

DIABETES GROUP

Isle of Wight

Looking After Families

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COVID-19 and Diabetes

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FREE!



**DIABETES
GROUP**
ISLE OF WIGHT

MISSION STATEMENT:

To encourage people with all types of diabetes to enhance their enjoyment of life

OUR AIMS:

Provide support and information to people with diabetes, be a platform for discussion and raising awareness of diabetes on the Isle of Wight. Campaign for excellence in the care of people with diabetes and to provide a voice for them to be heard.

Management Team:

Chair:
Ian Bast

Vice Chair:
Michael Hall

Treasurer:
Michael Beavis

Secretary:
Sarah Innes

Co-ordinator:
Cheryl Soutar

Other Committee
members:
Sam Brooks
Lisa Creggwood
Heather MacDougal
Angus Robertson

Editor:
Lisa Creggwood

'Diabetes Group Isle of Wight' Magazine is published bi-annually and is sponsored by the IOW Diabetes Fund (Charity No.298933).

Note from the Chairman

Welcome to the Diabetes Group Isle of Wight Magazine

During the past six months the world has been caught in the grip of the dreaded Covid-19 Virus. Our hearts and thoughts go out to everyone who have sadly been affected. Our special thanks to all our health professionals and essential workers who have continued to working hard to help keep us safe during the pandemic. It will be interesting when the statistics are released to know the actual percentage of people with diabetes who have been

infected. We are aware that patients with chronic illnesses are more prone to viruses such as this. That's why it is important to make sure that we continue to attend our annual health checks; take heed of the advice given by the health professionals, exercise and try to keep to a healthy diet. In general, it is up to us to make our families and friends understand the importance of staying fit and healthy while living with Diabetes. If you have any experiences you

would like to share with our readers please let me know; we can all benefit from each other's experiences. We hope you enjoy this edition and the 'new look' of our magazine which has been re-designed by Lisa. Take care, stay safe and be aware of others around you.

**- Ian Bast; Chairman
Diabetes Group IOW.**



**DIABETES
GROUP**
ISLE OF WIGHT



DIABETES GROUP

One of the goals of Diabetes Group IOW is to encourage people living with diabetes to enhance their enjoyment of life. So join one of our events to meet our volunteers for a chat. More information on [page 6](#).

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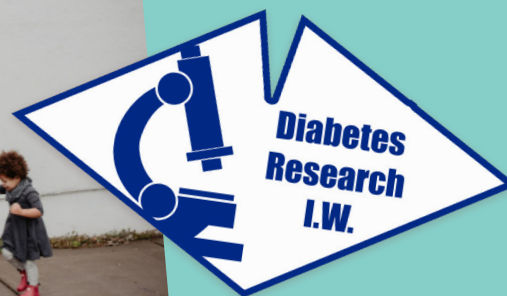
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**X-PERT
HEALTH**
© Dr Trudi Deakin



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What We Do...

We aim to encourage people with all types of diabetes to enhance their enjoyment of life. We provide support in a number of ways including distributing our increasingly popular bi-annual magazine, regular drop in sessions for face to face chats with volunteers and specialist events to improve knowledge and ask specific questions, plus regular e-newsletters and ways to get involved in diabetes research. We also provide a platform for discussion and campaign for the care and services that you need.



Email: info@diabetesiow.org.uk



Facebook: [Diabetes Group IOW](#)



Website www.diabetesiow.org.uk

Drop-in Sessions

Throughout the year we hold drop in sessions in libraries and other venues to give people the opportunity to talk to one of our Diabetes Group IOW volunteers face to face, currently in three locations: Freshwater, Newport and Ryde. During the pandemic we will be providing events via Zoom, so people can continue to stay safe.



Events

We organise themed events throughout the year with specialist speakers which provide the chance to learn more and ask questions. We also take part in a number of fairs and other public events where you can chat to our volunteers. During the pandemic we will be providing events via Zoom, so people can continue to stay safe.

Research

Do you have Type 2 Diabetes? See [page 23](#) for more info.

Our Committee

We have a small committee of volunteers and we always look for new committee members to bring new ideas and to help support our aims. Meet our latest committee member, Michael Hall on [page 8](#). The committee members raise important issues and campaign for local service providers to provide quality care for people living with diabetes.



Charity Shop

This very popular charity shop, run by the IOW Diabetes Fund, always welcomes volunteers to help out in this busy shop. It is currently closed, but will re-open once safe to do so. Keep an eye on our news feed on our website for an update regards it's opening date. Read more about it on [page 22](#).



**DIABETES
GROUP**

The Isle of Wight is undertaking an academic study in partnership with the University of Portsmouth (see [page 23](#)).

Introducing Dr Michael Hall



Dr Michael Hall has recently joined the Diabetes Group where he will be able to share his vast knowledge and expertise to help benefit those who live with diabetes on the Isle of Wight.

Michael and his wife Ann retired to the Island three years ago, they had been frequent visitors since 1949. They met at The London Hospital in Whitechapel where Michael was a medical student and Ann a nurse. Before qualifying in medicine, he was a Junior Lecturer in Physiology. In later years, one of his research interests was diabetes. He was intrigued to learn that the room he had used in the Medical School, was the one in which JJR Macleod, co-discoverer of insulin and Nobel Prize Winner, had worked from

1899 to 1903 before moving to North America and eventually Toronto, where he was responsible for providing facilities and supervising Dr Frederick Banting and the then medical student, Charles Best in their work which eventually led to the discovery of insulin in 1921.

After qualifying he became a general practitioner in Forest Row, Sussex and then later in Shebbear, North Devon. He was very much involved in setting up general practice training schemes in both the South East and South West England.

He held posts at the University of Sussex and later as a Senior Lecturer in the Department of General Practice, University of Exeter. Amongst his many

interests were GP training (for which the Exeter Department was nationally renowned), screening for diabetic retinopathy, practice organisation and computer development in medical care. He published widely.

His involvement with diabetes led to membership of the Council of the British Diabetic Association now Diabetes UK, and later their Chairman. Although no longer closely involved with Diabetes UK, he believes the charity has been of tremendous benefit to all those with diabetes and the health care professionals who serve them.

