

Resource Room for people living with diabetes in Sheffield Dec 2022

We hope you find this collection of resources helpful. This has been put together by Sheffield Teaching Hospitals Diabetes Team and the Sheffield Diabetes UK committee. We aim to update this once a year. Please direct any comments or queries to carla.gianfrancesco@nhs.net

Where information is available in **different languages**, this is shown in the relevant sections and can be found all together in section 16.

Where links to Sheffield Teaching Hospitals leaflets do not work, this usually indicates the leaflet is being reviewed and an updated version will be available in the future.

Please click on the heading below to go to each section.

1. GENERAL INFORMATION	3
Diabetes organisations and key websites	3
Diabetes information Videos	3
Diabetes information leaflets	3
2. PEER SUPPORT	4
Sheffield Diabetes UK Group – Motto: No Blame, No Shame	4
Sheffield Diabetes UK Group – Motto: No Blame, No Shame, No need to explain.....	4
Diabetes Online Community	5
3. MANAGING YOUR TYPE 1 DIABETES DAY TO DAY	5
Type 1 Diabetes education options	5
Other resources	6
Exercise and Type 1 Diabetes	6
4. MANAGING YOUR TYPE 2 DIABETES DAY TO DAY	6
Type 2 diabetes education options.....	6
5. SELF-CARE	7
Managing Stress.....	7
Improving your sleep	7
Getting and Keeping Active.....	7
6. FOOD AND EATING WITH DIABETES	8
Sheffield Diabetes Dietitians.....	8
What can I eat?	8
Improving your relationship with food.....	8
Managing your weight	9
Apps	9

Diabetes Remission for people with Type 2 diabetes.....	9
7. ANNUAL REVIEW.....	10
8. DIABETES TECHNOLOGIES.....	10
Blood Glucose meters and bolus advisor apps	10
Diasend/Glooko	11
Smart Pens	11
Flash Glucose Monitoring – Freestyle Libre 2 system	11
Continuous Glucose Monitoring (CGM).....	12
Insulin Pumps.....	12
Hybrid Close Loops.....	12
Other ways of sharing your data with the hospital diabetes teams.....	12
9. MANAGING ILLNESS.....	13
10. MANAGING HYPOS	13
11. RAMADAN	14
12. PLANNING A PREGNANCY AND PREGNANCY CARE	14
13. DRIVING.....	14
14. COMING TO HOSPITAL.....	14
Inpatient stays.....	14
Coming in for tests	14
Coming in for surgery.....	15
15. COVID.....	15
16. INFORMATION IN OTHER LANGUAGES.....	15

1. GENERAL INFORMATION

Diabetes organisations and key websites

Diabetes UK is the leading charity for Diabetes in the UK. They provide up to date, trustworthy information on many aspects of living with all types of diabetes. All the latest news on research, technology, new medications, and diabetes developments can also be found here.

www.diabetes.org.uk

Diabetes UK helpline advisors are available on Tel: 0345 1232399 if people with diabetes, carers or relatives want to discuss any questions or concerns.

<https://www.diabetes.org.uk/diabetes-the-basics/information-in-different-languages> - Key information translated into sixteen *different languages*.

JDRF is a type 1 diabetes charity and a funder of world-class medical research to cure, prevent and treat type 1 diabetes. <https://jdrf.org.uk>

Others

<https://www.healthtranslations.vic.gov.au/advanced-search?q=diabetes> This is an Australian website that provides information in many *different languages* about health, diabetes, lifestyle etc in written and video formats.

www.nhs.uk general information and advice on all types of diabetes

www.diabetes101.co.uk Great website launched in 2021 by a team of UK diabetes specialists. Educational, colourful, and fun.

www.t1resources.uk – signposts you to information on all aspects of living with Type 1 Diabetes.

Diabetes information Videos

Sheffield Teaching Hospitals has a library of videos for people with diabetes

<https://video.sth.nhs.uk/diabetes> . Useful videos include some with *British Sign Language* and subtitles and Carbohydrate Counting videos produced by Sheffield Diabetes Dietitians.

