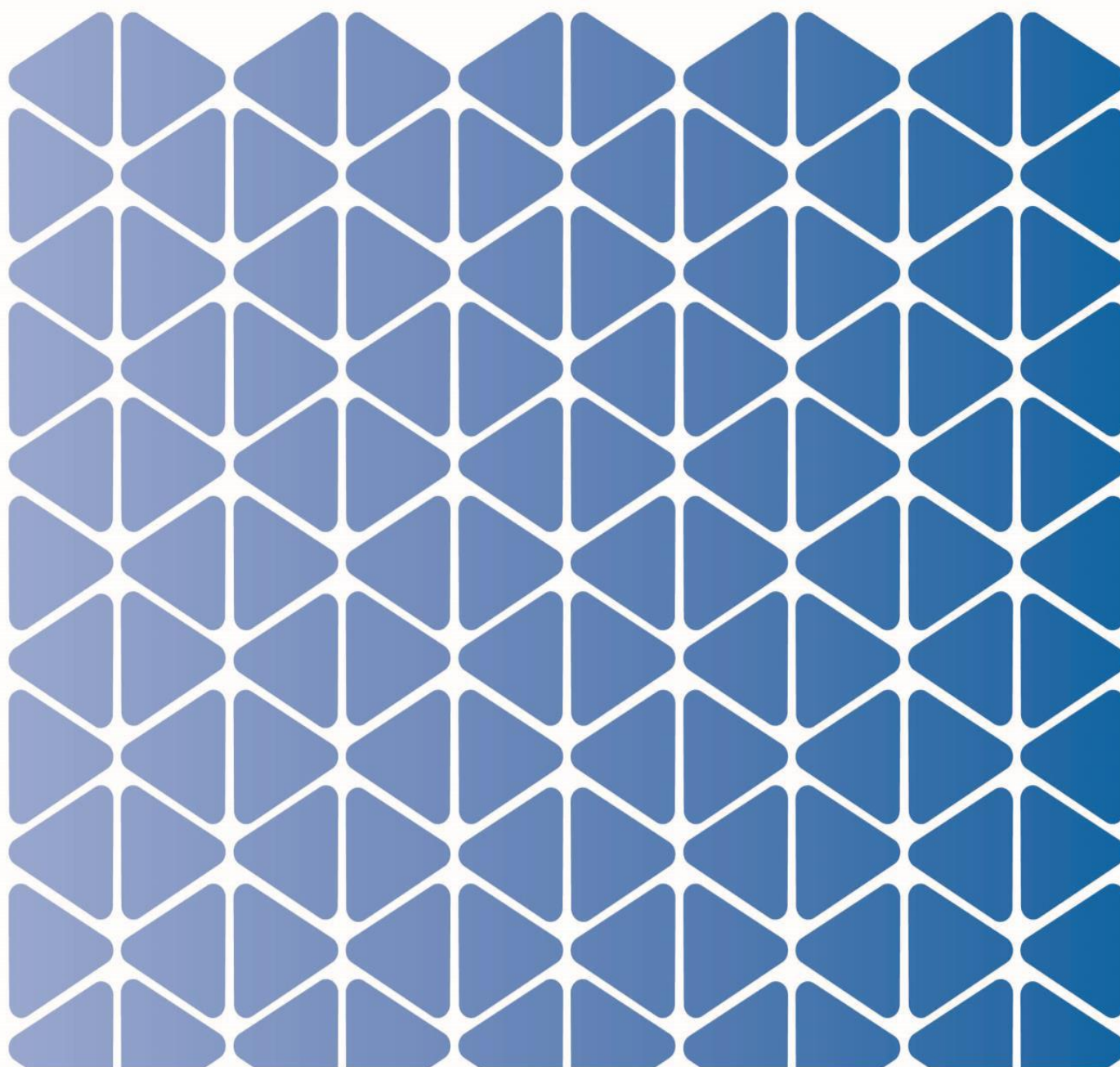


PATIENT INFORMATION

PAEDIATRIC DIABETES – Blood Glucose Monitoring



What is a normal blood glucose level?

In people without diabetes, their bodies will always maintain a blood glucose level between 4–7mmol/l. After your initial diagnosis and treatment your team will discuss your target blood glucose readings with you.

For young people with diabetes your diabetes team will encourage you to test regularly 5-6 times a day. Aim for as many blood glucose readings as possible to be in a range of:

4-7mmol/l before meals and 4-9 mmol/l 2 hours after a meal.

This is because research has shown that keeping your blood glucose levels in a good range can help prevent complications with your diabetes in the future. Ask your team for the leaflet all about the long term complications that may happen in the future and what you can do to help keep yourself healthy.

Why Test?

To give you information about **your** blood glucose levels so that you can make treatment changes if necessary to keep in target range.

To help you and your parents make changes to your insulin doses if needed by looking for patterns and trends. Write your blood glucose levels in your diary or download them to your computer at least every week – the meter company will give you a free download lead if you ring the Customer care line. If you are unsure or still learning about insulin adjustment, talk to your Paediatric Diabetes Nurse for advice – don't wait until you are seen in clinic, as this may leave you with high readings which will affect your HbA1c reading.

When should I test?

Testing at different times of day for example:

- In the morning, before each meal, after school and before bed

Also test when your daily routine changes for example:

- Before and after sport
- When travelling – a different routine and the weather may affect you.
- If you feel ill
- Special events such as parties or sleepovers

How to test your blood glucose

- Get your equipment ready
- Wash your hands in warm soapy water and dry them
- Prick the side of your finger with a lancet
- Get a large enough drop of blood
- Follow the directions for your meter
- Record your result and act on the level if required
- Dispose of your lancet safely

Things to think about if your blood glucose is too high

- Illness and infection
- Missed or reduced insulin doses
- Taking agreed medication
- Over eating – especially sugary foods
- Stress or worry
- Substance misuse
- Immunisation or Vaccination

Things to think about if you are too low

- Too much insulin
- Not eating enough
- Missed or late snacks or meal
- Unplanned or extra exercise
- Stress
- Drinking alcohol
- Substance misuse

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.PALS@nhs.net

Opening times:

The PALS telephone lines are open Monday to Friday from 8.30am to 4.00pm. Please be aware that you may need to leave a voicemail message, but we aim to return your call within one working day.

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