

Diabetes Outreach Team

Information for patients with
diabetes who are in hospital



DOT

ENHT Diabetes Outreach Team



Your stay in hospital

When you are admitted to hospital your needs will be assessed by the Diabetes Outreach Team (DOT). A care plan will be discussed and agreed between you and the hospital team. This applies whether you are admitted to hospital for a planned procedure or because of an emergency.

Self management of diabetes in hospital

If you wish to self manage your diabetes care you will be supported to do so, unless this has been assessed as impractical or unsafe. You should have access to your own medication, equipment and a bedside locker for storage.

Whilst in hospital we would prefer that your blood glucose is monitored using the hospital's glucose meters. If you would like to use your own glucose meter this would be in addition to monitoring done by our ward staff, dependent upon your needs.

Managing hypoglycaemia and hyperglycaemia

We have hospital policies and guidelines for managing hypos and hyperglycaemia. The Diabetes Outreach Team can talk to you about this if you wish. Hypo boxes are available in all ward areas.



Your medication and treatment

Decisions about taking your own medication during your hospital stay will be agreed and documented with the Diabetes Outreach Team. Alternatively they should be given to you at the appropriate times by your hospital team. You should be given the opportunity, unless impractical, to check that the medications on the prescription chart are correct. At times it may be necessary for the diabetes team to make changes to your treatment regime which will be explained to you.

Food access and timing

Where possible you should be able to make your own food choices. This sometimes might be supported by one of the hospital dietitians. A catering directory is available on the ward which gives a full breakdown of all menu items (including carbohydrate content) to help you make an informed choice.

Medication and meal times will be arranged according to your needs, this may vary according to your treatment regime.

Additional snacks are available in all ward areas at your request. Food may also be brought in from home.

Members of the Diabetes Outreach Team

Consultants: Dr Stella George, Dr Samer Al-Sabbagh, Dr Andrew Solomon, Dr Jalini Joharatnam, Dr Sagen Zac-Varghese, Dr Ken Darzy, Dr Felicity Kaplan, Dr Ben Zalin

Diabetes Specialist Nurses: Debbie Stanisstreet, Anne Currie, Dawn Hardy, Linda Chapman, Carolyn Jones, Bev Summerhayes, Sarah Woodley, Laura O'Donnell, Manju Abraham, Shelley Hodgkins, Sunitha Mathew

Support Staff: Karen Fowler, Carol Knowles, Nicola Hogan

If you would like to see a member of the team, ask the ward staff to contact us: Lister hospital Tel: 01438 285149

Contacting your diabetes healthcare team:

Lister Hospital - Diabetes Specialist Nurses
Tel: 01438 285615 / 01438 284645 / 01438 284560

QEII Hospital - Diabetes Specialist Nurses
Tel: 01438 288301 / 01438 288302 / 01438 288303

Community Diabetes Team
Potters Bar Community Hospital – 01707 621152

If you have any concerns regarding your diabetes care please contact your GP