Other Videos

<https://pocketmedic.org> - videos on living with pre-diabetes, Type 1, Type 2 and gestational diabetes. Currently provided free of charge.

www.medic.video/cv-bame - Introduction to Type 2 Diabetes for a number of BAME Communities including African-Caribbean and *available in a number of languages* – Punjabi, Bengali, Hindi, Arabic, Chinese, Polish and Somali.

www.youtube.com/diabetes%20uk - Diabetes UK YouTube channel has loads of helpful videos such as how to check blood glucose, how to do an insulin injection and easy to follow explanations of what diabetes is.

www.carbsandcals.com/videos - carbohydrate counting and carbohydrate awareness videos.

Diabetes information leaflets

Sheffield Teaching Hospitals Diabetes Team produce leaflets to be used across Sheffield to support people with diabetes. These can be found on Patient Information area of Sheffield Teaching Hospitals website [Diabetes Leaflets](#). Any queries, please contact Diabetes Patient Information Lead, Carla Gianfrancesco carla.gianfrancesco@nhs.net.

Other Leaflets

Trend diabetes leaflets are written by a team of diabetes nurses. They produced leaflets on topics that can be hard to find information on, such as dementia and diabetes, steroid treatment, menopause. These are only available online. See the full range here. [People with diabetes – Trend Diabetes](#)

Diabetes UK produce a range of leaflets to download including one for those newly diagnosed with diabetes. This is available online in **different languages** including Polish and five South Asian languages. <https://shop.diabetes.org.uk/collections/information-for-your-patients/products/diagnosed-with-diabetes-what-next>

People living with diabetes with a **learning disability** – Some of the resources throughout may be suitable, however further easy read information can be found at [Improving care for people with diabetes and a learning disability | Diabetes UK](#)

2. PEER SUPPORT

Sheffield Diabetes UK Group – Motto: No Blame, No Shame

This group of volunteers organise free monthly meetings that provide an opportunity to meet other local people with diabetes, learn about different aspects of living with diabetes from expert speakers, and help to get your questions answered. They also support local health services, give talks and act as representatives of people living with diabetes.

They produce a monthly newsletter which you can get from their website or by email or by post.

Sheffield Diabetes UK welcomes friends and volunteers to contribute to their newsletter, to join the committee or help with events.

- Website: www.SheffieldDiabetesUK.Group for meeting information
- Phone: 0742 938 5554
- Facebook: Sheffield DiabetesUK Group - <https://en-gb.facebook.com/SheffieldDUKGroup/> and closed group you can join to contribute www.facebook.com/groups/465527704788159
- Twitter: @Sheffield_DUK
- Instagram: @sheffielddiabetesuk
- Linked In [DiabetesUKSheffieldGroup](#)
- Twitter @SheffieldType1s
- Email: Sheffield.Type1s@gmail.com
- Facebook: <https://www.facebook.com/groups/T1DinthewildSheffield>.

Sheffield Diabetes UK Group – Motto: No Blame, No Shame, No need to explain

This group meets face to face at least once a month, often for a gentle walk and chat. They welcome members from across NE Derbyshire and Yorkshire and have an active WhatsApp group.

One of the members said the following about the group 'Everyone in the group 'gets' Type 1, and respect members' privacy; also believe that people's diabetes data is their own business, and there is no pressure to share. The group is understanding and encouraging, and often very funny indeed.'

Diabetes Online Community

There are many ways of connecting with other people with diabetes or diabetes experts online. The community comes together to support, connect, educate, and empower each other. If you join a group that doesn't provide this, look elsewhere!

Some suggestions have been provided by Sheffield Type 1 group:

- #gbdoc (Great Britain Diabetes Online Community). You can search for diabetes related posts and discussions using #gbdoc on Twitter, Facebook etc.
- Internationally, #DEDOC means diabetes online community – most users are people living with diabetes. #dedoc° is an international network of diabetes advocates.
- Suggested accounts to follow on Twitter are @parthaskar @nerdabetic @_diabetes101.... But there are many more excellent ones.
- @Learn Diabetes on Instagram: Set up by a member of Sheffield Diabetes UK along with other medical staff to provide useful accessible education.

