

WHEN ATTENDING THE DIABETES CLINIC

- ⇒ Collect your folder at S13
- ⇒ Remember your machine & diary
- ⇒ We will measure your
 - Height
 - Weight
 - Blood Glucose
 - HbA1c
- ⇒ We will take bloods from you once a year
- ⇒ We will issue you as required with
 - Insulin vials and/or pensets
 - Syringes, pen needles
 - Blood glucose strips
 - Urine ketone strips
 - Glucogel & glucagon
- ⇒ Please do not accumulate extra stock and allow your medication to expire.
- ⇒ Remember to always keep your insulin in a cool place especially in the summer months.
- ⇒ Remember to get your eyes checked every year.
- ⇒ Please let us know if you change your address or telephone numbers.

CLINIC ACTIVITIES

- Camps
- Parent Support groups
- Christmas party
- 24 hour counselling

CONTACT DETAILS

Diabetes Unit, Red Cross Hospital

021 658 5035
021 658 5544 (Fax)

Sr Lyn Starck: 082 2222 527 (cell)

lstarck@pgwc.gov.za

Sr Amanda Went 084 6102 994 (cell)

awent@pgwc.gov.za

Mrs Leonie Alston

021 658 5033 (S13 Folders)

Dietetics Department

021 658 5472

Social Work Department

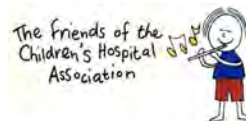
021 658 5196

WARD G25 GROOTE SCHUUR HOSPITAL



Sr Williams
(Diabetes Admission ward)
021 404 4470

Mrs Miriam Petersen
(Appointments GSH)
021 404 4468



Welcome to

**Red Cross War
Memorial Children's
Hospital**

Diabetes Educational Centre

**S14, Ground floor
Out Patients Department**

DIABETES: is a condition where there is insufficient insulin produced in the body.

We at the Diabetes clinic strive to provide optimal, comprehensive care to child and family by education, support and regular contact.

Please feel free to speak to any member of our team of experts should you have any concerns.

MEET THE TEAM



Sr Lyn Starck
Diabetes Nurse Specialist



Sr Amanda Went
Diabetes Nurse Educator



Dr Steve Delport
Head of Paediatric Endocrine & Diabetes Unit
Consultant Paediatric Endocrinologist



Dr Ariane Spitaels
Consultant Paediatric Endocrinologist



Dr Michelle Carrihill
Consultant Paediatric Endocrinologist



Mrs Shihaam Cader
Dietician



Ms Bernadette Saayman
Dietician



Mrs Lynette Slabbert
Social Worker



Mrs Leonie Alston
Reception Officer



Mrs Lilian Bosman
Volunteer

DIABETES EMERGENCIES

1. HYPOGLYCAEMIA (Low blood sugar)

Signs and symptoms to look for

- ⇒ Sweaty
- ⇒ Shaky
- ⇒ Sleepy
- ⇒ Dizzy
- ⇒ Confused
- ⇒ Headache
- ⇒ Nausea
- ⇒ Hungry



TEST BLOOD SUGAR

- ◆ If less than 5 - give food
- ◆ If less than 4 - give something sweet eg: sugar, glucogel, jam, coke, juice.
- ◆ Then give food

GLUCOGON

Inject for

1. COMA or
2. SEIZURE (Fit)



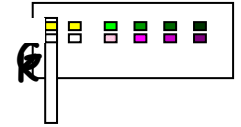
- Mix
- Inject
- Will wake up in 3-5 minutes
- Then give food

DIABETES EMERGENCIES

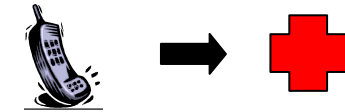
2. DIABETIC KETOACIDOSIS

Signs and symptoms to look for

- ⇒ Thirsty and dehydrate
- ⇒ Passing excessive urine
- ⇒ Abdominal pain
- ⇒ Nausea
- ⇒ Vomiting
- ⇒ Fever
- ⇒ Illness
- ⇒ Blood glucose > 14
- ⇒ Tired and weak



Check urine for ketones if



DOCTORS AVAILABLE AT CLINIC

Tues: 8 - 11am
Thurs: 8 - 12 pm

MEDICINE COLLECTION

Mon - Thurs
7 - 4pm

Please always phone first

NB: Please phone and cancel your appointment if you are unable to attend. This allows us to put someone else in your place.

USEFUL CONTACTS

Diabetes South Africa DSA 021 425 4440
Medic Alert 021 525 7328

www.idf.org
www.diabetes.org
www.diabetes.org.uk