

In addition, other professionals that may become involved in your child's healthcare include: a **Community Podiatrist** (a foot health specialist and your GP can refer into that same service) and the **Retinal Screening Service** (once your child is older than 12 years).

Working together

Good communication is vital between families and the diabetes team. You can really help in the management of your child's diabetes by doing the following:

- Ring your diabetes nurse on a regular basis to discuss the blood glucose levels. Your nurse can advise on adjustments to help keep the blood glucose levels under control.
- Attend your hospital appointments (give good notice if a cancellation has to be made—see previous page).
- Always perform an HbA1c test 1 - 2 weeks before the appointment to ensure the result is ready for your clinic appointment (your nurse will help and advise you with this).
- Keep a really good record of your child's blood glucose levels and insulin doses for your own reference, and for your hospital appointments.

We rely on parent/carer or young person staying in touch, replying to messages and attending appointments as your part of the partnership in managing diabetes

Out of hours advice is available 5 pm - 9 am weekday nights and 24 hour cover Saturday, Sunday and Bank Holidays by phoning Bristol Royal Hospital for Children on 0117 927 6998 and asking for the Paediatric Registrar on-call on bleep 2943.

When your child is unwell, always telephone your diabetes team for advice (available 9-5 Mon-Fri, otherwise phone the above Out of hours number). You will have been given a Sick Day Rules leaflet with useful advice (alongside your other literature before being discharged from hospital. Please ask your diabetes nurse if you would like another copy).

Your diabetes team is here to help
and support you and your child.

The Bristol and Weston Paediatric Diabetes Service

**your paediatric
diabetes team**

Who is in your team?

Consultant Doctors

Dr C Burren	Secretary: 0117 342 0203
Dr E Crowne	Secretary: 0117 342 0203
Professor JPH Shield	Secretary: 0117 342 0183
Dr J Barton	Secretary: 0117 342 0588
Dr R Bragonier	Secretary: 0117 342 8681
Dr A Eggers	Secretary: 01934 881373

The consultants lead the diabetes team in the management of your child's diabetes.

All newly diagnosed children are admitted to hospital for assessment and education on the management of diabetes. Your consultant will discuss with you and decide on the treatment plan for your child and the insulin regimen best suited to their clinical condition and age.

A consultant will meet your child on the hospital ward and then in outpatient clinic a few weeks later. After that, clinic visits will be every three months.

Paediatric Diabetes Specialist Nurses (PDSNs)

Care for children with diabetes and their families. A PDSN will visit you on the hospital ward following your child's diagnosis and start the education required for safe management of diabetes in the home. Education continues in the community at home and visits are also made to schools and playschools to educate all carers in the care of a child with diabetes.

PDSNs: UHBristol & Southmead Hospital

Noeleen Lovell
Helen O'Donnell
0117 342 8572

Alison Gunn
Clare Parsloe
Helen Cook Tel 0117 342 8559

PDSNs North Somerset

Viv Arthur
Carol Motteram
01934 521729

The Dietitians

Provide advice on food choices, which is an essential part of the management of diabetes and to ensure your child has a balanced diet. A dietitian will visit you and your child on the hospital ward, to assess their diet and advise on any adjustments needed. They will then provide local ongoing support at outpatient clinics and education sessions.

Dietitians: UHBristol & Southmead Hospital

Shelley Easter
Laura Sealy
0117 342 8802

Dietitians: Weston General Hospital

Sally Furniss
Clare Ewan
01934 647031

Specialist Clinical Psychologist

Dr Claire Semple.

We know that diabetes challenges many aspects of life for the child and family in different ways and at differing points throughout childhood and adolescence. This can lead to emotional distress and place strain on the young person and family members, it is important that children and families have access to appropriate support in managing this. The clinical psychologist is available to support you with a variety of issues and help minimise distress from diagnosis onwards.

Please discuss with a member of the team if you would like help from the Clinical Psychologist or alternatively contact Psychological Health Services on 0117 342 8168

Clinic contact details

Bristol Royal Hospital for Children
0117 342 8401 or email OutpatientAppoint@UHBristol.nhs.uk

Southmead Hospital
0117 950 5050 or email Elaine.cordey@UHBristol.nhs.uk
Thornbury Clinic 01454 412636 or email Elaine

Weston General Hospital 01934 881373