Facebook page suggestions include Diabetes UK Your Friends In The North and diabetes tech groups

- Abbott Freestyle Libre users (private group)
- Dexcom G6 and G7 users
- Tandem t:slim Insulin Pump UK – “very helpful when starting out with a T:slim pump”.

www.diabetes.co.uk An online community offering support and experiences of living with diabetes through the Diabetes Forum. Chat to people online about a range of topics.

3. MANAGING YOUR TYPE 1 DIABETES DAY TO DAY

Type 1 Diabetes education options

DAFNE is a course for adults with Type 1 diabetes who use multiple injections of insulin or insulin pumps. We have run this in Sheffield since 2000 and lots of people from Sheffield now benefit from having completed the course. Find out more on the national website www.dafne.nhs.uk and please contact your Diabetes Team if you would like to know more about attending a course. Courses run in different formats. There is a 5 day course Monday to Friday, a 5 week course – one day a week for 5 weeks or an online course where you work through online learning each week and have a group call for 3 hours once a week for 6 weeks.

DAFNE updates - If you have completed a DAFNE course in the past, you may want to update your DAFNE skills or to boost your motivation? You can now access DAFNE refresher sessions online. This is a mixture of information, videos and interactive learning on different topics that you can work through at your own pace. Please contact Sheffield DAFNE administrator to get the link holly.wilkinson3@nhs.net

DAFNEOnline is a national resource for DAFNE graduates. This includes forums so you can chat to others at www.dafneonline.co.uk. Please contact Holly Wilkinson (see above) if you need a code to access this.

DigiBete is a website and app for people under 25 who have diabetes. www.digibete.org For young adults with diabetes the Sheffield access code is **ND7IE**. Sheffield Children's Hospital Diabetes Service have a different code for those under 16 which is available from the Children's Diabetes Team.

www.t1resources.uk – signposts you to information on all aspects of living with Type 1 Diabetes.

Other resources

Comic books - An alternative way to learn about Type 1 Diabetes through comic books [here](#)

Ten steps to improving Type 1 Diabetes Control by Scottish Type 1 Education programme [here](#)

How to Hack your HbA1c [How to hack your HbA1c \(t1resources.uk\)](http://www.t1resources.uk) Seven ways to get started to make improvements to Type 1 diabetes management.

Carb Counting

<https://video.sth.nhs.uk/diabetes> Check out helpful carb counting videos here.

www.carbsandcals.com Find out more about the range of photo books and app for diabetes and weight loss.

Exercise and Type 1 Diabetes

- <https://excarbs.sansum.org> Personalise your exercise advice with an interactive calculator.
- www.runsweet.com Learn from the experiences of sports people living with Type 1 diabetes.
- www.extod.org Improving the exercise advice for people with Type 1 diabetes.
- www.1bloodydrop.com Top tips from a person living with type 1 diabetes.

Diabetes Technology – see section 8 for information on glucose monitoring devices and latest diabetes technology developments

4. MANAGING YOUR TYPE 2 DIABETES DAY TO DAY

Type 2 diabetes education options

Understanding diabetes and having the skills to manage it is an important part of looking after your health. As well as information in sections 1.5 and 6, there are a number of ways you can learn more about Type 2 Diabetes including:

DESMOND courses – Recommended for anyone with Type 2 from diagnosis, **DESMOND** is a group-based education programme run in Sheffield which provides support and education on how to self-manage Type 2 diabetes. There is also an online programme available, MyDESMOND. Please speak to your GP if you are interested in attending a Sheffield course. For an insight into the course, watch this short video [DESMOND Getting to Grips with Type Diabetes - Youtube](#)

Diabetes UK Learning Zone - Diabetes UK have an online education course for you to work through at your own pace. It is free and tailored to you, for advice on what to eat and managing diabetes day to day. <https://learningzone.diabetes.org.uk>

Healthy Living for people with type 2 diabetes - Healthy Living is a free online NHS service for people living with type 2 diabetes that was launched in 2022. It provides knowledge and information that will support you to manage your condition. <https://www.healthyliving.nhs.uk/>

Diabetes Technology – see section 8 for information on glucose monitoring devices and latest diabetes technology developments

5. SELF-CARE

Managing stress, getting enough sleep, and having support from others are all important for your physical and mental health. Additionally, a healthy lifestyle will bring even more benefits. This includes keeping active, eating a well-balanced and satisfying diet, being a healthy weight, not smoking, and drinking alcohol in sensible amounts. A wide range of information on these areas can be found on the general diabetes and health websites mentioned in section 1.

