



CHILDREN AND YOUNG PEOPLE'S DIABETES TEAM

WELCOME TO THE TEAM

The North Devon Children and Young People's Diabetes Team is dedicated to providing comprehensive and patient-centred care for children and young people (CYP) aged 0-18 years with diabetes. Based at North Devon District Hospital (NDDH), we aim to provide a personal and flexible service to meet the needs of the individual patient whether at home or in the hospital. We provide outpatient clinics at NDDH, Bideford, South Molton, Holsworthy, Ilfracombe and Bude.

MEET THE TEAM

Clinical Nurse Specialists:

Richard Todd and Beverly Anderson

We provide care for CYP, their families, and all associated with their care, in outpatient clinics, hospital, homes, schools, GP surgeries, and wherever needed. We ensure that we can be contacted for support 365 days per year.

Consultant Paediatricians:

John-Paul Smith, Becky Cordingley, Julian Cox

We work at NDDH and have the main responsibility for the paediatric diabetes service. We are both general paediatricians with an interest and training in paediatric diabetes. We see CYP in outpatient clinics and those admitted to the Children's Ward.

Paediatrics secretary:

Tracey Maddocks

I work for Dr John-Paul Smith. I am available for non-urgent queries or requests for information from the consultants.

Paediatric Dietitians:

Claire Morgan and Lindsey Cook

We work with CYP with diabetes to help manage the dietary aspects of having diabetes, and other nutritional issues. We will meet you in outpatient clinics, on the ward, at home on diagnosis, or elsewhere when needed.

Clinical Psychologist:

Claire Williams

I am here to help when diabetes makes the lives of CYP and families living with condition stressful or upsetting. Emotional and psychological wellbeing can really effect how we care for diabetes. I am based at Springfield Court in Barnstaple.

Children's Clinic Nurses:

Debbie, Nina and Jenny

We work in the NDDH children's outpatient department. An important part of our role is to book the clinics for children with diabetes. Our role may include checking your blood pressure or taking your blood samples.

Administrative Assistant:

Susan Jeffery

My role is to provide administrative support to the paediatric diabetes team and provide a link between CYP and families, the team and NDDH. I also maintain the paediatric diabetes database. If you need to cancel or rearrange your clinic appointment – please phone me.

Caroline Thorpe Ward

We are staffed day and night and you can contact us regarding your diabetes in an urgent situation or when you cannot get hold of the team.

CARE WE PROVIDE

The aims of the Children and Young People's Diabetes Team are:

- To empower the CYP and family to continue a normal lifestyle whilst maintaining control of their diabetes.
- To educate CYP, their families and carers about living with diabetes.
- To support CYP to manage their diabetes in the way that they choose.
- To improve standards of diabetes care.
- To provide care in the right setting for the individual's needs.
- To engage with other professionals in the hospital and community in order to promote the health and well-being of CYP with diabetes.
- To provide education to healthcare, social care and education settings to deliver safe and effective diabetes care.
- To work alongside regional and national paediatric diabetes networks to keep up to date with advances in diabetes care.

You should expect:

- Education to support self-management of your diabetes at every opportunity.
- 3-monthly outpatient clinic appointments with the team. These will include measurement of HbA1c, review of your treatment, injection sites, height and weight, and discussion regarding any current issues that you may have.
- An annual review to include a screening blood test for thyroid function and coeliac disease.
- For those aged 12 years or older, a foot examination, BP measurement, urine sample for protein, blood test for kidney and lipid function, and retinal screening (arranged via the Exeter retinal screening service).

- For those aged 16 or older, you may wish to transfer to the adult diabetes service. This is called transition and you will be given a folder that contains written information from 14 years onwards.

- For those aged 19 or older, care will move to the adult service, or other local team if you are moving out of area.

- We communicate with your GP in order to keep them informed of changes and for prescriptions.

- Help with completion of your Disability Living Allowance claim form.

ADDITIONAL SUPPORT AND RESOURCES

North Devon Juvenile Diabetes:

This is a local support group which organises events, meetings, and resources for our families: www.northdevonjuvenile diabetes.co.uk

Children and Young People's South West Diabetes Network Parents Group

A Facebook group for the SW Paediatric Diabetes Network and Families with Diabetes National Network: www.familieswithdiabetes.co.uk

T1 diabetes resources: www.t1resources.uk

Digebete: www.digebete.org

Diabetes UK: www.diabetes.org.uk

Juvenile Diabetes Research Foundation: www.jdrf.org.uk

Input Diabetes - www.inputdiabetes.org.uk

CONTACTING THE TEAM

E-mail Richard, Bev or Susan:

ndht.cypdiabetes@nhs.net

Normal working day:

- Richard and Bev will be contactable between the hours of 8am to 6pm. Phone: 07884 266159 or 07920 235237.

- Calls will be forwarded to the working person at that time irrespective of which number you call. Text messages cannot be forwarded automatically.

- Susan's working hours are 10.15am-4pm (Mon, Wed & Thur), 10.15am-3pm (Fri), off on Tues. Phone: 01271 314106

- Tracey's working hours are 8am to 4pm, Mon-Fri. Phone: 01271 322397

- The dietitians (phone: 01271 322306) and the clinical psychologist (phone: 01271 384002) can be contacted for non-urgent requests.

- Debbie, Nina & Jenny are at children's outpatients. Phone: 01271 349121 or 322701.

On-call:

- Richard and Bev are available for phone support on weekends and bank-holidays from 8.30am to 11 am, to ensure cover 365 days per year. Phone: 07884 266159 or 07920 235237.

Outside of working hours:

- A message can be left on Bev and Richard's phone, and they will call you back at the earliest opportunity on the next day.

- For urgent advice phone Caroline Thorpe Ward (ask to speak to the senior doctor on-call). Phone: 01271 322704.

- Please phone 999 if your child is in need of emergency medical attention.