

Your Diabetes Handbook

The Royal Hospital for Sick Children, Edinburgh

Additional pages to be read alongside the hard copy dated 2013

The Handbook has now been updated on the website:

www.edinburghdiabetes.com

It can be found under the heading **RHSC Diabetes**, then **Diabetes Handbook**.

We are very aware that you will also be accessing other diabetes websites/on-line diabetes information. Please do not hesitate to contact the diabetes team if you wish to discuss any diabetes information which you have read on line.

Here is a summary of the important changes to the Handbook:

1. Throughout the Handbook we now refer to carbohydrates as '**carbs**' and not the previous '**CHO**' abbreviation.
2. **Blood glucose targets** and the new NICE (National Institute of Clinical Excellence) guidance for children with diabetes:
 - a. Optimal HbA1c is 48 mmol/mol without significant hypoglycaemia.
 - b. Our clinic target is less than 58 mmol/mol, and the aim is that the majority of patients have an HbA1c less than 58 mmol/mol.
 - c. BG targets are 4-7 mmol/L pre-meal and 4-9 mmol/L at the 2 hour post meal check. Guidance on changing insulin doses to support meeting these targets is included in the Day-to-Day management chapter.
 - d. Corrections will now be calculated to correct back to 6 mmol/L.
 - e. Correction Factor tables are now included in the **Day-to-Day Management** chapter. They are also available under the heading **RHSC Diabetes**, then '**Dietetic Information**' for you to download/print.
 - f. Blood glucose meter target: aiming for an average on the meter of less than 8 mmol/L over 7-14 days, would indicate that the HbA1c will be within target. This is as long as enough blood glucose readings have been taken on a daily basis (minimum 4 and ideally 8 each day).
3. The **High HbA1c policy** is now as follows:
 - a. '80 – too high' for those patients diagnosed more than one year.
 - b. '70 – too high' for those patients within the first year after diagnosis.
4. Update within the **Food and Drink** chapter: The dietitian will provide you with dietary information sheets about food and drink in relation to diabetes.
 - a. Guidance is now included for insulin to be given to cover a 'large snack'.
 - b. A table which outlines the average expected daily carbohydrate intake based on age, is also included.
5. A new and important chapter: **Psychology Support & Advice**.
6. Updates to the **Diabetes Team members**: photos of team members, which can be accessed via '**RHSC Diabetes team**'.