Here are some examples of further websites and apps including local ones.

Managing Stress

Diabetes doesn't just affect you physically; it affects you emotionally as well. There is lots of information that could be helpful here [Emotions and diabetes | How to cope | Diabetes UK](#) .

Sheffield IAPT– provides resources you can work through in your own time or courses you can attend around managing stress, anxiety and low mood and an introduction to mindfulness. There are specific courses for people living with long term conditions such as diabetes. Find out more or refer yourself for support <https://iaptsheffield.shsc.nhs.uk>

Some people find practicing mindfulness helpful for managing day to day stress levels. More information can be found on the Sheffield IAPT website and apps are available such as <https://www.calm.com/> or <https://www.headspace.com/>.

Spending time talking with people who understand about living with diabetes by meeting in person or chatting by phone or online can make a real difference to stress levels. Check out Section 2 Peer Support.

Improving your sleep

If you're having sleep problems, there are simple steps you can take to improve your sleep hygiene, get into a daily routine and ease those restless nights. [Sleep problems - Every Mind Matters - NHS \(www.nhs.uk\)](#)

Getting and Keeping Active

Diabetes UK have recently launched free online physical activity classes for certain groups of people living with diabetes. Find out more here [Sign up to our free 'Get Moving' classes | Diabetes UK](#) and get a copy of the new *Guide to Moving More when you have Diabetes*.

www.movemoresheffield.com/activeathome This booklet produced locally and gives ideas on how to stay active even when you stay at home.

<https://weareundefeatable.co.uk/> Supporting people with long term conditions to get active including people with Type 1 and Type 2 diabetes.

For other ways to get active in Sheffield and to see what's going on close to your home [Getting Sheffield Active — Move More Sheffield](#) .

One example is Step Out Sheffield is a voluntary group that organise walks at locations across Sheffield. Free, fun and sociable. <https://www.stepoutsheffield.co.uk/>

Sheffield Physical Activity Referral Scheme (SPARS) is for people with health conditions who want to move more. Register here. [Home | SPARS](#)

www.theoutdoorcity.co.uk Walking, running, and cycling routes across the Sheffield area.

Parkrun – is an organised free community 5km run that takes place at the same locations at 9am every Saturday. There are 11 locations in Sheffield and surrounding areas. Check the website for details. [home](#) | [parkrun UK](#)

Sheffield Diabetes UK run a biannual Move More event so look out for that in 2024.

6. FOOD AND EATING WITH DIABETES

Sheffield Diabetes Dietitians

For people with Type 2 diabetes, your Community Diabetes Nurse or Practice can refer you for dietary advice from Sheffield Diabetes Dietitians. This is often provided in a group session such as DESMOND, Carb Smart and GLP -1 groups (for those starting GLP-1 medication). In 2023 more sessions should get back up and running so check for details by contacting via email at sht-tr.diabetes-dietitians-sheffield@nhs.net

Sometimes people may be offered an individual appointment. Before your appointment you may be given the chance to record your food intake in an app called 'myfood24' which is being tried out. This provides you with instant feedback on your food intake and is used in the appointment.

People with Type 1 Diabetes can access dietary advice from Sheffield Diabetes Dietitians through DAFNE courses, specialist clinics such as Pump clinic and antenatal clinic, and individual appointments. Please contact the Diabetes Centre on Tel 2714445 to request an appointment.

Sheffield Dietitians have produced a wide range of dietary leaflets that you can find on the Patient Information area of Sheffield Teaching Hospitals website. Search using keywords – diabetes or carbohydrate [Diabetes Leaflets](#)

What can I eat?

Diabetes UK www.diabetes.org.uk have an incredible amount of information about food on their website. This includes meal ideas, meal plans, myth busters, weight loss advice and much more.

