

## GUIDANCE FOR:

# Supporting people with **Diabetes** during the **COVID-19** pandemic

**There are many resources** where you can find support and advice to help you manage your diabetes during the COVID-19 pandemic.

The current Government advice for people with diabetes is to 'be particularly stringent in following social distancing measures' to reduce transmission of the virus. You can find the latest guidance on social distancing and other information about diabetes and COVID-19 on these key websites.

### Key Websites:

- **NHS England:** [www.nhs.uk/conditions/coronavirus-covid-19/](http://www.nhs.uk/conditions/coronavirus-covid-19/)
- **The UK Government:** [www.gov.uk/coronavirus](http://www.gov.uk/coronavirus)
- **Diabetes UK:** [www.diabetes.org.uk/about\\_us/news/coronavirus](http://www.diabetes.org.uk/about_us/news/coronavirus)
- **The Association of British Clinical Diabetologists:** (<https://abcd.care/covid19/advice-patients>)
- **UK Diabetes Specialist Nurses advice (TREND) for people with Type 1 Diabetes when you are ill:** [https://trend-uk.org/wp-content/uploads/2020/03/A5\\_T1Illness\\_TREND\\_FINAL.pdf](https://trend-uk.org/wp-content/uploads/2020/03/A5_T1Illness_TREND_FINAL.pdf)
- **UK Diabetes Specialist Nurses advice (TREND) for people with Type 2 Diabetes when you are ill:** [https://trend-uk.org/wp-content/uploads/2020/03/A5\\_T2Illness\\_TREND\\_FINAL.pdf](https://trend-uk.org/wp-content/uploads/2020/03/A5_T2Illness_TREND_FINAL.pdf)

### Helpline

For diabetes concerns, please contact the Diabetes Specialist Nurses on [Dsnop.ocdem@nhs.net](mailto:Dsnop.ocdem@nhs.net) or **01865 857357**

### Outpatient Clinics

Oxford Centre for Diabetes, Endocrinology and Metabolism (OCDEM) is now running most diabetes clinics and will be contacting people by phone or video conferencing. We will use technology to get data from glucose monitoring devices and insulin pumps. However, we will not be able to do foot examinations, injection site examinations, blood pressure or BMI.



## GUIDANCE FOR:

# Supporting people with **Diabetes** during the COVID-19 pandemic

## Psychological Health

Looking after your mental health during this challenging time is important, and can make a positive difference to your Diabetes care. There are many online resources to support your psychological wellbeing during the pandemic; these include:

- **Headspace:** a science-backed app in mindfulness and meditation to help reduce stress, build resilience, and aid better sleep. A section of the app - 'Weathering the storm' - is free to access:  
[www.headspace.com/covid-19](http://www.headspace.com/covid-19)
- **The Foundation for Positive Mental Health:** an app to enhance everyday wellbeing, increase resilience to, and recovery from, mental health difficulties. Covid19 – supporting your mental health with Feeling Good App  
[www.foundationforpositivementalhealth.com/](http://www.foundationforpositivementalhealth.com/)
- **Oxford Mindfulness:** is running free online sessions  
[oxfordmindfulness.org/online-sessions-podcasts/](http://oxfordmindfulness.org/online-sessions-podcasts/)
- **Oxford Health:** has specific COVID-19 advice and you can self-refer via the website:  
[www.oxfordhealth.nhs.uk/talkingspaceplus/](http://www.oxfordhealth.nhs.uk/talkingspaceplus/)
- **Diabetes UK:** a section on the website to help with psychological health:  
[www.diabetes.org.uk/guide-to-diabetes/emotions](http://www.diabetes.org.uk/guide-to-diabetes/emotions)

Please do let your GP, Practice Nurse or anyone in the OCDEM team know if you are concerned about your mental health.

## Eye Care and Foot Care

**The Oxfordshire Diabetes Eye Screening Programme** has been scaled down. Past images will be reviewed and patients at high risk will be called back for further screening. Patients at low risk of progression of eye disease will have planned eye photographs deferred. In the meantime, **if you experience a change in your vision, contact the Oxfordshire Diabetes Eye Screening Programme (01865 231586) or your optometrist.**

The **OCDEM foot clinic** continues to accept referrals from GPs and community podiatry team ([diabeticfootclinic.ouh@nhs.net](mailto:diabeticfootclinic.ouh@nhs.net)).

Care for people with active foot disease will continue as normal at diabetes foot MDT clinics. **Community Podiatry** is seeing the highest risk patients with active foot ulceration and those who have recently healed and who need monitoring every four weeks or less by home visits. The advice line for emergency foot problems is **01865 902016** or email [podiatry.oxfordshire@nhs.net](mailto:podiatry.oxfordshire@nhs.net)

## Diabetes Education

All group education sessions for patients with diabetes have been suspended including **DAFNE**, **Diabetes2gether** and **Diabetes4ward**. We are delivering Freestyle Libre starts through online webinars and Weightwise through phone support. Online learning resources are available such as BERTIE Online [www.bertieonline.org.uk](http://www.bertieonline.org.uk) for Type 1 diabetes and Diabetes UK for Type 2 diabetes [www.diabetes.org.uk/guide-to-diabetes/managing-your-diabetes/education#online](http://www.diabetes.org.uk/guide-to-diabetes/managing-your-diabetes/education#online)

## Blood tests

The **OCDEM blood testing centre** is still open for blood tests. Blood forms can be requested beforehand by emailing the consultant's secretary. Blood and ketone meters can also be picked up from OCDEM (contact the helpline beforehand) or from your GP surgery.

*Garry Tan, Alistair Lumb, Katharine Owen, Rustam Rea, Gaya Thanabalasingham, Katie Hards, Jodie Buckingham, Daniel Zahl and Angela Hargreaves on behalf of the Diabetes Specialist Team, OCDEM, OUH  
Jane Maskell and Jane Salmon on behalf of the Community Diabetes Nursing Team and  
Margaret Hardcastle on behalf of the Community Podiatry Team, Oxford Health  
Amar Latif (GP) and Paul Swan on behalf of Oxfordshire CCG*