

# DSN Forum newsletter – August 2020

As we head into the summer, hopefully things are starting to feel a little bit more back to normal. COVID-19 is still lingering and DSNs are still having to change our ways of working. We are also still playing catch-up on a gigantic scale. Team DSN Forum have been super-busy, so this month five of the team have put some thoughts together.

## Obesity programme launched

NHS England has announced it is extending and aiding easier access to the [Healthier You](#) service, which was first launched in specific areas in 2016. Individuals are now able to check their risk of developing type 2 diabetes via an online tool. The *Know Your Risk* tool is hosted by Diabetes UK, and those accessing it are asked a few questions such as age, weight and ethnicity. If their risk score is moderate or high, they will be able to refer themselves to a local Healthier You programme for remote or online support.

The Healthier You programme includes weight loss support group sessions by video link or telephone with a coach, online support groups and, in some areas, access to wearable technology to monitor physical activity. From August, there will also be a specific campaign to promote the programme to black and South Asian communities after research revealed they are more at risk of type 2 diabetes at a younger age.

Please share the tool with patients, carers, family, friends and colleagues: <https://riskscore.diabetes.org.uk>

## Virtual clinics

Diabetes teams across the country are gradually getting back to seeing people again; this may be via video calls but it is nice to have face-to-face contact again. For some, the use of virtual clinics has great benefits as they are convenient, easy to access and do not require driving to the hospital and finding parking. However, as

healthcare professionals, we need to learn a new way of performing our consultations. The new [quick reference guide](#) from the Primary Care Diabetes Society provides essential information and resources for conducting a safe and effective remote diabetes review.

On the other hand, virtual clinics are not for everyone, especially those who have no access to the technology, and diabetes teams need to continue to adapt to ensure that people who are unable to access these virtual clinics are still provided with care and support.

For those who have used the virtual clinics (e.g. Attend Anywhere), we have had positive feedback and we can see that these types of clinics are here to stay in diabetes care.

## Insulin Safety Week

This year for Insulin Safety Week (which fell on 6–12 July), the DSN Forum recruited some friends to help them raise awareness across our social media platforms. Of course, it had to involve a video premiere, this time with a multidisciplinary team effort and a pretty cool insulin rhyme!!

We were joined by some super-fun colleagues, including pharmacists, GPwSIs in diabetes and fellow DSNs across the UK. With a total of 13 of us

**Beth Kelly**

Community Diabetes Specialist Nurse at Southampton City – Solent NHS Trust

**Zoe Sherwood**

Diabetes Specialist Nurse, Birmingham and Solihull Mental Health Trust

**Susan Mason-Cave**

Diabetes Specialist Nurse, The Christie NHS Foundation Trust

**Vicki Alabraba**

Adult Diabetes Specialist Nurse, Liverpool Diabetes Partnership, Liverpool University Hospitals NHS Foundation Trust

**Tamsin Fletcher-Salt**

Clinical Diabetes Nurse Specialist, Royal Stoke University Hospital

### Think Insulin

It's time for insulin safety week and a time for education to be unique,  
The DSN forum & friends are here, to help make the message loud & clear.  
There are many types of insulin to choose and it's so very easy to become confused,  
If you prescribe, please know your stuff, be safe and careful and know enough.  
Some sound similar but indeed are not, so follow this week to become a swot!  
Many are tricky to spell or say, the dose may be fixed or differ each day.  
Insulin must be prescribed as units in full, write neat and clear so it looks beautiful  
Never ever abbreviate units to "u", as that may result in an error debut.  
Not all insulins come in all devices, and there is far more to it than just prices!  
Is it a pen, vial, pump or cartridge? Enough each month please to avoid a shortage.  
Some are cloudy and some are clear, the cloudy ones need mixing my dear!  
Some before food and some without, so do please ask if you are in any doubt.  
We love to take part every year, so please join in and give a cheer!

By The DSN Forum UK & Friends

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in one video, each with our own lines, what could go wrong?! You can [view our video here](#).

Throughout the week we also produced some helpful infographics in keeping with the [Six Steps to Insulin Safety](#), and we posted these throughout the week to help get the message out there about the importance of insulin safety.