South Asian Eatwell Guide can be found [here](#)

African and Caribbean Eatwell Guide can be found [here](#)

Improving your relationship with food

There are many reasons why we eat besides because we are hungry. Being more aware of this can be helpful.

[Food psychology](#) | [Diabetes UK](#) A series of articles about the other reasons we eat when we are not physically hungry. Find out more about emotional eating, cravings and your relationship with food.

If you have been on diets before and regained the weight, then you are not alone. An alternative approach is to focus on health rather than weight.

These are examples of some books and website that promote this different way to achieving health.

Books

- Eat What You Love, Love What You Eat with Diabetes – a mindful eating program for thriving with prediabetes or diabetes by Michelle May
- Intuitive Eating and The Intuitive Eating Workbook: Ten principles for nourishing a healthy relationship with food. Both by Evelyn Tribole and Elyse Resch. There is also a specific workbook for teenagers.

Managing your weight

Live Lighter - A free service for Sheffield residents – children, families, and adults. Twelve-week program on weight management and a healthy lifestyle run in groups. Run by weight management practitioners. www.livelightersheffield.com .

The NHS Digital Weight Management Programme supports adults living with diabetes to manage their weight and improve their health. It is a 12-week online behavioural and lifestyle programme that people can access via a smartphone or computer with internet access. More information can be found here <https://www.england.nhs.uk/wp-content/uploads/2021/06/digital-weight-management-patient-leaflet-a4-folded-v2.pdf> A GP or community pharmacist can refer you to the programme.

Commercial weight management programmes - There are online weight management programmes that charge a fee with a one-off payment or a monthly charge. It is important that you do your research before paying for anything and find one that suits you best. For example, does the type of diet they are promoting suit your food preferences and home life? Do you want access to a mentor for support or are you happy to go it alone? What do the reviews say? They can all sound amazing at a first glance, but it can be a big investment so take you time to decide. Remember, the best diet for you is the one that fits best into your life so that you can keep going with it.

Examples include:

- Low Carb Program [Low Carb Program - Sustainable Weight Loss and Blood Glucose Control](#)
- Second Nature [The Second Nature Weight Loss Programme | Used by the NHS](#)

Apps – There are many free apps you can use for carb counting or to record your food intake and they will provide feedback. Have a go and see what works for you. Examples include ‘Nutracheck’, ‘myfitnesspal’ and ‘Carbs and Cals’. Most apps have a basic free version and then you pay for extra functions. Do your research before paying for any of these apps.

Before your appointment with the dietitian, you may be invited to use an app called myfood24 so that you can record your food choices before the appointment. You can then discuss this with the dietitian at your appointment.

Diabetes Remission for people with Type 2 diabetes

Read about peoples experiences of putting their diabetes in to remission here [What is diabetes remission and how does it work? | Diabetes UK](#).

Diabetes REMISSION NHS Low Calorie Diet Programme

This is a course to support people recently diagnosed with Type 2 Diabetes to get their diabetes into remission. The programme lasts for one year and during the first 12 weeks only special milkshakes and soups are consumed. For more information have a look at the website [The NHS Low Calorie Diet Pilot :: SYB ICS](#) and contact your General Practice.

7. ANNUAL REVIEW

Annual Checks - Find out [here](#) what care you should be getting each year at your annual check. It is very important you keep up to date with these checks. These checks show early changes in your health before you develop symptoms. Your health care can then be optimised to slow down or stop any health problems.

Get the most out of your appointment by being prepared in advance.

More appointments are on the phone or by videos and there are additional things to consider. <https://www.diabetes.org.uk/guide-to-diabetes/managing-your-diabetes/preparing-remote-appointments>

Understanding your blood glucose test results (HbA1c) Find out what the HbA1c test is and what you should be aiming for. [Understanding your diabetes test results](#)

Footcare – You need to have your feet checked once a year by your diabetes team. For advice on looking after your feet you can find videos of the Diabetes UK website or read more [here](#)

Check your bare feet every day. If there is anything you are concerned about contact your GP, 111 or your foot care specialist.

