

Welcome to the latest edition of the Diabetes MCN Newsletter. We hope you enjoy this edition and find the articles informative and helpful. Following distribution of the last newsletter we received several helpful comments and questions which were much appreciated. We continue to adapt to the new normal.

Dr Karen Madill, Consultant Ophthalmologist at PAEP has written a very helpful article about the Retinopathy Screening Service.

Some patients continue to attend hospital to see a Diabetic Specialist Nurses despite not having an appointment, please see attached letter and also remember the email advice line which is being well used.

The first of our series of webinars ran on 23rd September which was well received and attended by 40 people. There are several other forthcoming meetings and courses which you may find useful listed in our new education section.

Finally, we welcome four new consultants. Each has kindly given us a brief resume about themselves.

Dr Karen Madill consultant ophthalmologist has kindly written an article about DRS. Read the full article on the attachment below, it is excellent and may be useful to share with patients. Here are the salient points.

- DRS recommenced in July 2020
- All high priority patients have now been offered an appointment with DRS in Lothian.
- Patients who declined a DRS invitation due to COVID will be offered another appointment soon.
- Optometrist's continue to offer emergency appointments for people with visual symptoms. Referral to ophthalmology can be arranged thereafter if necessary.
- We should continue to encourage patients to attend their appointments for retinopathy screening



Diabetic Retinopathy
Screening Update Sep

Drop in Letter OPD2

In order to support social distancing, hospital sites cannot offer drop-in appointments with diabetes nurses. Please see the attached information sheet which redirects patients to the appropriate point for technical queries.

They can access clinical support by phoning the nurse helplines:

RIE 0131 242 1471

WGH 013 537 1746

SJH 01506 523 856)



Drop in letter
OPD2.pdf

Education



1. Management and Care in Diabetes Mellitus across the Lifespan course.

This accredited Level 9, 20 credits course is aimed at Practice and District Nurses. It runs in collaboration between Edinburgh Napier University, NHS Lothian, and NHS Education Scotland (NES).

The course examines the theory of Diabetes Mellitus and relates it to patient care and health education. The 15-week module works through the patient journey from diagnosis to on-going management, to inform nurses how to educate and support patients, family and carers with the understanding of complex care needs. It incorporates pathophysiology, pharmacological, plus lifestyle and behaviour changes to enhance quality of life. There is also a focus on risk factors to prevent or delay the onset of acute and long-term complications for patients.

<https://www.nes.scot.nhs.uk/education-and-training/by-discipline/nursing-and-midwifery/careers-and-recruitment/transforming-nmahp-roles/general-practice-nursing.aspx>

For more information please contact: [Jacqui Charlton](#).

2. Students with diabetes

The Edinburgh Napier University Diabetes group was launched on FaceBook prior to Freshers week for new and returning students. Its aim is to provide support, guidance and information for students with diabetes.

Edinburgh Napier University Diabetes group

<https://www.facebook.com/photo/?fbid=10216481970553218&set=p.10216481970553218>

3. Alcohol and diabetes

After the review publication looking at alcohol and type 1 diabetes, we have developed two patient information guides: "A guide to alcohol consumption and type 1 diabetes", and "What's in your drink" (this can be used by people with type 1 and type 2 diabetes as it provides the carbohydrate, calories and alcohol content of drinks).

If you would like the leaflet version please contact: [Jacqui Charlton](#) or [Alicja Szewczyk](#)



Whats in Your Drink
Pocket Guide Final Dig



A Guide to Alcohol
Final Digital.pdf

Making Sense of Diabetic Kidney Disease

This excellent webinar is non promotional and is being repeated on a number of occasions in the next few weeks. It is well worth watching, details on flyer below.