There were many great examples of diabetes teams getting involved throughout the week with their own videos and social media posts, not forgetting the all-important green Insulin Safety T-shirts and the Insulin Safety Week and TREND Diabetes insulin safety resources.

### DPC Summer Forum

The Diabetes Professional Care Summer Forum has been running every week for the past 5 weeks. It was designed to put the main outcomes from the ADA Scientific Sessions into practice. You have perhaps noticed that the DSN Forum did a Twitter take-over of the @DiabetesPC account for a few nights during the summer forum, and we hope we have given you a DSN perspective of the sessions. It has been a fun and educational way to spend our evenings. Plus our very own Amanda Epps has been part of the expert panel on two of the weeks. An extra session was completed on 29 July to answer all the questions from the previous five sessions.

### Other effects of the pandemic

We must not forget the impact the pandemic is having on other services and people in the NHS: the restrictions to visitors in hospital and the need

to attend appointments alone mean that so many people are alone when they receive bad news, chemotherapy, scans, radiology, surgery and other big, life-changing health events.

To give some context, consider pancreatic cancer and type 3c diabetes, an aggressive and often life-limiting diagnosis. Imagine having a first visit and being told the disease is advanced and there are no treatment options, or that there is a treatment and you may, or may not, live for 12 months. You receive this information and then along comes the DSN, with a job to do, meters to teach, insulin to prescribe, injections to teach, a review to be arranged. “You can go now, ring me tomorrow”, and you go home to share this devastating news. How can anyone square this scenario? It’s happening to us all, and it’s sickening and heartbreaking.

### Diabetes 101

As previously mentioned in our newsletters, we have all been working hard on the Diabetes 101 project too. A few of the group recently decided to undertake the Couch to 5K challenge and, whilst most of the group are doing amazingly at getting to their goals, a few are a tad injured, with blisters and dodgy knees.

From this, an idea sprang within us! We thought we would encourage everyone to take part in achieving a summer activity goal. This could be anything from walking, running, scooting, roller skating, or even exercising from a chair. We have a lot of weight lifters too. This was not to push exercise on people or indeed to be judgemental. It was more to motivate each other: on the days when it's raining, and when you have worked all day and can't be bothered to do it, we are all there to encourage one another.

We also partnered up with the amazing [Paul Coker](#), 1BloodyDrop on Twitter, to do some tutorials over the summer on how best to manage your diabetes when taking part in physical activity. Common themes such as hypoglycaemia were addressed. You can follow everyone taking part using the [#RunDMC25K](#) hashtag. We also made some pretty awesome videos together as a team, throwing a baton (or rather, carrot) around the UK. You can check these out on the DSN Forum [TikTok account](#).



### Diabetes 101 Downloaded

The group recently conducted our first ever online conference! We held it for people living with diabetes over the course of a weekend, and we were lucky enough to have over 120 participants. Healthcare professionals took it in turns to share data and experiences and also some science with

those who came along. We also had an afternoon tea party all together at the end of the day! It was a great day and we received some amazing comments from those who attended. For anyone who missed the day and would like to catch up, the sessions will all be uploaded to the [Diabetes 101 YouTube channel](#). ■

©\_diabetes101 presents an inaugural event

## DIABETES 101 DOWNLOADED

An online conference for people living with diabetes

25TH JULY | 10 - 3 PM

TIME SLOT	TOPIC	SPEAKER
10:00 - 10:15	Welcome From Team 101	Team 101
10:15 - 10:40	COVID19 Facts & Fiction	Prof Partha Kar
10:40 - 11:00	The Eyes Have It	Dr. Becky Thomas
11:00 - 11:20	The Download On Drugs	Hannah Beba
11:30 - 12:00	Psych Up Your Life	Dr. Rose Stewart
1:00 - 1:20	Get Fit, Don't Quit	Sam Barnard
1:20 - 1:40	The 101 on Carb Counting	Nusrat Kausar
1:40 - 2:00	New Age Diabetes	Dr. Patrick Homes & Phil Newland Jones
2:00 - 2:20	Staying Safe in Hospital	Alison Cox & Julie Brake

Chairs: Beth Kelly & Amanda Epps

### Diabetes Specialist

Nurse Forum UK

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