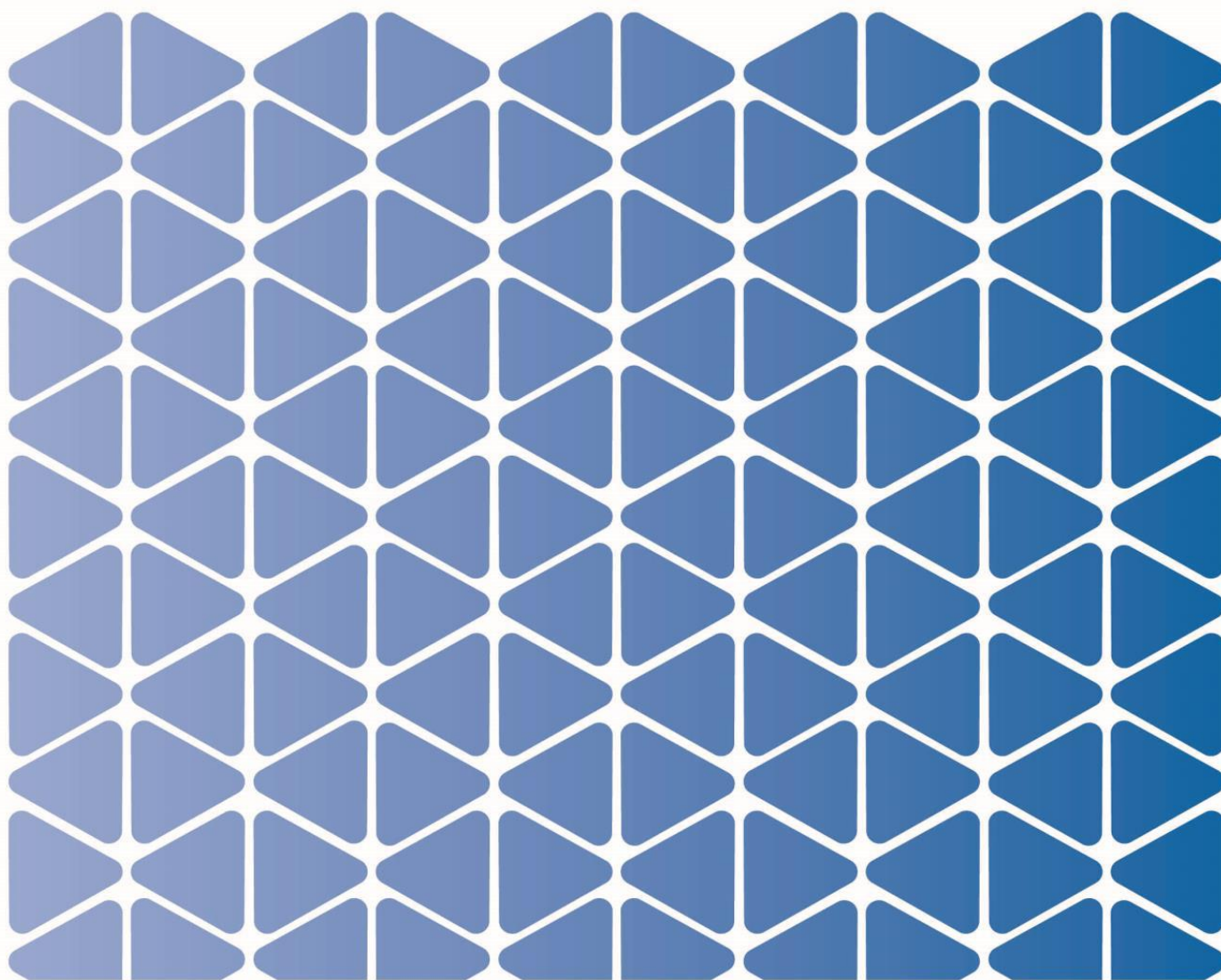


PATIENT INFORMATION

**PAEDIATRIC DIABETES –
Worcestershire Diabetes Service
Moving Up to Adult Service**



Worcestershire Diabetes Service – moving up to the adult service

Your local Wyre Forest Diabetes Team based at Kidderminster Hospital consists of:

Dr..... Consultant Endocrinologist

Jadwiga Borns Diabetes Specialist Nurse

Sarah Almond Diabetes Specialist Nurse

Sarah Raine Diabetes Specialist Nurse

Your keyworker is.....

Other Services

Tracey Jones /Lee-Ann Gayle

Paediatric Diabetes Specialist Nurse

Dorota Amador Bueno

Dietitian Kidderminster Hospital

Clinics are held as below:

- Friday PM Kidderminster Treatment Centre – Young person's clinic first Friday each month
- Tuesday PM Kidderminster Treatment Centre (pregnancy/insulin pump patients)

Some consultant clinics will have other doctors working in them called registrars, so you may not see your consultant every time. From time to time medical students may also be observers in clinic as part of their learning.

Contacting your Consultant

He is based at both Worcester Royal Hospital and Kidderminster Hospital. Ring the diabetes nurses overleaf and they can advise you on how to contact.