Flyer - Making Sense
of Diabetic Kidney Dis

13 SCOTTISH PCDS
CONFERENCE OF THE

**CLINICAL
DIABETES
CARE:
THINKING**

**OUTSIDE
THE
BOX**

**NOW
VIRTUAL**

**A FULL-DAY
VIRTUAL CONFERENCE
TUESDAY 20 OCTOBER 2020**

This year the 13th Scottish PCDS conference has been modified to accommodate a virtual format and will take place from **09:00 - 15:25 on 20 October 2020**. Among the topics to be covered are:

- lessons learned from COVID-19
- diabetes & physical activity
- complications of diabetes and severe mental health and diabetes

There will also be an opportunity to ask the experts your questions through **LIVE Q&A** at the end of each session.

[Register here](#) and to view the full programme and speakers please [click here](#)

Webinars for Healthcare Professionals

The next in our series of webinars focuses on intercurrent illness and diabetes and the need to STOP certain medications. The leaflet RE SICK DAY GUIDELINES has been updated in the light of COVID, see attached below along with the Overview/objectives of diabetes modular education sessions.



Medicines and
Dehydration Sick Day



NHS Lothian
Diabetes education pr

Modular rolling programme (all Wednesdays 12.30 – 13.30pm):

- 21st October 'Managing diabetes through COVID-19; sick day rules'
- 11th November 'Monitoring diabetes control & HbA1c'
- 2nd December 'Oral Therapies for patients with Type 2 diabetes'
- 13th January 'Practical use of Oral Therapies in Type 2 diabetes'
- 10th February 'Diabetes in Older People & Frailty'

GLP-1 RA workshops (all Wednesdays)

The workshops will enable those in primary care to initiate GLP1 therapy in the community have proven to be popular. It has avoided the need for hospital referral that is even more important at this time.

Workshop group 1 (to attend both)

14th October 13.30 – 16.00pm

25th November 13.00 -14.00pm

Workshop group 2 (to attend both)

18th November 13.30 – 16.00pm

9th December 13.00 – 14.00pm

You can register for as many sessions as you want to

To register contact marie.mccallum@nhslothian.scot.nhs.uk

New Diabetic Consultants Resumes

Catriona Kyle

I have recently been appointed as a consultant in Diabetes & Endocrinology at the Western General Hospital. I graduated from Aberdeen University in 2008. I have an interest in adrenal disease. I will be covering the renal diabetes, adolescent diabetes, endocrine and antenatal diabetes clinics at the Western plus the general diabetes clinic at Leith Community Treatment centre. I look forward to working with the MCN, particularly with regard to our cohort of disengaged young patients with T1DM, having flagged this vulnerable group in a recent audit.

Evgenia Foteinopou

I graduated from the medical school of Patras University in Greece in 2008. My specialty training in Diabetes, Endocrinology & General Medicine was based in Scotland.

During my training, I was one of the lead investigators studying the clinical impact of C-peptide measurement on people with a diagnosis of type 1 diabetes; an intervention which has proven to have life changing implications on individuals who may have been classified with the incorrect type of diabetes. I have a special interest in diabetic nephropathy, reproductive endocrinology and the immediate/ late endocrine effects of cancer therapies.

I am married and have a year-old boy. I love travelling, the outdoors activities and cooking.

I am excited to join the dynamic medical team at St John's Hospital. I will be caring for patients with diabetes and endocrine disorders at inpatient and outpatient setting and I will also be part of the acute medical team. I look forward to contributing to the medical care of the West Lothian community.

Kathryn Linton

I have been training in and around Lothian since 2012 and I am very grateful to have taken up a consultant position at the Royal Infirmary. I thrive on working within a team, and enjoy educating others, both patients and professionals.

I contribute to the antenatal, diabetic foot and general diabetes clinics, seeing a variety of patient scenarios.

The past six months have been challenging in many ways, but it has never been more important for primary and secondary care to communicate well. I look forward continuing in my current post.

Nyo Tun

I'm delighted to be appointed a consultant post in General Medicine and Diabetes & Endocrinology in the Royal Infirmary of Edinburgh. Part of my remit will be contributing to specialist diabetes services in East Lothian Community Hospital. My clinical interest in diabetes extends to diabetes in pregnancy and in endocrinology diseases of the pituitary.