Eye Screening – You need to attend for Eye screening once a year. Please contact your GP if you are not registered for Sheffield Eye Screening Service. To book an appointment please ring 0114

This leaflet provided information about what to expect when you have your eyes screened [Eye Screening leaflet](#)

8. DIABETES TECHNOLOGIES

There are now many diabetes technologies which improve the lives of people with diabetes. Keep up to date with all the latest developments in Diabetes Technology at the websites mentioned in Section 1. In addition, for technology ‘news and beyond’ follow the fantastic Nerdabetic (Kamil Armacki) on [youtube](#) and other social media platforms.

The main technologies are bolus advisor apps, continuous glucose monitors, smart insulin pens, insulin pumps and hybrid closed loops sometimes referred to as ‘artificial pancreas’.

Blood Glucose meters and bolus advisor apps.

Blood glucose meter apps. Some meters have phone apps that can produce a report of your blood glucose data.

In addition to apps for specific blood glucose meters there a number of phone apps where you can log all your diabetes data. Once programmed with your personal settings some apps will give advice on how much insulin to take with meals. These are called **bolus calculator apps**.

Bolus calculator apps – examples include:

[mylife App](#) - can be used to manually enter your readings.

[mySugr App Basic or Pro versions](#) – [mySugar App | Accu-Chek.co.uk \(accu-chek.co.uk\)](#) . There is a monthly charge for the Pro version unless you are using an Accu-Chek meter (Instant or Mobile

only). When you use these meters, blood glucose results are sent directly to the app in your phone. This can also be shared with your diabetes team.

Diasend/Glooko

Diasend is a website and app which you can be used to upload blood glucose and other data. This may be from for example a blood glucose meter. It then displays this data in an easy-to-understand way to help you spot patterns in your blood glucose readings. You can also use this website to share data with your diabetes team.

To share your data with the Sheffield team, you will need a computer and an appropriate cable for your meter to do this. Go to www.diasend.com/en/patient and set up an account, download the uploader to your computer and use the **Clinic ID 83-20369**. You can then review your data at the website or download the diasend app. Please contact the Diabetes Centre on Tel: 0114 2714445 if you have any queries regarding any of this information or require a cable to connect your meter to a computer.

Smart Pens

Smart pens are insulin pens which have a memory built in that records the insulin dose and time you took it. Currently the only smart pen available in the UK is Novopen 6 and NovoPen echo plus (half-unit pen). Please speak with your diabetes team if you think these pens could be useful for you.

These pens can now link with Libre data via LibreLink app. For more information you can watch this [video](#). There is no need to manually add your insulin doses into the app as the pens will do this automatically for you.

Flash Glucose Monitoring – Freestyle Libre 2 system

The Libre 2 is a flash glucose monitoring system. This is used as an alternative to measuring blood glucose with a blood glucose meter.

Any person with diabetes can have a 2-week trial of a Libre 2. Go to the [free-trial \(freestylelibre.co.uk\)](http://freestylelibre.co.uk) website to order your sensor.

After this trial, Libre 2 is available to buy or is available on prescription for all people with type 1 diabetes and some people with other types of diabetes. See Diabetes UK website for more details. [New NICE guidelines recommend wider access to Flash and CGM | Diabetes UK.](#)

If you have Type 1 diabetes and want to start on Libre 2 please contact your diabetes team or if you do not have your diabetes care at the hospital, please ask your GP to refer you to Sheffield Diabetes Team and this will be set up for you and training will be provided.

To share your data with Sheffield Team, set up a LibreView account and use the LibreLink app on your phone. Go to account settings and click on my practices and enter **code 01142714445** to link to Sheffield Diabetes Team.

If you cannot use your phone, you will be provided with a Libre 2 reader. This can be connected to a computer at home or when you come to clinic to download your data.

Getting the most out of your Freestyle Libre

If you are using a Libre flash glucose monitoring, training is recommended so you get the most out of the system. The following links are useful places to get more information.