Contacting the Diabetes Specialist Nurses:

Diabetes Specialist Nurses for adult services are based at:

The Fred Holland Centre for Diabetes
C Block 3rd floor,
Kidderminster Hospital
Bewdley Road
Kidderminster
Worcs
DY11 6RJ

Their contact numbers:

Sarah Almond - part time	01562 512324 – 24 hr answer-phone
Jadwiga Borns - full time	01562 826385 – 24 hr answer-phone
Sarah Raine - part time	01562 512322 – 24 hr answer-phone

The Diabetes Nursing team operates a Monday to Friday service, with no service on Bank Holidays. Nurse- led clinics are held at the Diabetes Centre at Kidderminster hospital. You may also see them working in partnership with your GP practice and in the consultant clinic. You can contact the nurses direct for advice regarding your diabetes on the numbers given above. If you wish to book an appointment, please leave a message on the answer phone for them to contact you.

It is important to realise that you will no longer be able to have home visits as you have done in the paediatric service and it is very much your responsibility to make contact when you require advice or support now you are an adult.

Contacting Dieticians

You will need a referral to this service from your Consultant, Diabetes Nurse or your GP or Practice Nurse. As well as one to one advice the dietetic service also provides courses to help you improve your own self management of diabetes.

Contacting to change your appointments

Should you have any query regarding your hospital appointment contact the number on your appointment letter or card. Having your hospital number to hand will help speed up any query you have.

If your appointment is with the Diabetes Specialist Nurses at Kidderminster then contact them direct.

Where to seek advice

Your first line of advice about diabetes during a normal working day should be the Diabetes Specialist Nurses or your GP practice.

For out of hours advice (after 5.00pm and before 08.30am), weekend and Bank Holiday advice, please contact the 111 service.

Getting the most out of your appointment

Bring along your diary or computer download of your blood glucose meter results to discuss patterns and trends with your health professional. Think about questions you would like to ask beforehand to get the most out of your consultation. Ask if there is anything you do not understand about any of your treatment or the investigations that may be suggested. This is your appointment so make the most of it.

Know your Numbers

There has been lots of research that tells us that to keep yourself in the best of health with diabetes, you should aim to keep the following tests within the range given below:

- **Blood Glucose Levels 5-7mmol/l pre meals and up to 9 mmol/l 2 hours after meals (You should be 5mmol/l or above before driving and target pre bed 5-8mmol/l).**
- **HbA1c 48mmol/l**
- **Blood Pressure 130/80 or less.**
- **Cholesterol 4mmol/l or less**

These may seem difficult to achieve for some and you should discuss personal targets with your health professional.

Other Support

- There is a **Diabetes UK Kidderminster Branch**/Self Help group. Contact Fred Holland 01562 68649 for more details.
- Diabetes UK have an excellent part of their web site for young adults called "My Life" at www.diabetes.org.uk
- www.jdrf.org.uk is another good web site to access
- If you are very keen on sport then www.runsweet.com is an excellent site giving practical advice and knowledge on how to manage your particular sport.
- If you require support with your mental health you can talk to your GP, diabetes consultant and/or nurse about the struggles you are experiencing, as they will know which service(s) can best support your needs. For Worcestershire, you can also contact the Worcestershire Wellbeing Hub on 01905 766124 or WHCNHS.wellbeinghub@nhs.net for advice.

If your symptoms or condition worsens, or if you are concerned about anything, please call your GP, 111, or 999.

Patient Experience

We know that being admitted to hospital can be a difficult and unsettling time for you and your loved ones. If you have any questions or concerns, please do speak with a member of staff on the ward or in the relevant department who will do their best to answer your questions and reassure you.

Feedback

Feedback is really important and useful to us – it can tell us where we are working well and where improvements can be made. There are lots of ways you can share your experience with us including completing our Friends and Family Test – cards are available and can be posted on all wards, departments and clinics at our hospitals. We value your comments and feedback and thank you for taking the time to share this with us.

Patient Advice and Liaison Service (PALS)

If you have any concerns or questions about your care, we advise you to talk with the nurse in charge or the department manager in the first instance as they are best placed to answer any questions or resolve concerns quickly. If the relevant member of staff is unable to help resolve your concern, you can contact the PALS Team. We offer informal help, advice or support about any aspect of hospital services & experiences.

Our PALS team will liaise with the various departments in our hospitals on your behalf, if you feel unable to do so, to resolve your problems and where appropriate refer to outside help.

If you are still unhappy you can contact the Complaints Department, who can investigate your concerns. You can make a complaint orally, electronically or in writing and we can advise and guide you through the complaints procedure.

How to contact PALS:

Telephone Patient Services: 0300 123 1732 or via email at: wah-tr.PET@nhs.net

Opening times:

The PALS telephone lines are open Monday to Thursday from 8.30am to 4.30pm and Friday: 8.30am to 4.00pm. Please be aware that a voicemail service is in use at busy times, but messages will be returned as quickly as possible.

If you are unable to understand this leaflet, please communicate with a member of staff.