Useful Telephone Numbers

Patient Advice Line
Lister Hospital Contact Centre (Appointments)
Podiatry Central Office
NHS 111
111
111

NHS 111 can help if you have an urgent medical problem and you're not sure what to do. NHS 111 is available 24 hours a day, 7 days a week.

- In an emergency, dial 999

Care Plan (To be complete	d on discharge):				
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Reviewed by:	Date	٠.	,	1	

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You can request this information in a different format or another language.



Diabetes Outreach Team

Information for patients with diabetes who are in hospital







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.

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, Dr Rachel Troke, Dr Peter Winocour.

Diabetes Specialist Nurses: Anne Currie, Dawn Hardy, Bev Summerhayes, Sarah Woodley, Laura O'Donnell, Shelley Hodgkins, Sunitha Mathew, Jennifer Hollis, Anne Parry, Rosemary Clark, Sharla Paz.

Support Staff: Janice Cairncross, Donna Harris, Carol Knowles, Nicola Hogan, Julie Thomas, Joanne Cox.

If you would like to speak to a member of the team, please contact us on the:

All messages received before 1pm will be returned on the same working day. Any messages left after 1pm will be returned on the following working day. Calls will be returned Monday to Friday, between 9:30am and 4:30pm, excluding bank holidays.

If you are calling about an emergency situation, please do not leave a message on this line - Call 999, 111 or contact your G.P.