

Diabetes virtual ward

Department of Diabetes

Information for Patients

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Welcome to the diabetes virtual ward



What is the diabetes virtual ward?

Welcome, you have been sent to the diabetes virtual ward. You may already have been given your new medications or insulin, monitoring equipment and education on giving insulin and checking your glucose levels.

The diabetes virtual ward means

- you can stay in the comfort of your own home
- the diabetes team will remotely monitor your condition.

**Health information and support is available at www.nhs.uk
or call 111 for non-emergency medical advice**

Visit www.leicestershospitals.nhs.uk for maps and information about visiting Leicester's Hospitals
To give feedback about this information sheet, contact InformationForPatients@uhl-tr.nhs.uk

- they will slowly, and safely, increase or decrease your medication or insulin, if needed.
- they will also answer any questions you may have about your diabetes. The diabetes virtual ward supports you for a short period, (between 14 and 30 days), while you become used to your treatments and monitoring.
- They will use this time to decide with you what ongoing diabetes care you may need.

What do I do if I feel unwell?

If you are feeling unwell and want to speak to a diabetes nurse, you can contact the diabetes virtual ward

- Monday to Friday 9:00 to 3:30pm. This is a voicemail service so please leave your name and contact number.
- Outside these hours, between 3.30 pm and 8.30 am, or on weekends and Bank holidays, please either contact your normal care provider such as your GP or ring 111 for assistance.

If you have Type 1 diabetes, and are being sick (vomiting) or have tummy (abdominal) pain, please go to the Emergency Department for an assessment.

What is needed from you?

You will need to test your blood sugar either using (1) finger prick testing or (2) sensor testing.

1. Finger prick test

If you are blood glucose monitoring please test your blood before

- breakfast,
- lunch
- evening meal
- bed.

The amount of testing may reduce as your glucose levels are likely to improve.

2. Sensor testing

If you have been connected to a Libre sensor (a device to help you self-monitor your glucose levels) . This device is used whilst you are on the virtual diabetes ward only. The team will discuss with you long term glucose monitoring as part of your care.

Please check your glucose level by accessing the LibreLink app

- when you wake up,
- before breakfast,
- before lunch,
- before evening meal,

- before bed,
- and before you drive,

The more checks the better, If you want to check more often please do so.

Remember take your insulin or medication at the times advised by the diabetes team. Use the table on p4 to record

- what medicines you take and why.
- any side-effects you may have.
- time when to take you insulin.
- glucose levels.

If you are on insulin you may have been sent home with 2 types of insulin. Please only use the 1 that the diabetes team have asked you to take. Put the other insulin in your fridge, so that it is there if you are told to use it.

You may have been given a plan to test for ketones on your meter if your glucose levels are above 25mmols (usually the meter given will prompt you to do this blood test).

Ketones are acids which can quickly make you feel very unwell. They may make you sick or you may become breathless. If ketones persist you are a risk of developing diabetic ketoacidosis (DKA), and need urgent medical attention.

If you have been diagnosed with type 1 diabetes, you are most at risk of having DKA than people with other types of diabetes. But if you have type 2 diabetes and use insulin then you should still look out for blood ketones. Your healthcare professional will explain more to you when you talk to them.

Remember to use the ketone strips and not the glucose strips for this test. When the virtual ward team contacts you please let them know the result. Ideally we do not want ketones but when you are just starting insulin these can still be present.

Contact details and further information

Diabetes helpline: 07950882981. Monday to Friday 9 am to 3.30 pm.

Use **NHS 111 online** (111.nhs.uk) or call **111** if you think you need medical help right now.

More useful information is available at [Leicester Diabetes Centre](https://www.leicesterdiabetescentre.org.uk/) - www.leicesterdiabetescentre.org.uk/

This link will give you online access to information about diabetes.

Table to record medicines

Medicine	What is it for	More Info
Include dose	For example, to lower blood glucose	How to take, side effects etc
Insulin treatment		Yes <input type="radio"/> No <input type="radio"/>
Name of insulin	Timing	Usual doses
Blood glucose testing		Yes <input type="radio"/> No <input type="radio"/> Continuous glucose monitoring <input type="radio"/>
How often should you test/scan		

If you have any questions please write them here, we will try to answer them for you when we contact you.

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔
على هذه المعلومات بلغة أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل

જો તમને અન્ય ભાષામાં આ માહિતી જોઈતી હોય, તો નીચે આપેલ નંબર પર કૃપા કરી ટેલિફોન કરો

જે તુમીં ઇચ જાજવારી કિમે જેર ડામ્મા વિચ ચાહુંદે જે, ડાં વિરખા વચ્ચે જેઠાં દિંતે ગણે નંબર 'ਤੇ ટૈલીફોન વચે।

Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu

Previous reference:

If you would like this information in another language or format such as EasyRead or Braille, please telephone 0116 250 2959 or email equality@uhl-tr.nhs.uk