

# DIABETES MANAGED CLINICAL NETWORK (MCN)

## INFORMATION BRIEF

Welcome to the Diabetes MCN Information Brief. We hope you find this useful and that it continues to improve communication by providing you with up-to-date information in relation to Diabetes in [Ayrshire and Arran](#).

### Covid 19 Advice for people with living with Diabetes

Advice on diabetes and COVID-19: up to date information can be found on the Diabetes UK website at [https://www.diabetes.org.uk/about\\_us/news/coronavirus](https://www.diabetes.org.uk/about_us/news/coronavirus)

Trend Leaflets 

[Click here](#)



**HYPO**  
AWARENESS  
WEEK 2021

13th September - 19th September 2021

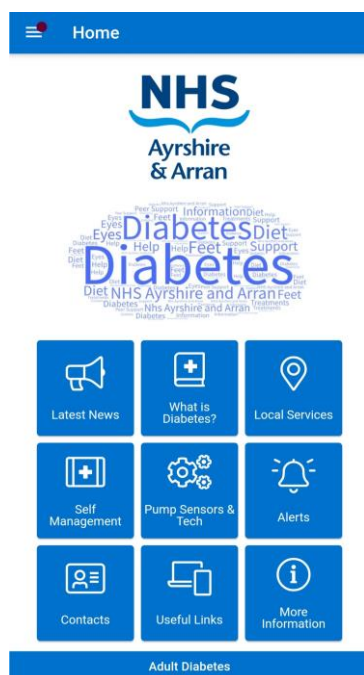
**SANOFI**



### Diabetes App for people in Ayrshire and Arran

Search the app store for NHS Ayrshire and Arran and select Diabetes MCN or alternatively download from Google Play [HERE](#) or iOS App store [HERE](#)

This free App provides easy access to the most recent Diabetes information around Ayrshire & Arran.



### Diabetes In-patient referral process

Please be aware that the Diabetes inpatient referral process is changing from the paging system to TrackCare PMS. More information will be distributed when available.

### Diabetes Specialist Nurse



#### Referral Criteria

- Diabetic ketoacidosis/Hyperosmolar Hyperglycaemic State
- Insulin Pump Users
- Hypoglycaemia being the reason for admission
- Once reviewed by a diabetes consultant
  - New diagnosis of Type 1 diabetes
  - Insulin commencement in Type 2 diabetes
- Blood glucose meter demonstration

#### Referral Details

- Diabetes Specialist In-Patient Nurse referrals will be made via TrakCare and the paging system will no longer be in use.



Increase your knowledge on Diabetes  
<https://ihub.scot/project-toolkits/diabetes-think-check-act/diabetes-think-check-act/>

### Diabetes UK training manuals and information

#### Here for you, here for your patients

We have compiled a range of free resources and information for healthcare professionals. We also provide training and improvement programmes to support everyone working in diabetes care. [Click here](#) to find out more.

#### Diabetes UK CPD

Take our free e-learning module, Diabetes and Emotional Wellbeing. It'll give you the skills to talk confidently about emotional wellbeing with people with diabetes. [Click here](#) to find out more.

**The SCI-Diabetes Dashboard** The purpose of this dashboard is to provide information on the diabetes care we provide in a format that supports improvement in care in real time and is easy to interpret with drill down ability to support individual care at GP practice/Diabetes centre level.

- [Click here to view the Information Leaflet](#) If you want anymore infomration, training or to see a PDF of your practices data please email me at [Alan.Stuart@aapct.scot.nhs.uk](mailto:Alan.Stuart@aapct.scot.nhs.uk)

- **Youth Peer Support project** for young people aged 13-24 across Scotland with Type 1. Come and join us for 1-2-1 buddying, attend a local group in your community, or take part in our interactive national discussion group and have your voice heard and share experiences across the country! For more info visit our website [here](https://www.diabetes.org.uk) or message our Youth Coordinator on [Iain.French@diabetes.org.uk](mailto:Iain.French@diabetes.org.uk)
- Peer support – various groups are being developed please contact [Mhairi.macdonald@diabetes.org.uk](mailto:Mhairi.macdonald@diabetes.org.uk) for further information

## UWS UNIVERSITY OF THE WEST of SCOTLAND

### University of the West of Scotland Diabetes Management Module 2021

The UWS Diabetes Management Module will take place from when the term starts on 6<sup>th</sup> September 2021, however the first online session for participants will not be scheduled until the following week, Friday 17<sup>th</sup> Sept.

