

COMMUNITY DIABETES SERVICE: Advice on Coronavirus-covid-19

Frequently asked questions:

Should I self isolate / Should I Travel?

Please follow latest social distancing government guidance:

<https://www.gov.uk/government/publications/covid-19-guidance-on-social-distancing-and-for-vulnerable-people/guidance-on-social-distancing-for-everyone-in-the-uk-and-protecting-older-people-and-vulnerable-adults>

<https://publichealthmatters.blog.gov.uk/2020/02/20/what-is-self-isolation-and-why-is-it-important/>

- aged 70 or older (regardless of medical conditions)
- under 70 with an underlying health condition listed below (ie anyone instructed to get a flu jab as an adult each year on medical grounds):
 - chronic (long-term) respiratory diseases, such as asthma, chronic obstructive pulmonary disease (COPD), emphysema or bronchitis
 - chronic heart disease, such as heart failure
 - chronic kidney disease
 - chronic liver disease, such as hepatitis
 - chronic neurological conditions, such as Parkinson's disease, motor neurone disease, multiple sclerosis (MS), a learning disability or cerebral palsy
 - diabetes
 - problems with your spleen – for example, sickle cell disease or if you have had your spleen removed
 - a weakened immune system as the result of conditions such as HIV and AIDS, or medicines such as steroid tablets or chemotherapy
 - being seriously overweight (a body mass index (BMI) of 40 or above)
- those who are pregnant

What if I run out of medication and/or equipment?

- If you usually test your blood sugars and do not have working blood glucose meter, ketone meter and/or strips contact your GP for a prescription or new equipment
- If you are in need of blood glucose or ketone strips and unable to obtain a prescription from GP or access pharmacy contact your usual diabetes healthcare professional. (See contact list)

What if I run out of food?

We are unable to give specific advice currently but the following links may provide some ideas for support and signposting

- <https://www.staffordshire.gov.uk/>
- <https://www.stoke.gov.uk/site/>
- <https://www.newcastle-staffs.gov.uk/>
- <https://www.staffordshireconnects.info/>
- <https://www.stokesentinel.co.uk/>
- <https://stokeontrent.foodbank.org.uk/contact-us/>
- <https://newcastlestaffs.foodbank.org.uk/>
- <https://www.staffordbc.gov.uk/local-food-banks-information-and-opening-times>

Advice on Coronavirus-covid-19 for all:

Follow NHS guidance: <https://www.nhs.uk/conditions/coronavirus-covid-19/>

Advice for managing Type 1 Diabetes:

- <https://jdrf.org.uk/coronavirus-covid-19-information-for-people-living-with-type-1-diabetes/>
- Check your ketone and glucose test strips are in date and you have a sufficient supply
- If you usually test your blood sugars and do not have working blood glucose meter, ketone meter and/or strips contact your GP for a prescription or new equipment
- If you are in need of blood glucose or ketone strips and unable to obtain a prescription or access pharmacy inform your usual diabetes healthcare professional. (See contact list)
- In the event of illness use What to do when you are ill guidance attached
- In the event of illness and risk of dehydration temporarily stop SGLT2 medication (dapa/empa/canaglifozin tablets) and Metformin / Glucophage
- Do not stock pile medication
- Follow @_Diabetes101 on Twitter

Advice for managing Ketones

- We have provided two information sheets to support the management of illness. We realise these differ in recommendation of when to check for ketones. Unless it is very unusual for you to have blood >11mmol/L in most circumstances people choose to test when >14mmol/L. If you are concerned please contact your usual diabetes healthcare professional. (See contact list)

Advice for managing Type 2 Diabetes:

- https://www.diabetes.org.uk/about_us/news/coronavirus
- Check your glucose test strips are in date and you have a sufficient supply
- If you usually test your blood sugars and do not have working blood glucose meter and/or strips contact your GP for a prescription or new equipment
- If you have been advised to monitor ketones when you are ill please check supply and function of meter and strips
- If you are in need of blood glucose or ketone strips and unable to obtain a prescription or access pharmacy inform diabetes team diabetes healthcare professional. (See contact list)
- In the event of illness use What to do when you are ill guidance attached/enclosed
- In the event of illness and risk of dehydration temporarily stop SGLT2 medication (dapa/empa/canaglifozin tablets) and Metformin / Glucophage
- Do not stock pile medication

Advice for managing Emotional wellbeing

DIABETES UK: You might be feeling worried and anxious about coronavirus and how it might affect you or your family and friends. We know this could be a stressful time, so you may need support with how you're feeling. We have some useful information to help you cope with [stress and other emotions](#), or you might like to call our [helpline](#) or use our [online forum](#) to talk to others.

- <https://www.diabetes.org.uk/guide-to-diabetes/emotions>
- https://www.diabetes.org.uk/How_we_help/Helpline
- <https://forum.diabetes.org.uk/boards/>
- <https://www.samaritans.org/> Call 116 123 Email jo@samaritans.org

Call: 0345 123 2399*, Monday to Friday, 9am to 6pm Email: helpline@diabetes.org.uk

- <https://northstaffswellbeing.co.uk/>
- <http://healthy-minds.org.uk/>
- <https://www.starfishhealthandwellbeing.co.uk/>

Advice for managing Poor appetite/ Risk of malnutrition:

- www.malnutritionselfscreening.org/

Advice for Self Management:

Health and Emotional Wellbeing:

- <https://www.nhs.uk/oneyou/>
- <https://www.good-thinking.uk/>

Type 1 Diabetes:

- www.bertieonline.org.uk
- www.carbsandcals.com/

Type 2 Diabetes:

- <https://www.mydesmond.com/app/home>
- www.carbsandcals.com/

LIBRE flash blood glucose monitor:

<https://www.nhs.uk/conditions/type-1-diabetes/flash-monitoring-freestyle-libre/>

- <https://progress.freestylediabetes.co.uk/>
- <https://progress.freestylediabetes.co.uk/consumer/education/tutorial-videos/>