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Media Release

Patients with Type 1 Diabetes urged to have an annual check-up

To mark World Diabetes Day on Saturday (14 November) staff at the Royal United Hospitals Bath NHS Foundation Trust are encouraging patients with Type 1 diabetes to make sure they have an annual check-up.

Gaynor Kebbell, RUH Diabetes Facilitator, said: “We regularly see people who have lived with Type 1 diabetes for more than 50 years, which shows that living a long and healthy life with Type 1 diabetes really is possible.

“We have new insulins, new ways of testing blood glucose and new pumps and technology. So whatever your needs there should be something that can help.

“Despite the increase in technology, we understand that living with Type 1 diabetes can at times be challenging and knowing what support is around you can really make a difference.

“Having an annual review ensures that you have all the checks you need to keep healthy. If you have missed an appointment at the hospital or even if you have not seen a specialist for a long time it is worth asking your GP to refer you.

“Not only is this a good opportunity to discuss how you are feeling, but you can also find out what technological support and treatment options are available to you. Our team of consultants will also introduce you to other members of the team who can help you such as Diabetes Specialist Nurses, dieticians, podiatrists and psychotherapists.”

Online support for Type 1 diabetes has never been better. BERTIE online, is a short Type 1 education course that can be taken at your own pace – www.bertieonline.org.uk

Alternatively, you might like to try T1 resources, which is a trustworthy and regularly reviewed website which supports self-management of diabetes - www.t1resources.co.uk

For general information (including regular COVID-19 updates), go to www.diabetes.org.uk

If you live in BANES and you are unwell and require advice during office hours, you can contact the BANES Community Diabetes Specialist Nurse team directly on 07703 973883 or 07703 973417.

For advice or information on any aspect of living with diabetes you can contact the Diabetes UK helpline: 0345 123 2399, Monday to Friday, 9am to 6pm.
Email: helpline@diabetes.org.uk

Ends

Notes to Editor:

The World Health Organization has designated 2020 as the Year of the Nurse and Midwife to commemorate the 200th anniversary of the birth of Florence Nightingale. Our nurses and midwives are a big part of the RUH family and throughout the year we are celebrating the work they do, going above and beyond every day to give our patients compassionate care.

The Royal United Hospitals Bath NHS Foundation Trust provides acute treatment and care for a catchment population of around 500,000 people in Bath, and the surrounding towns and villages in North East Somerset and Western Wiltshire. The hospital provides healthcare to the population served by four Clinical Commissioning Groups: Bath & North East Somerset CCG, Wiltshire CCG, Somerset CCG and South Gloucestershire CCG.

The Trust provides 759 beds and a comprehensive range of acute services including medicine and surgery, services for women and children, accident and emergency services, and diagnostic and clinical support services.

In 2015 The Royal United Hospitals NHS Foundation Trust acquired the Royal National Hospital for Rheumatic Diseases (RNHRD) NHS Foundation Trust. The RNHRD treats patients from across the country offering services in rheumatology, chronic pain and chronic fatigue syndrome/ME, cancer related fatigue and fatigue linked to other long term conditions such as multiple sclerosis.

The RUH is changing - we have an exciting programme of redevelopment underway transforming our site and further improving the services we provide. The Trust has opened the purpose-built RNHRD and Brownsword Therapies Centre and is now working towards the new Dyson Cancer Centre. For more details visit: www.ruh.nhs.uk/about/fit_for_the_future

For more information about the Royal United Hospitals Bath NHS Foundation Trust visit: www.ruh.nhs.uk