From its foundation in 1934, by a patient (H.G.Wells) and a doctor (Robin Lawrence), Diabetes UK has provided much practical support through its many publications, especially *Balance*, the Helpline (0345 123 2399) and its funding for research.

Lobbyist for the 15 Healthcare Essentials

Effective lobbying of parliament has greatly raised the profile of the special needs of people with diabetes and their families and has resulted in much improved funding for health and educational diabetes services. The 15 Diabetes Healthcare Essentials ([Page 39](#)), the annual review, being checks and services to which everyone is entitled, are a good example.

In 2001 he was chair of the organising committee of the annual meeting of the European Association for the Study of Diabetes (EASD) in Glasgow, the first time this meeting attracted over 10,000 health care professionals. After this he was elected to the International Diabetes Federation-Europe (IDF) Board in 2003 and continues to serve with that body.

CONTRIBUTED
TO THE
FORMATION OF
DIABETES UK

This led to reviewing the services for people with diabetes in European States, and the publication of the European Diabetes Policy Puzzle, now in its 4th Edition. Collecting such data greatly helped in IDF's advocacy of diabetes in the European Parliament and the Commission and assisted in the birth of the EU Diabetes Parliamentary Working Group. He was also involved in the development of a worldwide petition to the United Nations which eventually resulted in setting up World Diabetes Day – 14th November.

Michael says that we can learn much from seeing diabetes care in many countries and they from us. Our care here in the UK matches the best in the world. Keeping in touch with those who have diabetes and their families is vital to help people understand how they may obtain the best care and support.

PETITION
TO THE
UNITED NATIONS
TO SET UP
WORLD DIABETES
DAY – 14TH
NOVEMBER.

To this end, he frequently participated in many meetings of diabetes member associations in Britain and in workshops around Europe. His wife, Ann, was involved in Practice Nurse training and together they ran courses on minor surgery at the Postgraduate Medical School, Exeter University. In 2017 he was awarded the Order of Mercy for services to people with diabetes by the League of Mercy. His leisure interests have been sailing, reading, gardening, both in Devon and at his beloved house in South-West France. He and Ann have three married sons and nine grandchildren.

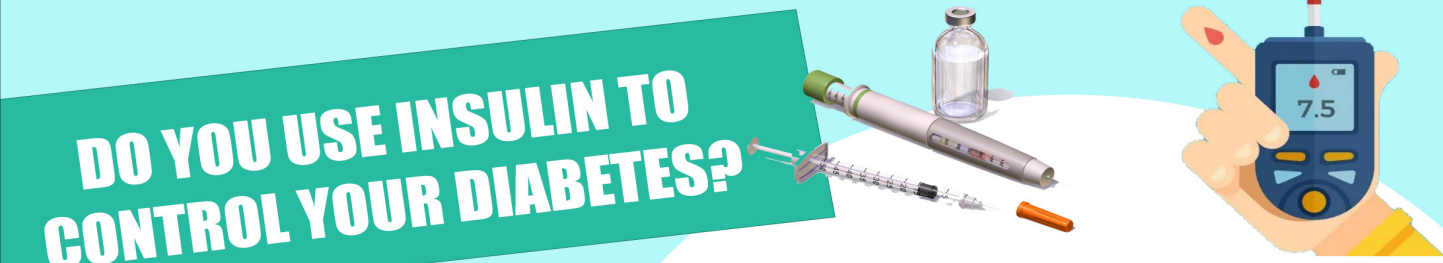
**Email:** info@diabetesiow.org.uk

**Facebook:** [Diabetes Group IOW](#)

**Website** www.diabetesiow.org.uk



AN EDUCATION PROGRAMME FOR TYPE 1 DIABETES



DO YOU USE INSULIN TO CONTROL YOUR DIABETES?



'X-PERT INSULIN' is a 6 week group education programme which will enable you to obtain the latest information about current treatments; help you better manage your diabetes; and result in improved health and quality of life.

TAKE CHARGE OF YOUR DIABETES NOW BEFORE IT TAKES CHARGE OF YOU!

IF YOU HAVE
TYPE 1 DIABETES AND WOULD LIKE
TO ENROL ON THE COURSE, CONTACT
HELEN PASCOE: 01983 534248

APPROVED BY

DIABETES
GROUP 11

ISLE OF WIGHT

X-PERT HEALTH

EDUCATING FOR BETTER HEALTH

X-PERT Programme for Type 2 Diabetes

The X-PERT programme has been designed by Dr Trudi Deakin to help people with Type 2 diabetes self-manage their condition, health and quality life. The education programme meets key criteria identified by the Department of Health, Diabetes UK and the National Institute for Health and Clinical Excellence (NICE).



How will the X-PERT programme benefit me?

You will have the opportunity to explore and learn about the prevention or management of diabetes and the up-to-date treatments and approaches. There will be the chance to address concerns that you have with your lifestyle such as your dietary intake and physical activity levels.



The programme will help you to:

- ✓ reduce blood glucose levels
- ✓ reduce blood pressure and improve the ratio of fats in the blood
- ✓ lose weight and reduce your waist size
- ✓ adopt a healthier dietary intake whilst also
- ✓ increasing enjoyment of food
- ✓ become more active
- ✓ reduce risk of developing further health problems
- ✓ increase your confidence and ability to look after your health
- ✓ Reduce depression and improve quality of life
- ✓ Reduce prescribed medication



The aim of X-PERT is not to tell you what you should and should not do, but to help you identify what you would like to do and how you would like to do it. You will be supported in setting your own realistic goals.

X-PERT Prevention and Management

To enrol in this programme you need to contact your local GP for course details and availability.

Subjects for the six section course

Section 1: What is pre-diabetes and diabetes?

- ✓ Digestion, carbs and blood glucose control
- ✓ The seven healthy lifestyle factors for optimal health
- ✓ Health results – what do they mean?
- ✓ Medications for diabetes
- ✓ Setting goals: health results

- #### Section 2: Weight management
- ✓ Energy balance – what is it?
 - ✓ Eating for good health – food groups / portions
 - ✓ Addressing the myths & misconceptions
 - ✓ Physical activity – what, when and how?
 - ✓ Options for weight loss
 - ✓ How to assess what I am eating
 - ✓ Setting goals: eating & activity

Section 3: Carbohydrate awareness

- ✓ Carbohydrate and blood glucose levels
- ✓ Assessing the amount of carbohydrates
- ✓ Considering the type of carbohydrate
- ✓ How good am I at estimating carbs?
- ✓ Setting goals: the right carbohydrate for me

Section 4: Understanding Food Labels

- ✓ Nutritional information on food packaging
- ✓ “A lot” and “A little” per portion
- ✓ The traffic light system
- ✓ Reference intakes (Ri)
- ✓ Nutritional claims – what do they mean?
- ✓ Setting goals: the food I buy

Section 6: Leave the best to the last!