- Details of the module can be found [here](#)
- How to enrol are found via this [page](#)

If applicants have any questions about the academic content please contact Moira Lewitt at [Moira.Lewitt@uws.ac.uk](mailto:Moira.Lewitt@uws.ac.uk). Any other questions should be directed to [hlsguidance@uws.ac.uk](mailto:hlsguidance@uws.ac.uk)



### YOUTH PEER SUPPORT IN SCOTLAND

Opportunities for 13-24 year old's

Diabetes Scotland are pleased to launch our new Youth Peer Support Project in Scotland! We will be running a 1-2-1 buddying project, online group support calls and discussion group! To find out more email Iain on [Iain.French@diabetes.org.uk](mailto:Iain.French@diabetes.org.uk) or follow the link below to show interest.

Fill in the form via this link to show your interest and we will be in touch.

<https://forms.office.com/r/57QpDYt3Y>

### Patient Story (Weigh to go - Healthy Weight Programme)



**How much weight have you lost in total now Derek?** I have lost a total of 28kg (4 stone 6lbs) since starting the Weigh To Go programme.

**How do you feel about your achievements in terms of the benefits to your health?** I feel great in myself now, I feel like I have a second chance at life and can enjoy spending time with my grandchildren more now and I can do things I couldn't do before. The weight loss has also resulted in me finally qualifying for my umbilical hernia operation which has transformed my life.

**Did you ever imagine you'd achieve these fitness levels at the start?** Most of my life my fitness levels were zero, going to the gym was never even crossed my mind, never mind being able to do what I can now.

**Have you found it difficult to keep the momentum going especially throughout lockdown and COVID restrictions?** Yes, COVID and lockdown have had a massive impact on the momentum I had built up, lack of classes and face to face interaction with other group members during the first lockdown made it difficult, until the zoom classes came along.

**What kept you going?** Not wanting to get back into the rut I was in before and looking at the old clothes I had kept from before my weight loss gave me incentive.

**What would you say to someone who is considering attending the programme?** The Weigh to Go programme is for everyone of all ages and abilities, if you think you can't lose the weight or improve on your fitness, weigh to go will show you that you can, I am proof of that

### Insulin: a matter of life and death?

Webinar will take place on **Wed 6<sup>th</sup> October at 6 pm.** Details to follow.

Diabetes Managed Clinical Network (MCN) NHS



Search NHS Ayrshire and Arran Diabetes and give us

*my diabetes + my way*

If you would like a supply of MDMW information leaflets please contact the Diabetes MCN team

### Diabetic Eye Screening (DES) Programme

The UK National Screening Committee has recommended a change to how often people are invited for diabetic eye screening, based on their risk of sight loss. This decision was made following scientific evidence which tells us that those at low risk of sight loss can be safely screened every two years.

For full information please see the DES [PDF](#) [here](#) 46(KB).

If anyone has any queries about DES, please contact the Diabetic Eye Screening Office: 01294 323470.

### Publication of the Diabetes Improvement Plan Refresh 21-26

The publication of the refresh of the Diabetes Improvement Plan and a report on the Progress against the National Priorities are now available. See links below Diabetes Improvement Plan:

- [Commitments for 2021 to 2026](#)
- [Progress against National Priorities](#)

**\*\*STARTING 23RD AUGUST 2021\*\***

## GET MOVING

GENTLE HEALTH WALKING SESSION

BUILD YOUR CONFIDENCE  
GET FITTER  
ENJOY THE FRESH AIR

outside Eglinton Family Practice Hospital  
in Ayrshire Central Hospital Grounds  
**Monday, 12:30 - 13:00**

BOOKING ESSENTIAL:  
LINDSAY.TWILLEY@TCV.ORG.UK  
07483050742



Esmée Fairbairn FOUNDATION

CELEBRATING 100 YEARS OF INSULIN

WITH INSULIN SAFETY WEEK 2021

RAISING AWARENESS TO REDUCE INSULIN ERRORS

**The Diabetes Team would like to thank everyone for their participation in Insulin safety week 2021**

With 40% of insulin treated patients having at least one insulin error during their hospital stay it is everyone's responsibility to continue to follow the six steps to getting it right and reducing insulin errors **#PATIENTSAFETY** [@InsulinSafetyWeek2021](#)