- It is helpful to review your own Libre data by logging on to your LibreView account at [LibreView](#)
- Complete Libre Academy <https://progress.freestylediabetes.co.uk/>
- Watch Libre tutorials <https://www.freestylelibre.co.uk/libre/help/tutorials.html>
- Work through this quiz to learn more <https://www.surveymonkey.co.uk/r/librequiz>
- For advice from experts on specific topics such as understanding patterns, exercise and managing meals high in fat and protein go to www.abcd.care/dtn/flash-glucose-monitoring

Continuous Glucose Monitoring (CGM)

DexcomONE is a continuous glucose monitor that is available on prescription. This is a new product and is not yet compatible with some mobile phones. You can check your phone compatibility [here](#).

If you have Type 1 diabetes and want to discuss starting on a DexcomONE, please contact your diabetes team.

DEXCOM G series (G6 and G7) and Libre 3 – these are more advanced CGM funded by NHS in certain circumstances such as pregnancy and impaired awareness of hypos. These are not available on prescription.

When using any Dexcom product you can register for a Clarity account <https://clarity.dexcom.eu/> Please request that your Team send you a link to share your data with them.

Getting the most out of continuous glucose monitoring (CGM)

- www.abcd.care/dtn/CGM Educational videos for people with type 1 diabetes in particular those who are using or planning to use CGM for pregnancy.

Insulin Pumps

Insulin Pumps are a different way of delivering insulin to insulin injections. Pumps are small electronic devices that release insulin into the body 24 hours a day with extra doses for meals and above range glucose levels. For the latest guidance on who qualifies for insulin pumps and other technologies on the NHS [Getting a free CGM, flash glucose monitor \(Freestyle Libre\) or insulin pump on the NHS – who should qualify? | Diabetes UK](#)

There are a number of pumps available in the UK such as [Omnipod | Digital](#) or [Tandem t:slim X2](#)

Hybrid Close Loops

A hybrid closed loop system allows an insulin pump to ‘talk’ to a continuous glucose monitor. It continuously monitors blood glucose levels and calculates the amount of insulin required. You still need to tell it when and how much carbohydrate you are eating. Currently it is being piloted on 100s of people living with Type 1 diabetes in the UK and in 2023 NHS England will announce who is eligible for this system. Watch this space. [Closed loop systems | Diabetes tech | Diabetes UK](#)

Other ways of sharing your data with the hospital diabetes teams.

If you have a phone hospital appointment at Sheffield Teaching Hospitals Diabetes Service but you are not able to share your blood glucose data via Diasend or LibreView, and, you can email a report or a photo of your diary to be sht-tr.desharednetaccount@nhs.net. Please put ‘Blood glucose readings for clinic’ as title and include your name, hospital number and date of birth. *Please note this email is not for clinical enquiries.*

9. MANAGING ILLNESS

Being ill can increase blood glucose levels and/or can cause the development of ketones which can be dangerous if left untreated. It is important to know how to manage your diabetes when you are ill.

If you have Type 1 Diabetes NEVER STOP TAKING YOUR INSULIN. You should have blood ketone strips and a blood ketone meter at home and should use these to check for ketones when unwell. Please contact the Sheffield Diabetes Centre on 0114 2714445 if you want a blood ketone meter sending in the post.

All people with diabetes should be provided with information on how to manage diabetes when ill. Please ask your diabetes team for this information. You can also find information for people with Type 1 and Type 2 diabetes online <https://trenddiabetes.online/people-with-diabetes/>

Information on sick day rules in 12 *different languages including Romanian and Somali* can be found [here](#)

If blood ketones are above 1.5mmol/L ring the Diabetes Centre or 111 for advice. If you are vomiting or not able to drink fluids, please go to A&E.

10. MANAGING HYPOS

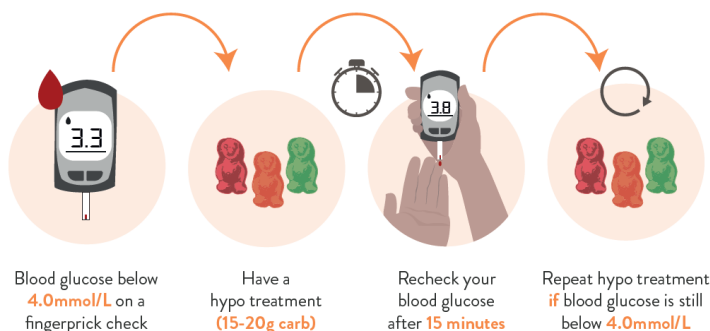
Hypo Treatment Examples

NHS
Sheffield Teaching Hospitals
NHS Foundation Trust



Treating a Hypo

NHS
Sheffield Teaching Hospitals
NHS Foundation Trust



For more detailed information and advice on Hypoglycaemia from Sheffield Diabetes Team [Hypo leaflet](#)

Please contact your diabetes team if you are having hypos (blood glucose below 4mmol/l) as your medication may need adjusting.