- ✓ Recapping with X-PERT Game
- ✓ What resources are available to help me?
- ✓ Revisiting my health profile
- ✓ Have my needs been addressed?
- ✓ More confidence to self-manage my health?
- ✓ Setting goals: self management in the future

Section 5: Health Check

- ✓ Low and high blood glucose levels
- ✓ How could diabetes affect my long-term health?
- ✓ Prevention of complications
- ✓ Importance of regular check ups
- ✓ Work, driving, insurance, travel and sick days
- ✓ Setting goals: to reduce risk



Introducing Molly-May Gregory

Student, explorer and adventure seeker, Molly-May, is passionate about honestly sharing her story about living with diabetes to help educate others along the way.

By Molly-May Gregory

When I was invited to write this article, I was asked to write about all the amazing experiences I have been lucky enough to take part in, despite being a diabetic. I thought writing this would be a fairly easy task and writing about my diabetes and positive events would come naturally. So, I sat down, got my laptop

out and started typing. About 200 words in I reread what I had written and realised it was very negative- no one would want to read that. I deleted what I had and started again, trying to be more positive. Again, I read what I had written and realised that it was over happy; it was unrealistic and almost trivialised diabetes. So, I tried again, trying to sound light and

positive whilst not making diabetes sound like a walk in the park, because it isn't. That is where I was going wrong. Diabetes is a struggle at times, it has negatives and I wouldn't wish it on anyone. But life does not have to be ruled by this chronic illness and, with care and planning, diabetes doesn't have to hold you back or invade your life.



Whilst growing up I had moments where I thought diabetes was the worst thing in the world. I would watch my friends eat sweets without caring, would have to consider everything I did with diabetes in mind (you can't just leave the house- do I have dextrose, my meter etc.) and I would be subjected to stereotypes by both my peers and the public. I had always been, and continue to be, a severe needle phobic, so finger pricks, injections and later pump changes have

always been a real struggle for me. Once, when changing my pump, I sat with the needle hovering above my tummy for an hour because I just couldn't do it. We all get those comments "I just couldn't inject myself, ha ha" and we all reply "well when you don't have a choice you just do it!". Which is true. But it doesn't make it any easier. I wouldn't do anything diabetes related in public for years because I was worried I would be judged, having heard horror stories

about people's reactions to seeing injections.

However, one day, and I can't pinpoint when, I started to realise, I shouldn't be ashamed of being diabetic, I shouldn't let it be the be all and end all in my life. So what if people stared or asked questions when I injected? Everyone (who does not have it) thinks they know what diabetes is, but, in my experience, no one has the 'full picture', leading to these harmful stereotypes. These views and opinions can't be changed without education, and by hiding that side of me from the world, I was stopping people from becoming curious, from questioning and researching and in turn learning to



"When you don't have a choice you just do it!"



take the opportunity to answer questions when they are asked and now, my friends and colleagues understand my condition and know how to help me in challenging situations. Now, with more information out there, less people ask me "are you diabetic because your mum gave you too much sugar when you were younger?". This has also benefitted my diabetes management, as I am properly checking my

blood sugars and administering insulin as I am not rushing to hide it away. This control in turn has enabled me to (within reason) do what I want and given me the ability and confidence to push myself out of my comfort zone. I used to not want to do anything, new experiences were scary, and downright frightening once you factored in the diabetes. Instead of spending my whole life worrying, I decided to seize opportunities, sign

up for experiences and make the diabetes fit around me and what I wanted to do, not making myself fit around the diabetes. I have been lucky enough to go on Spanish exchange trips, holidays with friends and trips with family. I attended university, choosing a university far away from home, and whilst I had to make adjustments (especially around clubbing), I not only survived, but thrived and had the best three years of my life. This was because I was in a place where my diabetes could safely be placed on the 'back burner' due to my sensible and controlled management. During my time at university I took part in a year abroad which

involved moving to Canada for just under a year and a two week tour of America. This involved obtaining enough insulin and pumps to last me a year, which was actually the hardest part of the whole process! Luckily, with lots of persuasion, the company gave me enough pumps and I greatly overestimated how much insulin I would need. There were times where I struggled, I found adjusting my bolus and basal rates a massive puzzle due to the time differences and carb counting for the supersized American meals was a challenge! Keeping my insulin cool in a bus during 39-degree heat was also an interesting, quite worrying experience. Despite

this, the year was the best experience of my life, and greatly increased my confidence. I have gone on to complete university and a teacher training course, with diabetes not stopping me from doing a thing. If anything, it has helped me to be more understanding of other's problems, empathetic, brave, strong and confident. Diabetes does not have to stop you from doing anything. Yes, it will always have to be an

important consideration in our lives, but it does not have to restrict us from doing the things we love or experiencing new things and pushing ourselves out of our comfort zones. It is ok to feel upset or mad about having diabetes, but we should not let this consume everything. There is so much in life and in the world to discover and explore that we should not let this illness stand in the way.



A Window Into The World of...

...The paediatric diabetes team who support children and young people with diabetes at St. Mary's Hospital Trust IOW.

Submitted by Chad Hamilton, Paediatric Diabetes Dietitian, St. Mary's Hospital Trust IOW

The professionals that make up the paediatric diabetes team on the Isle of Wight are passionate not only about the health of the children that access our service, but they also care deeply about their overall wellbeing. As a team, we go out of our way to ensure that despite having a long-term condition, they still get

experience and enjoy all the important milestones that are essential for having a normal childhood. Our team consists of two specialist paediatric consultants, a specialist paediatric diabetes dietitian & nurse, along with a paediatric psychologist and our administrator who keeps the ship running smoothly.

