

# Paediatric Diabetes Newsletter

Autumn 2018

Dear All,

Welcome to the latest edition of our newsletter. Please take time to read the results from the National Paediatric Diabetes Audit, the news section and upcoming events. As always, please let us know if you'd like to see anything else included!

## **National Paediatric Diabetes Audit Results (NPDA) - Kidderminster Treatment Centre in bottom 10%**

We're aware of how much time and effort people put into managing their diabetes and how frustrating it can be to attend clinic and find you haven't achieved your target HbA1c (the target HbA1c recommended nationally is 48mmol/mol or below).

Please visit <http://npda-results.rcpch.ac.uk/> to see the 2016/17 NPDA results. Unfortunately, Kidderminster Treatment Centre (KTC) was highlighted as a 'negative outlier' (i.e. in the bottom 10% of units) compared to the rest of England and Wales (E&W) for adjusted mean HbA1c.

'Adjusted' means the result considers the effects of age, sex, ethnicity, duration of diabetes and deprivation on a unit's mean HbA1c result. The adjusted mean HbA1c for KTC was 75.6 mmol/mol compared to 67.3 mmol/mol across E&W and was significantly higher. The adjusted percentage of children and young people with a HbA1c of more than 80 mmol/mol was also significantly higher (34.3% versus 15.2%). As a result of this, the Trusts' Chief Executive as well as local commissioners were informed and we've had to send a response to the NPDA explaining the factors that may have caused this result. Although

HbA1c is just one measure of diabetic control and doesn't inform on hypos, quality of life or other factors which patient's might see as more important, studies assessing the risk of complications link a higher HbA1c to a greater risk of future health problems. We have taken actions in response to this result and hope to see an improvement in future audits. The results for adjusted mean HbA1c for The Alexandra Hospital (AH)(69.1 mmol/mol) and Worcestershire Royal Hospital (WRH) (70.1 mmol/mol) were similar to the mean across E&W.

On a positive note we performed better than average at screening for thyroid problems and coeliac disease within 90 days of diagnosis at KTC and WRH and for completing the 7 key annual health checks (HbA1c, height and weight, blood pressure, foot examination and screening for thyroid disorders, albuminuria and retinopathy) across all 3 sites.

Please feel free to ask us any questions about these results. We are always looking at ways of trying to improve the care and service we provide and would value your feedback and recommendations.

## News

### **Getting the most out of your clinic appointment**

Please could we remind everyone to bring their blood glucose diaries and meters to their clinic appointments.

### **Clinic waiting times**

We are aware that some patients spend a long time in diabetes clinic. Therefore, we are trying to reduce waiting times and make clinics more efficient. To help with this we'd be grateful if you could:

- cancel early if you know you will be unable to attend an appointment
- leave time for parking
- consider the main topics you wish to focus on during your appointment

If further discussions are required we are happy to book another appointment.

### **Clinic 'did not attend' (DNA) rates**

From the 1st April '17 to 31st March '18 there were 86 out of 569 appointments not attended across all 3 sites. As well as

not being able to offer these appointments to other patients who need them, this cost the Trust over £14,500.

### **Retinopathy screening**

Please could we remind all over 12 year olds that they should be having their retinopathy screening on an annual basis. If you haven't had your screening performed recently please contact either the Diabetes Eye Screening Programme or your PDSN.

### **Facebook page**

There is a local paediatric diabetes Facebook page for parents which is a closed group. If you would like to be added please speak to your Diabetes nurse.

### **Continuous glucose sensor education evening**

Representatives from Medtronic, Dexcom, Libre and Medtrum will be present for the above event on the 26th November 6-8pm at Salwarpe village hall, Copcut lane, Salwarpe WR9 OAH. Everybody's welcome to attend.

### Please remember!

Since autumn and winter are quickly approaching it's a good time to check:

1. Have you had your flu vaccine?
2. Have you got a copy of sick day rules close to hand?
3. Have you got a working ketone meter and testing strips?

If you've got any questions about these please contact your PDSN.



A note from the Dietitian:

Beat the winter blues! Increase intake of Vitamin D, Omega 3 and Iron by having more oily fish during the winter months. A lot of children do not like oily fish, but most like tuna mayo. Try Sar-tuna mayo or Pink-tuna mayo on sandwiches, jacket potatoes or with pasta.