11. RAMADAN

Information for preparing for Ramadan with Type 2 diabetes can be found here [Ramadan SAHF 2018.pdf \(squarespace.com\)](#)

12. PLANNING A PREGNANCY AND PREGNANCY CARE

Information on Diabetes, contraception and pregnancy can be found [here](#)

If you have diabetes and you think you are pregnant, ask your GP to refer you urgently to the Specialist Diabetes Antenatal team. **They have an answerphone service Tel 0114 2712215 or ring Diabetes Centre on 0114 2714445.**

Gestational Diabetes – Download the guide to gestational Diabetes <https://www.diabetes.org.uk/diabetes-the-basics/gestational-diabetes>

13. DRIVING

This is a useful leaflet on driving and diabetes with links to DVLA website. [Driving and Diabetes TREND UK](#)

14. COMING TO HOSPITAL

Inpatient stays

Whilst in hospital you may be referred to the inpatient diabetes team. Once referred to the team, they will monitor you and help to manage your diabetes if you are unable to do so yourself. Sometimes one of the team may visit you on the ward or they may just communicate advice to the ward staff.

If you have completed the DAFNE course and are able and well enough to self-manage your diabetes whilst in hospital you will be encouraged to do so. The Trust provides the carbohydrate content of the hospital menus to enable you to carbohydrate count as you would do at home.

In collaboration with the ward nurses, the diabetes team will continually assess your ability to self-manage as they are aware that things can change during your hospital stay.

Coming in for tests

Information is available which provides advice on how to manage your diabetes if attending for an endoscopy, bronchoscopy, colonoscopy, flexible sigmoidoscopy, ERCP or colorectal surgery.

You should be sent this information in plenty of time by the endoscopy department. These leaflets can also be found on the Trust website [Diabetes Leaflets](#) where you can search for the leaflet you need.

Coming in for surgery

In your surgical pre-op assessment clinic, one of the blood tests you have, HbA1c, will measure of your glucose levels over the previous 3 months. If your HbA1c is above 70mmol/mol the surgical team may refer you to the Diabetes Team for support to improve blood glucose levels and in some cases, surgery will be delayed. This is to increase the likelihood that you will recover well after the surgery.

15. COVID

Keep up to date with the impact of COVID on people with diabetes [here](#)

Sheffield COVID vaccination sites can be found [here](#)

16. INFORMATION IN OTHER LANGUAGES

Diabetes UK website <https://www.diabetes.org.uk/diabetes-the-basics/information-in-different-languages> - Key information translated into sixteen *different languages*.

Diabetes UK produce a range of leaflets to download including one for those newly diagnosed with diabetes. This is available online in *different languages* including Polish and five South Asian languages. <https://shop.diabetes.org.uk/collections/information-for-your-patients/products/diagnosed-with-diabetes-what-next>

<https://www.healthtranslations.vic.gov.au/advanced-search?q=diabetes> This is an Australian website that provides information about health, diabetes, lifestyle etc in written and video formats in many *different languages*.

Sheffield Teaching Hospitals has a library of videos for people with diabetes <https://video.sth.nhs.uk/diabetes> . Useful videos include some with *British Sign Language* and subtitles and Carbohydrate Counting videos produced by Sheffield Diabetes Dietitians.

www.medic.video/cv-bame - Introduction to Type 2 Diabetes for a number of BAME Communities including African-Caribbean and *available in a number of languages* – Punjabi, Bengali, Hindi, Arabic, Chinese, Polish and Somali.

Information on sick day rules in 12 *different languages including Romanian and Somali* <https://www.diabetes.org.uk/diabetes-the-basics/information-in-different-languages>