Together, we try to work synergistically to offer the best possible support to all the children and young people with type 1 / type 2 diabetes or any other genetic condition that affects their blood glucose control. The one thing that we all love about paediatric diabetes is that you get to follow these children

through all stages of adolescence and help them circumvent challenges that such a diagnosis can pose. We celebrate all their successes whether that is passing their exams, landing their 1st summer job or finally hitting a new subscriber milestone on their twitch or YouTube account. Alternatively, we also do our best to offer them realistic solutions to the problems they will undoubtedly encounter. Being young a person in today's world is just riddled with numerous road blocks, whether it be anything from maintaining good grades to just fitting in at school. Now try adding the extra pressure of having to take a medication every time you need

to eat something and/or prick your finger. This can makes you stand out when all you want to do is blend in with the rest of your peers. As a team we try to meet these challenges head on by offering easier and more realistic ways for our children and their families to manage diabetes. Technology is changing so rapidly and with it comes

newer and more efficient ways for children to manage their blood glucose levels. Whether that be through very intuitive insulin pumps, new insulin generations that allow for more flexibility or more recently smart phone friendly continuous glucose monitoring (CGM) to help reduce finger prick tests. As children grow, their needs change and as a service we change with them.

"We offer easier and more realistic ways for our children and families to manage diabetes."



We try to do this by giving them more control or say on how they want to manage their diabetes. 'You don't want to have to test so often at school... fine...let's try this or maybe you don't like taking your insulin in front of your friends, but you still want to spontaneously hang out at the fish & chip shop and then do a sleep over... no problem let's try that.' Every child is different, so sometimes it takes a lot trial and error before we find something that actually works for them. Their mental well-being comes first and as long as they're safe,

"We are now able to do video clinics"

everything else will eventually fall into place. Does this mean that sometimes they might not have the best blood glucose numbers from time to time? Of course, but it's not about that; instead it's revolves around gradually building their confidence so that they can make decisions, learn from them and take action if needed. COVID-19 has been a scary time for not only us as professionals, but also for our families on the island. However, one good thing that has come out of it is that we are now able to do



video clinics. With these clinics our families can upload their insulin pumps, blood glucose meters and CGM to our secure database from the comfort of their homes. We then see them via a webcam to talk about how they are managing and any changes they think need to be made as it relates to their diabetes care. As professionals we try to make the parents and children lead

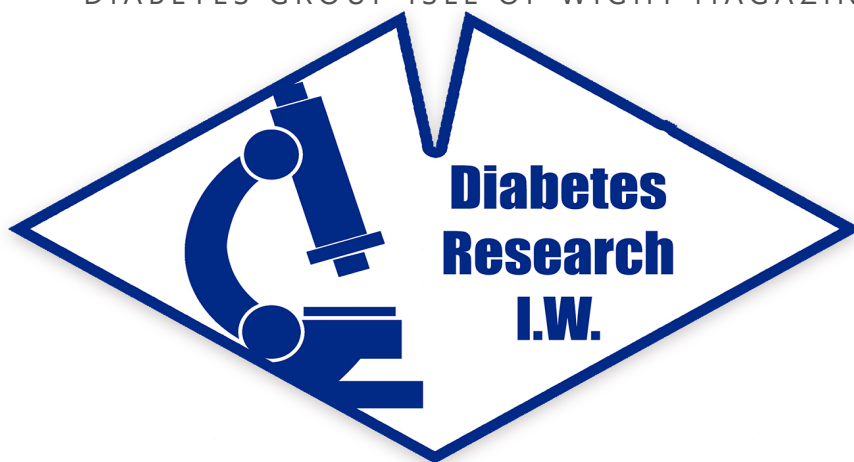
the consultation and if we have any further suggestions on nutrition, exercise, coping strategies or insulin, then we will offer our advice and the rationale behind it. We are really looking forward to using this more often especially for our teenagers as they are often so busy with school, friends and just life

really. As a result they sometimes don't really want to make it to clinic especially seeing that we see them a minimum of 4 times per year. With video clinics we can now come to them either on a computer or a smart device. The paediatric diabetes team at St Mary's Hospital is comprised of a

group professionals that not only enjoy helping families meet the challenges of managing diabetes in the modern world, but who also enjoy watching our young people mature into the best possible versions of themselves by the time they transition to adult's service.

"We enjoy watching our young people mature into the best possible versions of themselves."





Charity Shop



- **Clothes for men, women and children.**
- **Jewellery, trinkets and silverware.**
- **Household items.**
- **Bedding and curtains**
- **Kintted garments and wool.**

We are always glad to receive any clothes or other items you no longer want. We will arrange to collect from your home.

Volunteers are welcome to join our team.

Remember, every donation and every purchase from the shop helps people with diabetes and especially those on our Island, through our support of the IOW Diabetes Fund. To donate, please can the Diabetes Centre on 01983 53455

Open 7 days a week
Mon-Sat 9:30am - 4:00pm
Sun: 10:00am - 3:00pm

18 High Street, Ventnor, Isle of Wight, PO38 1RZ
Tel: 01983 856857

Charity No. 298933



Diabetes Research I.W. Needs Your Help!

DO YOU HAVE TYPE 2 DIABETES?

The Isle of Wight is undertaking an academic study in partnership with Portsmouth University.

This study will not involve taking a trial drug, nor will it require you to attend clinics. This academic study is supported by the IOW Diabetes Fund, a registered charity.



WHO CAN TAKE PART?

If a new drug or an injectable form of treatment of Type 2 diabetes has been recently given to you or is planned, we will be delighted to hear from you. This is a quality of life questionnaire-based study, requiring just two events in six months. Consultations will be over the telephone at a time to suit you. Please contact Dr Arun Bakshi, please leave your name and contact number if calling out of hours.



Tel: 01983 434455

Email: baksi@baksi.co.uk



Together We Can Make A Difference:

Volunteering with the Diabetes Group IOW

Diabetes Group IOW aims to provide support for over 9000 people with diabetes on the Isle of Wight.



With your help, we can get the message out to people with diabetes on the island. You may not have diabetes yourself, but might have an interest in volunteering with us or you might care about someone who does have diabetes.

I am really enjoying volunteering with Diabetes Group IOW! As a fellow diabetic, it's great to be able to share my knowledge and experiences to help others, as well as getting to know other diabetics going through similar experiences to myself. It's lovely to see the group growing with more volunteers from the Isle of Wight community. - Lisa Creggwood.

