

# Type 1 Diabetes Care Tips

Sandwell Hospital Diabetes Team

**1** Make sure you receive all your 8 basic care processes every year.

**To book in for blood tests, either call 0121 507 6104 or email [swbh.phlebotomy@nhs.net](mailto:swbh.phlebotomy@nhs.net)**

- Blood tests for glucose-control (HbA1c), cholesterol and kidney function
- Blood pressure check (aim under 130/80)
- Urine test for protein (good kidney health)
- Foot check for circulation and sensation
- Weight and height measurement
- Eye photographs for diabetes eye-disease



**2** **My Type 1 Diabetes website** links you to a great variety of helpful resources, e.g.

- Diabetes tech that can reduce the burden
- How modern insulin pump treatment can help
- Refresh your carbohydrate counting skills
- Help in non-English languages



**Access the site using the QR code opposite**

**3** Most people with type 1 diabetes are now using FreeStyle Libre sensors - making a start is simple and does not require an appointment. Want to start now?

- Scan the QR code opposite to order your first free-of-charge sensor kit
- Alternatively, visit the Diabetes Centre, Sandwell Hospital to collect a sensor kit
- Let us know when you're set up by sending a message to the secretary email (below) and we will ask your GP to issue repeat prescriptions



## Useful Contacts:

**Sandwell Diabetes Centre Reception:** 0121 507 3063

**Secretary email:** [swbh.diabendosec@nhs.net](mailto:swbh.diabendosec@nhs.net)

**DSN message helpline:** 0121 507 4570 (not for emergency situations)

**DSN email:** [swbh.dsn@nhs.net](mailto:swbh.dsn@nhs.net)

## 4 Already using FreeStyle Libre? Excellent! Now get the most out of using it

- Become familiar with your reports, focus on:
  - Time in Range' (higher the better)
  - Hypoglycaemia (time below range)
  - Glucose variability (the spread of your results around the average)
- Scan as often as you can – people who scan more get better results, 20-30 times a day is not unusual
- A series of Diabetes Technology Network videos can help you learn more, **follow the QR code opposite**



## 5 Having a correct injection technique and healthy injection sites are both vital. These enable you get a predictable effect each time you inject insulin:

- Check your technique: On YouTube, search 'NHS insulin injection' for a short video – make sure the advice matches what you do
- Check your needles for injection are 4mm
- Only ever use needles once and dispose of needles safely
- Half of people injecting insulin get fatty lumps at injection sites, which cause problems:
  - Examine yourself for lumps
  - Find out more at **'BD and Me' using the QR code opposite**



## 6 Living well with diabetes is an incredible balancing act, which can be mentally and emotionally draining. Programs to help you feel better, thrive and feel calmer are available from SilverCloud. So long as you are registered with a Sandwell GP, either go to the following link or scan the QR code opposite and use access code **'DIABETES'**

<https://sandwellhealthyminds.silvercloudhealth.com/signup/>



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