

Spotlight On...

Diabetes

ISSUE 5: 07/09/21



Throughout August, we have been shining a spotlight on Diabetes.

We've rounded up all the information from throughout the month below...

More than 209,015 people in Wales are now living with diabetes. This is 8% of the population aged 17 and over - the highest prevalence in the UK - and the numbers are rising every year.

Diabetes is a serious condition where your blood glucose level is too high. It can happen when your body doesn't produce enough insulin, or when you can't produce any at all.

There are two main types of diabetes: type 1 and type 2.

When you've got type 1 diabetes, you can't make any insulin at all. If you've got type 2 diabetes, it's a bit different. The insulin you make either can't work effectively, or you can't produce enough of it. They're different conditions, but they're both serious.

Other types of diabetes include gestational diabetes, which some women may go on to develop during pregnancy. There are also many rarer types of diabetes.

What all types of diabetes have in common is that they cause people to have too much glucose (sugar) in their blood. But we all need some glucose. It's what gives us energy. We get glucose when our bodies break down the carbohydrates that we eat or drink. And that glucose is released into our blood.

We also need a hormone called insulin. It's made by our pancreas, and it's insulin that allows the glucose in our blood to enter our cells and fuel our bodies.

If you don't have diabetes, your pancreas senses when glucose has entered your bloodstream and releases the right amount of insulin, so the glucose can get into your cells. If you have diabetes, this system doesn't work.

Insulin helps your body use glucose (sugar) for energy. When you have diabetes, sometimes your pancreas doesn't make any insulin, doesn't make enough or the insulin it makes doesn't work properly (called insulin resistance). Everybody with type 1 and some people with type 2 diabetes need to inject insulin to help manage their blood sugar levels.

Hypos are when your blood sugar is low, and they are very common when you take insulin.

You must do something as soon as you notice symptoms of a hypo, or if a blood test has shown your blood glucose levels (also called blood sugar) are too low.

Watch the Diabetes UK 'What does a hypo feel like' video, which explains the symptoms of hypos <https://www.youtube.com/watch?v=4LttAS3HpA0&t=75s>

Visit <https://abuhb.nhs.wales/clinical-futures/spotlight-on/diabetes/>

Eye Care



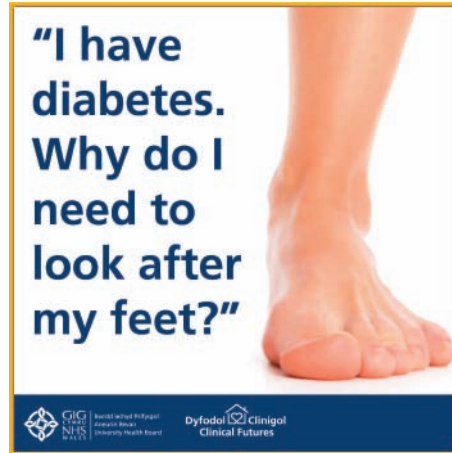
Diabetes can affect your eyes in many ways. Some people go on to develop an eye complication called diabetic retinopathy. If you don't get this eye problem treated in time, it can lead to sight loss.

Diabetic Eye Screening Wales is an all Wales service that looks for an eye problem caused by having diabetes. Eye screening looks for damage to the back of the eye. If you have been diagnosed with diabetes, and are aged 12 or over, you will be invited to attend a screening appointment. You will be invited every year, via a letter sent to your home address.



Our Specialist Diabetes team at The Grange University Hospital are now on hand 7 days a week to assess patients with confirmed or suspected diabetes.

Foot Care



Looking after your feet when you have diabetes is very important. If you don't take care of your feet, you are more likely to end up in the Emergency Department.

It doesn't matter if you have type 1 or type 2 diabetes - if your blood sugar is high, the effects on your body are exactly the same.

Poor control of high glucose levels leads to poor circulation and damaged blood vessels or nerves in your legs. This can result in foot complications, such as slow healing wounds, infections, hospitalisation and amputation.

Primary Care Diabetes Team

Primary Care Diabetes Specialist Nurse Team Leader, Frances Rees has been a nurse for over 30 years, and specialises in diabetes.

"As a primary care team, we have a great alliance with our secondary care colleagues to ensure that patients receive continuity of care and support. A big part of our role involves patient education, to help prevent any complications of diabetes. We support GP practices by assisting in intensifying treatment, where required, to improve patient health."

In the Spotlight

Our Diabetes Spotlight stars include:



Melissa
PRINCIPAL
PODIATRIST



Janice
DIABETES
SPECIALIST
NURSE



Penny
PRACTICE
NURSE

You can view their profiles at <https://abuhb.nhs.wales/clinical-futures/spotlight-on/diabetes/>

The Warning Signs of Deteriorating Diabetes



Deteriorating diabetes can be extremely dangerous, and could result in Hospital admission, or even needing Intensive Care, if symptoms worsen.

Senior Nurse for Diabetes, Janice Moses, has more information about the warning signs to look out for, and what you should do if these warning signs occur: <https://youtu.be/WI72RjEncWw>

To find out more about any of the topics featured in this newsletter, visit <https://abuhb.nhs.wales/clinical-futures/spotlight-on/diabetes/>



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Type 1 Diabetes



How can Type 1 Diabetes be managed?

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Type 1 Management

Type 1 diabetes is a lifelong condition affecting around 16,000 people in Wales, and is often diagnosed in childhood or as a young person.