Diabetes Group IOW are here to share helpful information, raise awareness of diabetes, provide a platform for discussion and to campaign for the care and services that you need.

We Can't Do This Without You

All you need is a desire to engage and help others. There are several areas that need volunteer's support, including:

- Helping with distribution of our magazine. This usually goes to several locations, GP surgeries, several locations at St Mary's Hospital, some island pharmacies and island libraries. At present we

are distributing our magazine electronically to ensure peoples' safety.

- Help to support our events and regular drop in sessions (usually only a couple of hours) – at present usually these take place in Ryde, Newport or Freshwater. During the pandemic we will be providing events via Zoom, so people can continue to stay safe.

Interested in Volunteering?

If you are interested in volunteering or joining our committee, then please get in touch by:

-  Email: info@diabetesiow.org.uk
-  Facebook: [Diabetes Group IOW](#)
-  Write to: Diabetes Group IOW, 40 Gordon Road, Newport, PO30 2EU



If you would like to make a contribution to the next magazine, please get in touch!

Diabetes Group IOW is supported by the IOW Diabetes Fund Research charity, registration number: 298933

The Foundation of European Nurses in Diabetes

By Anne-Marie Felton

Ane-Marie Felton, former Diabetes Specialist Nurse and co-founder and President of FEND - the Foundation of European Nurses in Diabetes, writes about its role in diabetes care.

Who is Anne-Marie Felton?

In 1980 Anne-Marie Felton was appointed as a Diabetes Nurse Specialist, fifteen years later she took early retirement in order to pursue pro-bono voluntary work within the charity sector. She was a vice-president of Diabetes UK and subsequently appointed Ambassador. She also served on the Board of the International Diabetes Federation and was one of the key lobbyists to the United Nations for the

the establishment of World Diabetes Day. Together with Dr Michael Hall she co-chaired the three editions of "The Diabetes Policy Puzzle". She is co-founder and President of the Foundation of European Nurses in Diabetes (FEND).

The Foundation of European Nurses in Diabetes (FEND) was established in 1995 and promotes the professional role of nurses working in diabetes care, research and education in Europe.



HOW FEND WORKS

FEND works in collaboration with the International Diabetes Foundation (IDF) Europe, World Health Organisation (WHO) Europe, European Association for the Study of Diabetes (EASD), Primary Care Diabetes Europe (PCDE), Alliance for European Diabetes Research (EURADIA), national diabetes nursing organisations and European Diabetes Forum (EUDF). FEND has also collaborated with leading European Universities to establish the FEND MSc accredited programme.

Since its initiation, over 500 nurses have completed or are participating in the FEND MSc programme. FEND's two day Annual Conference precedes the EASD conference each year, and attracts a range of health care professionals in diabetes, as well as nurses.

FEND's Aims and Objectives

- To promote for the public benefit improvements in the health and treatment of people with diabetes by the development and promotion of the role of the diabetes nurse specialist throughout Europe.
- To promote for the public benefit the education and training of nurses working in diabetes care throughout Europe, by the development and support of training programmes, including the organisation of conferences and symposia, to further such programmes and the dissemination of information relating to the proceedings at such conferences or symposia.

FEND is a registered charity in England. It is important to emphasise that FEND does not employ any staff and does not have physical offices and is in fact a "virtual" organisation. Considering the impact of COVID-19 and its implications for the future perhaps virtual organisations may be the modus operandi for NGOs in the future.

If you are interested in registering for the FEND MSc Programme, please visit:
www.fend.org

In establishing FEND the founders were hugely supported by individuals from other relevant organisations, in particular I want to mention the unfailing support of Dr Michael Hall in his capacity as a former Chair of Diabetes UK and as a member of the IDF Europe Executive Committee. In recognition of his contribution to FEND in his leadership roles his was made an honorary member of FEND.

Since its foundation, FEND has provided academically accredited programmes for diabetes specialist nurses in primary, secondary and community care. The suite of programmes consist of: MSc programme, PhD programme and post doc programme and are funded by FEND so there is no cost to eligible member participants.

FEND has also established and funded the FEND Chair in Diabetes Nursing at the Florence Nightingale faculty of nursing and midwifery at Kings College London.

It is noteworthy that participants in these programmes come from across Europe and this adds to the richness of the programmes, particularly as our health care systems differ one from another and the recognition and contribution of diabetes specialist nurses in various countries is very variable.

Our hope for these programmes is that they will enhance the



competency, skills and recognition of the key role of specialist nurses in relation to diabetes service provision and also policy development and implementation at international level.

Since 2009 our conferences are webcast after the event and can be viewed on FEND website. in honour of the 200th anniversary of Florence Nightingale and by coincidence it is also the 25th anniversary of FEND. While FEND originally intended to mark the 25th anniversary the global challenge of COVID-19 has naturally diverted our attention to some extent. The impact of COVID-19 on people with diabetes is serious and potentially presents significant challenges in the crisis management for individuals so affected.

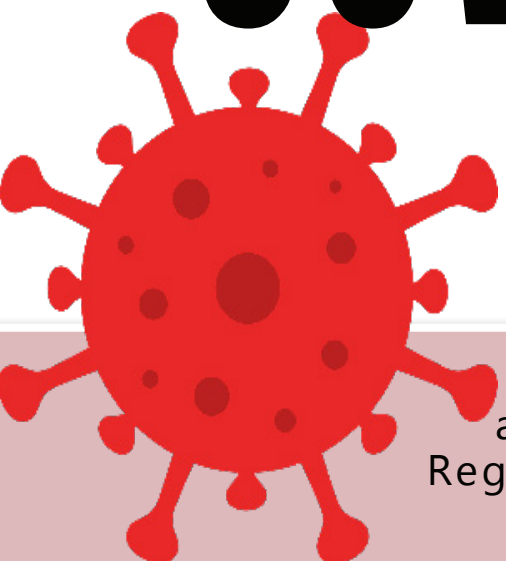
It is imperative that diabetes specialist teams are engaged with front line staff delivering COVID-19 care to advise on the unique demands of people with diabetes in their care.

