





LOOKING AFTER YOUR DIABETES DURING COVID-19 PANDEMIC

Some diabetes services have been disrupted during the covid-19 pandemic. The following is to help you look after yourself during this time.

<p>Looking After Yourself</p>  <p>Keep well by taking your usual medication as prescribed, following a healthy diet and taking regular exercise if you can. These are the most important things you can do for your health.</p>	<p>Seeking Help</p> <p>Know when to call for help and who to call. Both Primary Care & Secondary Care services are open for those who need it and changes have been made to make it safe to attend. Local contact</p>
 <p>Reduce Your Risk of catching covid-19 infection by following all the local rules, frequent hand washing, maintaining social distancing and wearing a mask. (see www.diabetes.org.uk/coronavirus for guidance).</p>	<p>Seek help on this contact number if:</p> <p>Your glucose levels become persistently higher than usual. You have frequent or recurrent hypoglycaemia (glucose levels below 4mmol/l) You are planning a pregnancy or are pregnant. You are unsure what to do with your diabetes.</p>
<p>Make sure you have your FREE influenza (flu) vaccination.</p>  <p>This is really important to protect you from Influenza since at a time when COVID-19 is a health risk. This can be arranged by your GP surgery.</p> <p>If you are feeling unwell Follow sick day rules if you are feeling unwell. (See web addresses below) For people living with Type 1 diabetes:</p>	<p>Urgent help required if:</p> <ul style="list-style-type: none"> • You are vomiting and unable to eat • You feel unwell • You have become drowsy or breathless • You have abdominal pain • You have significant ketones: <p>Contact your GP, Ring 111 or in case of an emergency ring 999.</p>  <p>If you require urgent Podiatry advice or have a query regarding your Podiatry or Orthotic treatment, please get in touch on the following number: 01633 615225 (Mon-Fri)</p>

http://trend-uk.org/wp-content/uploads/2020/03/A5_T1Illness_TREND_Final.pdf

For people living with Type 2 diabetes:

http://trend-uk.org/wp-content/uploads/2020/03/A5_T2Illness_TREND_Final.pdf

Select Option 1 for Podiatry or Option 2 for Orthotics Or alternatively by email:
Podiatry Email: ABB.RiscaPodiatry@wales.nhs.uk Orthotics Email: ABB.OrthoticsAdmin@wales.nhs.uk
Please see ABUHB Website for advice and leaflets. : <https://abuhb.nhs.wales/hospitals/a-z-hospital-services/podiatry-orthotics/>



Looking after your eyes

Diabetes Eye Screening Wales (DESW) is restarting.

If you have a concern about your vision, please either contact your GP, your Optician or your local eye emergency department.



This is a time of high stress and anxiety

Resources to help with this can be found at www.diabetespsychologymatters.com



Dietetic Info

Please see Video Links to prediabetes and type 2 diabetes awareness:

What is prediabetes and type 2 diabetes?

www.youtube.com/watch?v=WEOxNV3xq58

An introduction to carbohydrates

www.youtube.com/watch?v=94NYwxXC9LY

Applying the Eat Well Guide

https://www.youtube.com/watch?v=oJ_koDW-iTo

Self-care, monitoring and self-management

www.youtube.com/watch?v=OpvICLMzIMIMs

If you would like to know more regarding diet and diabetes we run a structured education programme called X-PERT. For more information on this contact your GP/Practice nurse .

Pocket Medic Films

Short films made in Wales by people with diabetes and their healthcare professionals. These will help support you with various aspects of your diabetes.

Pre-diabetes

www.medic.video/cv-pre

Type 2 Diabetes

www.medic.video/cv-type1

Type 1 – Teenagers

www.medic.video/cv-t1teen

Type 2 Diabetes

www.medic.video/cv-type2

Gestational Diabetes

www.medic.video/cv-gest

BAME T2 Community Introduction

www.medic.video/cv-bame