Sar-tuna mayo: 1 can of sardines in oil (discard the oil), 1 can of tuna in spring water and 1 tablespoon of mayonnaise. Pink-tuna mayo: 1 can of pink salmon, 1 can of tuna in spring water and 1 tablespoon of mayonnaise. Mix well until a smooth paste is formed. Then add some veggies of your choice, e.g. chopped cucumbers and peppers or sweetcorn and peas, or even all of these together!

Enjoy your new favourite nutritious meal! Aim to have some oily fish twice a week!

Attention all patients using a Medtronic pump!

UPS My Choice is a service that allows patients using a Medtronic pump to amend orders and receive notifications when deliveries are scheduled. To register please go to:

[https://www.ups.com/content/gb/en/tracking/ups\\_mychoice.html](https://www.ups.com/content/gb/en/tracking/ups_mychoice.html)

### **New technologies bought online**

There are a number of technologies available online which make managing diabetes easier such as the MiaoMiao. However, because they haven't been reviewed by the appropriate UK regulatory authority we regret that we are unable to provide support and advice on their use.



CHRIS PENNELL'S  
**DIABETES**  
RUGBY ACADEMY

Chris Pennell is a Rugby player who plays for Worcester Warriors and has played for England. He also has Diabetes. Chris uses sport and nutrition to help manage his Diabetes.

If you have Diabetes and you're keen to play some touch rugby, come and join Chris and our specialist coaches at Sixways Stadium. We offer a safe and fun environment where you can run about, learn about the benefits of sport and share tips on Diabetes with people who understand.

#### **WHERE**

High Performance Centre, Sixways Stadium, Worcester, WR3 8ZE

#### **WHEN**

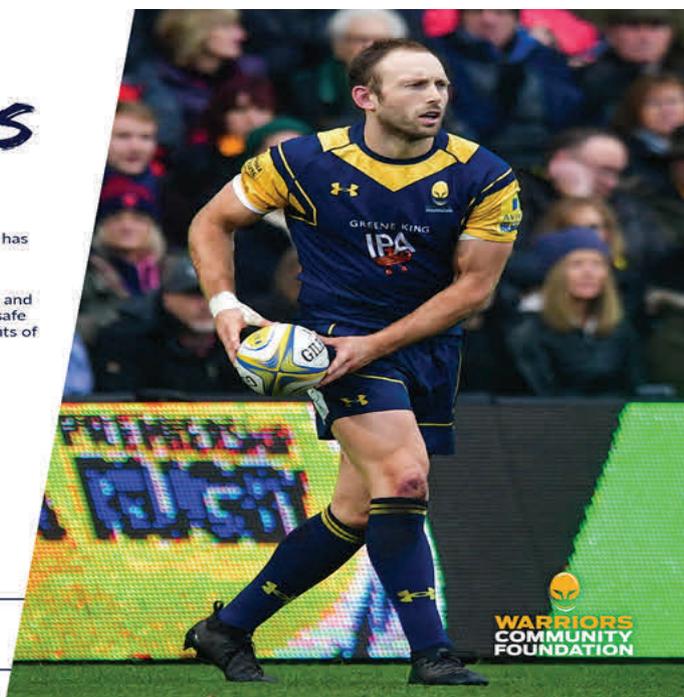
Every Tuesday | 4:30pm - 5:30pm  
Starting 9th January 2018

**ALL AGES UNDER 18 WELCOME**

**FREE OF CHARGE**

**FOR MORE INFORMATION**

**EMAIL [CHRIS.STEPHENSON@WARRIORS.CO.UK](mailto:CHRIS.STEPHENSON@WARRIORS.CO.UK)**



**WARRIORS**  
COMMUNITY  
FOUNDATION

### **Dates for your diary**

#### Girls Group

For girls 13 years plus. Sessions are being held on the 19th November and 17th December at Waitrose Community room, 223 London road, Worcester WR5 2JG.

#### Xmas party

For 10 year olds and under. On the 8th December 3-5pm at St Andrews Sacred Heart Church hall, Droitwich.

#### Activity weekend

For 8-13year olds. From the 29th—31st March 2019 at the Pioneer Centre, Cleobury Mortimer.