The Diabetes UK website is an important reference source in supporting people with diabetes. The Diabetes Group Isle of Wight is hugley relevant at a local level, not only to people with diabetes, but also their immediate and extended families.

Inevitably, there is considerable discussion about the shape of health service provision post COVID-19 but there will be a post COVID-19 period and diabetes remains with us. Diabetes service provision is critical to the health of and empowerment of people with diabetes nationally and internationally. The inter-disciplinary nature of diabetes service provision will no doubt change. How we, as specialist nurses, influence that change is a significant responsibility and challenge but engage we must.

I am reminded of a Florence Nightingale quotation: "For us who nurse, our nursing is a thing, which, unless we are making progress every year, month and week, take my word for we are going backwards."

COVID-19 and Diabetes



Authors: 1: Nouman Butt (Consultant Diabetes and Endocrinology) 2: Najaf Haider (Specialist Registrar, Diabetes and Endocrinology) 3: Partha Kar (Consultant Diabetes and Endocrinology)

Queen Alexandra Hospital NHS Trust, Portsmouth

The first case of a new illness was reported to the World Health Organization (WHO) in December 2019 and was declared a public health emergency of international concern soon after that. The modern era of global connectivity and faster travel times meant that cases of this mysterious illness were soon reported across the globe. Specialists

reported an increasing number of people being unwell caused by the '2019 novel coronavirus'. The new virus was named as 'severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2)' and the disease caused by it was labelled CORonaVirus Disease 2019 (COVID-19) in February 2020. At the time this article was written 284,900 people tested

positive for COVID-19 and 44,918 have sadly died across all settings in the UK.



The Office of National Statistics (ONS) has estimated an average of 14,000 people in the community in England had COVID-19 infection between 22nd June and 5th July 2020. The modelling however showed a downward trend nationally in the number of new cases being identified. A new disease comes with its own challenges – the most important being questions like where, when and why it effects a certain group of people and how to treat it. As epidemiologists kept a meticulous record of details a pattern started to emerge – giving clinicians the ability to stratify at-risk groups into 'clinically extremely vulnerable group' and 'clinically vulnerable group'. People with diabetes fall in the latter group.

I have Diabetes... Will I Catch Corona Virus?

An important point to clarify here is that having diabetes – type 1, type 2, gestational or any other type – does not make necessarily you more likely to catch coronavirus. However, people with diabetes have a higher risk of getting a severe illness from the coronavirus infection but this will vary from person to person. It has been reported that majority of people who contract coronavirus, regardless of the presence of Diabetes, have mild symptoms similar to a common cold. Research shows

that certain groups are at a higher risk – those from a Black, Asian and minority ethnic (BAME) group (up to 6 times higher risk as compared to white ethnicity), higher body mass index (BMI >30), higher HbA1c, increasing age and those with other problems such as heart or kidney disease.



What If I Am Unwell With Corona Virus?

Being unwell changes the way the body handles the glucose. As the body's defenses, the immune system, fight an infection this may make it more difficult to keep blood glucose in range and also an increased risk of very high glucose levels. Persistent high glucose levels can lead to severe dehydration and use of fat as fuel for energy production which may lead to diabetic ketoacidosis (DKA) or hyperosmolar hyperglycemic state (HHS) - both being diabetic emergencies. Furthermore, data from recent studies have suggested that

during coronavirus infection, people with any type of diabetes have an increased risk of DKA. The exact mechanism is still unclear and may involve changes in special proteins at cellular level (receptors) causing resistance to the effect of insulin or direct injury to cells that make insulin.

The basic advice to try and prevent having worse outcomes with COVID19 when you have diabetes is to try and tackle the factors you can modify. Age and ethnicity are not issues one can change- yet one can attempt to look at issues such as weight and glucose control



The Sick-Day Rules:

Following sick day rules is the cornerstone in managing diabetes when feeling unwell and the same applies if you think you may have coronavirus infection. Stay calm and contact your Diabetes team at your GP surgery or hospital if you have any questions. They can provide you with specific advice depending on your type of diabetes and the treatment you are on.

Some general rules are as follows:

- Stay hydrated with non-sweetened drinks and take regular small meals.



- If you are not able to eat much, try to have snacks or drinks with carbohydrates.

- If you self-monitor your glucose, keeping a check on glucose levels is ever important and during sickness this should be done every 4 hours (even during the night).



- If you have Type 1 diabetes please check your ketones regularly to pick up early signs of ketosis.

- An important reminder is that if you are taking any of the newer tablets called SGLT2 inhibitors (such as empagliflozin, dapagliflozin, canagliflozin) then these need to be stopped immediately and further advice sought from your healthcare team.

- If you visit the hospital, make sure you let them know that you have diabetes and provide them with your diabetes medication list. Take your diabetes essentials with you such as medications, insulin, glucose meter, sensor reader, pump etc.

- You can always ask for urgent medical help by dialing 999. There is extensive advice available on sick day rules at Diabetes UK website. (www.diabetes.org.uk)



CORONAVIRUS

STAY ALERT TO THE SYMPTOMS

**HIGH TEMPERATURE
OR NEW CONTINUOUS COUGH
OR LOSS OF TASTE OR SMELL?**

No one in your household should leave home if any one person has symptoms.

Does Social Distancing Still Apply?

From the 4th of July, the rules around social distancing were relaxed by the government. This means an increased opportunity to meet friends and by, what now seems like being pampered, getting a haircut. However, it is important to be mindful of the fact that the coronavirus is still in general circulation and measures to protect oneself must be strictly adhered to. This means social distancing, regular hand hygiene and other measures recommended by the government such as wearing a mask when in closed public spaces. It is not being selfish to ask someone if they have any coronavirus symptoms before arranging a meet up – and to avoid doing so if there are any symptoms however mild or unrelated, they may seem.



Learning In Progress...

COVID-19 is a new disease in humans – only six to eight months at most at current estimates. Much needs to be learnt about the coronavirus itself and how it effects different population groups especially those with Diabetes. Understanding more about this new virus may also help us better understand the mechanisms underlying diabetes itself - leading to improved detection and novel treatment options for the future. For now, the best way is to follow plans with your healthcare team and government advice.

Your Questions Answered...

