



Paediatric diabetes outreach service

**At Evelina London
Children's Hospital**



What is the Paediatric Diabetes Outreach Service?

Our team provides support to help you and your family understand and manage your child's condition.

Our Paediatric Diabetes Team will explain your child's diagnosis and how diabetes will affect them. They will also teach you and your child how to manage their condition on a day to day basis.

Providing a link between your specialist centre – Evelina London Children's Hospital – your GP, local hospital, school nurse and any other healthcare professionals involved in your child's care.

How to contact the Paediatric Diabetes Team

Paediatric diabetes nurse specialist

t: 020 7188 4614 or **t:** 020 7188 4617,
Monday to Friday, 9am to 5pm

Alternatively, you can page the nurse on **t:** 08700 555 500 and then tell the operator that you need pager number 876575 or 819893.

If they cannot answer your call, you will be able to leave a message. Please leave your name or your child's name, a contact phone number and the nature of your enquiry and they will contact you as soon as possible.

If it's regarding an appointment or you would like to speak to a specific member of the diabetes team, please contact the paediatric co-ordinator who will be able to assist you during working hours, **t:** 020 7188 7188, ext 53102

Consultants

Paediatric diabetes consultants'

secretary **t:** 020 7188 7188, ext 56129

Dietician, **t:** 020 7188 7188 ext 53102

Clinical Psychologists, **t:** 020 7188 4686

Evelina's Appointments Centre

t: 020 7188 4000

Paediatric Diabetes Team

e: PaediatricDiabetesTeam@gstt.nhs.uk

Clinics

Consultant diabetes clinic

- **General Clinic**

Every first and third Wednesday of the month (all day)

- **Transition Clinic**

Every second Thursday of the month (afternoons) on Ocean Level at the Evelina Children's Hospital

- **After school clinic**

Every second Thursday of the month (afternoons 2:30pm to 6pm) on Ocean Level at the Evelina Children's Hospital.

- **Combined nurse/dietitian-led clinic**

Every first, third and fifth Thursday of the month (afternoons) on Ocean Level at the Evelina Children's Hospital

- **Young adult diabetes clinic**

Every second Monday of the month (afternoons) in the Diabetes Centre at St Thomas' Hospital and every fourth Monday of the month (afternoons) in the Diabetes Centre at Guy's Hospital.

Useful sources of information

It is important to learn as much as you can about diabetes to help you manage it well. You may find the resources below useful.

Diabetes UK Careline Counsellors

Recorded information on diabetes-related topics by phone 24 hours a day. Includes a translation service into over 100 languages.

t: 0845 120 2960, Monday to Friday, 9am to 5pm

e: careline@diabetes.org.uk

w: www.diabetes.org.uk

Juvenile Diabetes Research Foundation

A charity organisation that does research and fundraising to find a cure for Type 1 diabetes and its complications.

t: 020 7713 2030

e: info@jdrf.org.uk

w: www.jdrf.org.uk

Disability Living Allowance (DLA)

A tax-free benefit that children with diabetes are entitled to claim.

t: 03457 123456

t: 0800 121 4600 (Benefit disability helpline)

Patient UK – medical information for patients
w: www.patient.co.uk

National Institute for Health and Clinical Excellence guidelines for the treatment of type 1 diabetes

w: <https://www.nice.org.uk/guidance/ng18>

Recommended books

Type 1 Diabetes in Children, Adolescents and Young Adults by Ragnar Hanas

Diabetes through the looking glass: Seeing diabetes from your child's perspective by Dr Rachel Besser

Carbs & Cals: A visual guide to carbohydrate and calorie counting for diabetics by Chris Cheyette and Yello Balolia

Contact us

For out-of-hours advice contact the Diabetes on-call telephone service.

- 1 Dial **t:** 020 7188 7188 for the Guy's and St Thomas switchboard.
- 2 When the call connects, press '0' to go directly to an operator.
- 3 Ask the operator for the children's diabetes on-call clinician.
- 4 The operator will ask you for your name and phone number and the clinician will call you back shortly.

If there is a medical emergency at any time, please dial 999 to get immediate assistance.

For more leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit www.evelinalondon.nhs.uk/leaflets

Evelina London Medicines Helpline

If you have any questions or concerns about your child's medicines, please speak to the staff caring for them or contact our helpline.

t: 020 7188 3003 10am to 5pm, Mon to Fri

e: letstalkmedicines@gstt.nhs.uk

Leaflet number: 2338/VER4

Date published: March 2018

Review date: March 2021

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A list of sources is available on request