

Hackney

Diabetes Centre

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Homerton University Hospital **NHS**
NHS Foundation Trust

Hackney Diabetes Centre Newsletter

Issue 15

January 2007

X-Pert Courses in the Community

We have now been running the X-pert course, a 5 week course (Previously 6 weeks) for people with type 2 diabetes of any duration for 6 months. Due to lack of space, and patient preference, we are now looking to run courses at surgeries.

If you have:

- a room which will hold 15 - 20 people
- patients who would like to come on the course
- flipchart and access to refreshments

We'd love to hear from you. Please contact Charlene Brade (x5269) or Pergul Kara (x7182) to discuss dates and availability. More information about X-pert is available at:

<http://www.xpert-diabetes.org.uk>

Dates for X-pert groups at the Homerton are:

- 27th Feb – 27th March – Afro-Caribbean, African, Black British Group
- 1st March – 29th March – Group at In Shape (prov)
- 17th April – 15th May – Turkish Group



Help Needed....

Are you an Enthusiastic district nurse or practice nurse? Would you like help shape the Future of diabetes Services in City and Hackney? The Diabetes NSF implementation group meets on a quarterly basis and we are looking for a *practice nurse, district nurse and patient representative* to join our meetings. **Lunch is provided!**



If you would like to join us, please contact Anna-Marie Jesson on 020 8510 5005 or Clare Highton at Lower Clapton Health Centre on 020 9896 7111 for more details

Multi-Disciplinary Diabetes Foot Clinic

You may be aware that the foot clinic has been running for over a year now. We mainly see patients with foot ulceration, osteomyelitis and post podiatric Surgery. Referrals should be made urgently via the department of Foot Health at St Leonard's Hospital. Anyone with diabetes and a foot ulcer or wound should be sent for assessment to the *Emergency Foot clinic at St Leonard's, at 9am every weekday morning.*

We often use total contact casts in the clinic. Your patients may wish to be prescribed a Seal-Tight waterproof protector, so they can shower with their cast in place. These items are now prescribable, for more information on different types; please look at their web-site at:

www.autonomed.co.uk

BICEP Course (Barts and Homerton Insulin and Carbohydrate Education Course) – For Type 1 Diabetes

The BICEP course is now up and running at both Barts and the Homerton. We are happy to take referrals for patients who:

- Have type 1 diabetes
- Can commit to attending for 4 days
- Can commit to testing their blood glucose 7 times per day for at least a month
- Want to be able to be flexible with their lifestyle and diabetes

All patients will be screened for suitability.

The course is based on the Bournemouth course, and aims to empower patients with type 1 diabetes to adjust their insulin doses to fit in with their lifestyle, by utilising carbohydrate counting and other techniques. Information on Carbohydrate counting can be found at:

www.dafne.uk.com/

<http://www.leedsth.nhs.uk/sites/diabetes/food/CarbohydrateCountingRef.php>