Contact Details:

St Mary's Hospital Isle of Wight Diabetes Centre:
01983 534248

As usual, you can call 111 for urgent medical assistance (111 is free to call from landlines and mobiles) and this service is also available online at: <https://111.nhs.uk/>

What's happening to Annual Diabetes Reviews on the Isle of Wight during the Coronavirus pandemic?

Many people have asked us about what's happening to annual diabetes checks during the Coronavirus period. The top priority is of course to keep patients and staff safe at this time. For those who usually go to their GP, surgeries are running a telephone triage service, so if you need an appointment, please call your surgery to set up a phone call consultation with the GP or the Specialist Nurse Practitioner. For those who usually visit the Diabetes Centre at St. Mary's Hospital for their annual checks, these appointments are also being carried out wherever possible and as appropriate, over the telephone.

For those patients who are invited to a face to face appointment, please ensure you follow premise visiting guidance to ensure a safe visit available on the local NHS website.

Some people will also be thinking about what to do about annual blood checks. Please follow government advice if you are in a vulnerable group, over 70 or shielding. Of course, if you feel it is safe to visit either your local GP practice (if they offer this service), or alternatively, the phlebotomy department at St Mary's Hospital, then please ensure you check their website/s for any updates regards attendance requirements that are in place to protect both patients and staff on these premises.

Please call 999 if your medical emergency is likely to need an ambulance.

Footcare:

The Podiatry Service, like other NHS services have continued to place patient welfare at the forefront of what they do, so patients with emergency, critical and urgent need have been attended to during the Coronavirus lockdown period. However, those patients who were scheduled to see the podiatry department at St Mary's Hospital for their annual diabetes footcare checks, will have had their appointments cancelled as part of the lockdown measures taken to ensure the safety of patients and healthcare staff.

The NHS is trying to limit the number of people who physically visit the hospitals and clinics, so the team at St Mary's Hospital are telephoning these patients to see how they are, and if they need a face to face appointment, they are

Contact Details:

St Mary's Hospital Podiatry :
01983 534933

Arthur Webster Clinic :
01983 862367

re-booking these appointments on a two-weeks-ahead basis.

This ensures we can follow stringent guidelines to keep both patients and practitioners safe. Checking your feet every day is important to help prevent foot problems, so that if you should find an ulcer forming or anything else of concern, you can get in touch with your GP and / or the podiatry service at St Mary's Hospital. Most clinics have re-opened, except for West Cowes - patients from West Cowes can be seen at St Mary's Hospital. [Click here](#) for the website.

As usual, you can call 111 for urgent medical assistance (111 is free to call from landlines and mobiles) and this service is also available online at: <https://111.nhs.uk/>

Or

Please call 999 if your medical emergency is likely to need an ambulance.



Eyecare:

During lockdown, the service continued to screen high risk people with diabetes (e.g. pregnant ladies and some of those on a 3 or 6 month recall) although the screening service was paused for all other people.

Moving Forward

The National Diabetic Eye Screening Team have recently issued guidance to restart screening for all in a phased approach from Monday 27th July 2020. Our Restoration Plan has been agreed with the local NHS England and NHS Improvement Commissioners and we are very pleased and eager to start screening once again.

Contact Details:

The Hampshire and Isle of Wight Eye Screening Service Booking Office : 01983 898700

We will invite people to screening appointments in the following order:

1. Invite over next few weeks and months – those who are pregnant, under digital surveillance, newly diagnosed, had background retinopathy at last appointment (R1M0) or did not attend their last appointment.
2. January 2021 – Those who at their last appointment had no retinopathy or maculopathy (R0M0) are at much lower risk of developing diabetic retinopathy.

Appointment Arrangements

We have taken several practical steps to ensure those attending and our staff are kept safe in the clinics. Full instructions on these new arrangements will be given in the appointment letter, during any telephone contact and are available on the website, www.desphiow.co.uk



Dental Services:

Government advised that all dental services can resume service from 8 June, but only if they have the necessary safety systems in place and only for emergency care, this means routine appointments will not be available for some time. As not all dental practices will have been able to re-open, please check directly with your dental practice if you need an appointment.



Not registered with a dentist?

People who are not registered with a dentist should call 111 or visit the 111 online service. For regular updates on the phased resumption of all dental care, please visit the the NHS England website :

<https://www.england.nhs.uk/coronavirus/primary-care/dental-practice/>

ContactING 111 OR 999:

As usual, you can call 111 for urgent medical assistance (111 is free to call from landlines and mobiles) and this service is also available online at: <https://111.nhs.uk/>

If you have any questions you would like answering, please contact us through:



Email: info@diabetesiow.org.uk



Facebook: Diabetes Group IOW



Website: www.diabetesiow.org.uk



DIABETES GROUP

Your Diabetes

15 Healthcare Essentials

There are 15 different checks and services you are entitled to. We call this package of care your '15 Healthcare Essentials'.

- 1 Blood glucose test (HbA1C)
- 2 Blood pressure check
- 3 Cholesterol check (for blood fats)
- 4 Eye screening
- 5 Foot and leg check
- 6 Kidney tests
- 7 Advice on diet
- 8 Free flu Jab

- 9 Emotional and psychological support
- 10 Diabetes education course
- 11 Care from diabetes specialists
- 12 Good care if your in hospital
- 13 Support with any sexual problems

When you see your diabetes healthcare team, you can tick off what you've got coming up and chase up if anything's missing. They will work

When you have diabetes, you're entitled to certain checks and services every year to help you get the care you need. You might know this as your annual review. There are 15 different checks and services you're entitled to – this is your package of 15 Healthcare Essentials. These essential checks helps you reduce your risk of serious diabetes complications, like losing your sight or having dangerous problems with your feet.

- 14 Weight checks and waist measurements
- 15 Diabetes pediatric healthcare

with you to agree your personal targets to manage your diabetes between appointments. *Please note: During the Coronavirus pandemic, there may be some changes to how services are delivered. Please contact your GP or healthcare team at the hospital for more information.*

4 Diabetes

Ingredients

Many people are put off cooking recipes as they have a long list of ingredients. Twelve years ago Kim McCosker created the 4 Ingredients philosophy to home cooking.

4 Ingredients aims to simplify all forms of cooking by creating quick, easy and delicious recipes, which are made with ingredients easy and delicious recipes, which are made with ingredients easily found in your local supermarket. They are written to save time and money in the kitchen.