Support and education during the life journey with diabetes can reduce long term harm both physically and psychologically, as well as acute complications such as diabetic ketoacidosis and hospital admissions.

What is DAFNE?

DAFNE (Dose Adjustment For Normal Eating) is a glucose management programme with an emphasis on carbohydrate counting and adjusting insulin doses.

Standard DAFNE courses are face to face in small groups over 5 days, or 1 day a week over 5 weeks. You can also access DAFNE remotely through a mixture of online learning and group video support calls.

How do I access a DAFNE course?

If you have Type 1 diabetes and are treated with multiple daily injections of insulin, you can ask any member of your diabetes team to refer you to the dietitians.

Rhianwen recently took part in a DAFNE course so that she could manage her own Type 1 Diabetes - here she is finishing her 100 mile Diabetes Charity walk!

"For me, being a type 1 diabetic is just having an extra step in your life compared to those who don't have diabetes...
... I recently went on a type 1 diabetes educational course named DAFNE, which gave me an insight into how best to manage my diabetes in different scenarios"- Rhianwen



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Type 1 Diabetes in Children
Know the symptoms

Toilet
Thirsty
Tired
Thinner



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Diabetes in Children – Know the symptoms

It is important for all parents to know the signs and symptoms of undiagnosed Type 1 diabetes in children, which is a medical emergency. If parents notice ANY of the key symptoms of Type 1 diabetes, they need to make an urgent GP appointment, or contact their Out of Hours service.

The main symptoms of Type 1 diabetes are known as the 4 Ts:

- **Toilet:** going to the toilet a lot more than usual, bedwetting in children who were previously dry at night or heavier nappies in younger children
- **Thirsty:** Increased thirst which is difficult to quench
- **Tired:** Increased tiredness/lethargy
- **Thinner:** Weight loss, looking thinner, clothes feeling looser

Daisy's Story

Daisy May, age 5, was diagnosed with Type 1 Diabetes in June this year. After being rushed to hospital with dangerously high blood sugar levels, Daisy was admitted to the High Dependency Unit to receive treatment for her Type 1 Diabetes.

Read Daisy's story:
<https://abuhb.nhs.wales/clinical-futures/spotlight-on/diabetes/>



In September, we'll be shining a spotlight on Children's Healthcare.
Is there anything you'd like to know more about?



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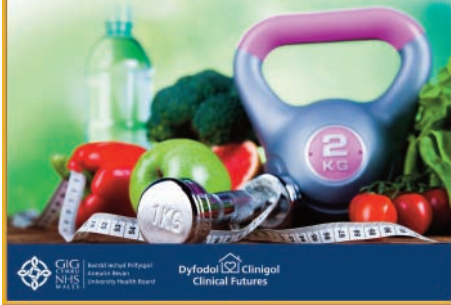
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Type 2 Diabetes

How do I prevent and manage Type 2 Diabetes through lifestyle change?



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Type 2 Management

Type 2 diabetes is still a widely misunderstood condition, but there is a lot that each of us can do to try to control and reduce our risk of developing type 2 diabetes. The good news is that making changes to try to reduce diabetes risk also means that you are reducing the risk of other diseases that are linked to diabetes.

You don't need to make a huge change to your life all in one go – we know that for those who do choose to change their

lifestyle, small changes, which they then go on to keep practicing before making more changes, all add up over time to reduce their health risk. When people try to make too many, and sometimes too big changes in one go, they often cannot sustain their efforts and can quickly lose motivation and go back to their old choices.

Through lifestyle changes, the onset of Type 2 diabetes can be delayed and even prevented and managing it through lifestyle change is the key to a healthy and happy life.

Type 2 Courses

XPERT Diabetes

As diabetes is a long term condition, you may need help and support to make some lifestyle changes – this 6 week course will help you to manage Type 2 diabetes.

For more information about the course, visit:

<https://abuhb.nhs.wales/clinical-futures/spotlight-on/diabetes/>

GAVO Education Programmes for Patients (EPP)

EPP Cymru provides a range of award winning self-management health and well-being courses and workshops for people living with a health condition or for those who care for someone with a health condition.

For further information about GAVO courses, visit

<https://www.gavo.org.uk/epp>



The NHS Wales Diabetes Implementation Group have developed an Online interactive self-management programme to support those with Type 2 Diabetes.

Visit <http://www.mydesmond.wales/> to sign up.

Sarah's Story

Sarah was diagnosed with Type 2 diabetes 4 years ago at the age of 41. It was somewhat of a shock as there was no immediate family history of diabetes.

"I learn every time I visit any medical professional, but a complete light bulb moment for me was when I had the opportunity to attend the X-pert Diabetes Structured Education Program."

Read her story here:

<https://abuhb.nhs.wales/clinical-futures/spotlight-on/diabetes/>

Barrie is a type 2 diabetic and amputee.
"I thought I was invincible. I drank to excess and smoked too many cigarettes".
As a result of diabetes, Barrie experienced lots of problems with his feet, resulting in the agonising decision to have his lower leg amputated.
Following a long stay in hospital and a struggle with coming to terms with the loss of his leg, Barrie set himself some goals...



...the biggest was to walk his partner Trish down the aisle.

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Barrie's Story

Due to living an unhealthy lifestyle for over 30 years, Barrie was diagnosed with Type 2 Diabetes. He then developed foot complications that resulted in him having his lower leg amputated.

He has now adjusted to his new way of life and has shared his experience with us. Read his story:

<https://abuhb.nhs.wales/clinical-futures/spotlight-on/diabetes/>