



June 2nd, 2014

Improving the lives of diabetes patients

Health staff at South Tyneside NHS Foundation Trust are aiming to highlight people's positive experiences of controlling and living with diabetes in Diabetes Week, beginning on June 8th.

The theme for this year is 'i Can', with charity Diabetes UK focusing on the progress made since its inception in 1934 by encouraging people to share their stories of courage and hope on Facebook, Twitter and Instagram. The Trust's diabetes service is urging local patients to join in.

Consultant Diabetologist Dr Jeevan Mettayil said: "The number of people diagnosed with diabetes is rising at an alarming rate and diabetes services in primary and secondary care are under increasing pressure to continue to deliver high quality care. However, we know from the feedback we receive from our patients that we are helping to improve their lives in a variety of ways, both at South Tyneside District Hospital and in the community in South Tyneside and Sunderland."

An innovative service for South Tyneside patients with type 2 diabetes, introduced by the Trust last year, is reducing waiting times and ensuring that patients are seen by the most appropriate healthcare professional. It involves an integrated approach by Consultant Diabetologists at the District Hospital, a GP with a special interest in diabetes and the Trust's diabetes specialist nurses.

Patients with routine type 2 diabetes are still managed by their GP but the intermediate service means that those who require some specialist input but who do not need to go to hospital for their treatment can be seen in clinics in the community. Referrals into the service from GPs and practice nurses are reviewed within one working day by a Consultant Diabetologist who decides if the patient should be seen in one of the clinics or in the hospital service.

The Trust also offers a specialist service for women with diabetes in South Tyneside who are thinking of having a baby. By helping them to improve control of their diabetes prior to pregnancy, they are able to ensure the best possible chance of a successful pregnancy for mother and baby.

Patients can be referred to the specialist pre-conception service by their GP or practice nurse.

In addition, education programmes are available for patients. DESMOND (**D**iabetes **E**ducation and **S**elf **M**anagement for **O**ngoing and **N**ewly-**D**iagnosed) helps people with type 2 diabetes to self-manage their condition effectively by changing their lifestyle through diet and exercise. The Trust's trained DESMOND educators offer monthly sessions for the newly-diagnosed at community health venues in South Tyneside and Sunderland.



DAISY (Diet And Insulin to Suit Yourself) is a group education programme for people with type 1 diabetes who are on multiple, daily injections and is based on carbohydrate counting and equipping them with essential skills to manage their condition more effectively. DAISY 2 is for people with type 2 diabetes who are on multiple, daily injections. Both courses are available to patients under the care of a diabetes consultant at South Tyneside.

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Pictured above: The photograph shows Diabetes specialist nurses Brigid Marron and Alison Stewart with GP Dr Colin Bradshaw and Consultant Dr Jeevan Mettayil, who provide an integrated service for South Tyneside diabetes patients.

Issued on behalf of South Tyneside NHS Foundation Trust by Kay Jordan

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