Success of the philosophy has been very well accepted as Kim has now written and published over twenty '4 Ingredients' cook books that can

be purchased online as a hard copy or eBook. This recipe book has been approved by Diabetes Australia, Victoria.



Email: info@4ingrefients.com.au Available from: www.bookdeposity.co.uk

Website: www.4ingredients.com.au eBooks from: www.kobo.com/gb/en

Salmon Patties

4 Ingredients Diabetes by Kim McCosker

Serves 4

Ingredients:

- 2 eggs
- 1 x 130g Turnip, peeled and grated
- 2 x 150g Courgettes, grated
- 1 x 420g can pink salmon, drained and flaked

Nutritonal infomation

per serving: Energy

214cal Total Fat 9.7g

Saturated Fat 2.8g Sodium

123mg Carbohydrate 2.9g

Fibre 1.4g



Method:

1. Into a large bowl, place all the ingredients and season with cracked pepper.
2. Stir well to combine.
3. Using damp or floured hands, roll the mixture into 12 patties.
4. Refrigerate for 20 minutes.
5. Preheat the oven to 180°C / 160 Fan / Gas Mark 4.
6. Line a baking tray with baking paper.
7. Place the patties on the prepared tray and bake until golden, about 25 minutes, turning halfway through.

Wellness Tip

"Thank you Michelle Steffensen for introducing me to these delicious patties. I served them with a fresh garden salad, avocado slices, blueberries and a simple dressing of equal parts of olive oil and lemon juice with a smidgen of crushed garlic; everyone always asks me for the recipe – Happy Days!"

Poached Eggs With English Muffins

Serves 4



4 Ingredients
Diabetes by
Kim McCosker

Ingredients:

- 250g cherry tomatoes
- 12 button mushrooms, sliced
- 4 eggs
- 4 wholemeal English muffins

Method:

1. Preheat the oven to 180°C.
2. Combine tomatoes and mushrooms in a pan, season with cracked pepper and dry roast for about 15 minutes or until the tomatoes have burst open and softened.
3. Meanwhile, fill a deep saucepan halfway with water and bring to a rapid boil.
4. Crack an egg into the water and with a spoon whirlpool the water around the egg to

Nutritional Information Per

Serving: Energy 235cal Total Fat 7.1g Saturated Fat 1.7g Sodium 342.5mg Carbohydrate 24.4g Fibre 5.7g

- create an even oval shape. Cook until the whites become firm and the yolk is still soft to the touch, 2 to 3 minutes.
5. Meanwhile, slice and toast the muffins until lightly golden, then place on a plate.
6. Lift each egg from the water with a slotted spoon, allowing any excess water to drain back into the pan. Top the muffins with the roasted vegetables and poached egg, season with cracked pepper to serve.

Bang Bang Chicken Serves 4

4 Ingredients Diabetes by
Kim McCosker

Ingredients:

- 180g mixed green salad leaves
- 500g boneless, skinless chicken breasts, cut into strips
- ¼ cup (60ml) sesame oil
- ½ cup (130g) crunchy peanut butter

Wellness Tip

The fats in nuts are the good unsaturated type, but very seldom can you buy peanut butter 100% made from peanuts. When buying store-bought peanut butter, be aware of what is added to make the paste. Select peanut butters made without palm oil or sugar for a healthier option. Serve this tasty main with cooked soba noodles tossed with fresh coriander.



Nutritional Information Per Serving:

Energy 485cal Total Fat 32.8g
Saturated Fat 5.9g Sodium 250.3mg
Carbohydrate 5.3g Fibre 1.9g

Method:

1. Scatter the salad leaves onto a serving plate.
2. Sauté the chicken in the hot sesame oil for 2 to 3 minutes, turning until cooked.
3. Remove from the heat and set aside to cool slightly before placing on top of the salad.
4. Put the peanut butter and tablespoons water in a glass bowl and microwave in 30-second increments, stirring after each, until runny. Drizzle over the chicken and salad.

Raspberry Mousse

4 Ingredients Diabetes by Kim McCosker

Serves 4

Ingredients:

340g silken tofu (bought to room temperature)

225g fresh raspberries (reserve a few for garnish)

1 teaspoon vanilla extract

2 tablespoons honey (or rice malt syrup)

Nutritional Information per serving:

Energy 535.5kJ Total Fat 1.9g Saturated

Fat 0.3g Sodium 19.5mg Carbohydrate

16.8g **Fibre** 4.7g

Method:

1. Combine all the ingredients in a blender and blend until smooth.
2. Divide the mixture between four glasses or bowls and chill for at least 2 hours.
3. Garnish with reserved raspberries (cherries or blueberries) to serve.

Wellness Tip

A good cream substitute will have thickening properties and won't separate. Often soft tofu can be substituted into recipes that call for cream and is an especially healthy



DIABETES GROUP

Can we help?

The **Diabetes Centre** at St. Mary's Hospital has offered to answer questions about managing your diabetes. You may either send your questions by email to info@diabetesiow.org.uk or write your question below and mail it to Diabetes Group IOW, 40 Gordon Road, Newport, IOW, PO30 2EU.

We will do our best to get the answers for you. Those questions and answers selected for publication

in the magazine will be anonymously printed and those not printed will either be emailed or posted to the member.



We need your help!

In the past few years, the number of people living with diabetes on the Isle of Wight has increased from 3.5K to 9.5K.

Diabetes Group IOW are here to campaign for you. Our group want to ensure that you receive the care and services that you need and to offer support to everyone

living with diabetes on the island.

We can't do this without your help. We're looking for new members who can help organise mini events, contribute to the magazine and help with Type 1 and Type 2 focus groups.

Your personal data will be on a secure database and will be used solely for the



DIABETES GROUP

Diabetes Group IOW. The data will never be supplied to an outside agency or party. Please either email your details to: **Info@diabetesiow.org.uk** or send the below form to: **Diabetes Group IOW, 40 Gordon Road, Newport, IOW, PO30 2EU.**



I would like to join the Diabetes Group Isle of Wight and receive updates regarding upcoming events and helpful information.

Title:..... First Name:..... Surname:.....

Address:.....

..... Post Code:.....

Email:..... Phone:.....