

Diabetes and Coronavirus (Covid 19) Update - 23/3/20

Due to the pressures of having to deal with the current Covid 19 outbreak and due to risk of transmission of the virus between patients and staff we have had to take the step cancel all diabetes reviews until further notice.

We understand that alongside the concerns surrounding the virus itself there will also be some concern regarding ongoing management of your diabetes during this time.

As such we want to give you some guidance on how to manage your diabetes during this unprecedented time (should you feel you have symptoms of Covid 19 please see the relevant information ([ivy.gs/coronavirus](https://www.nhs.uk/ivv/gs/coronavirus))).

Most complications of diabetes take many years to develop. As such missing your annual review, due to the circumstances, should not result in any significant problems developing.

Furthermore, good lifestyle measures are the mainstay in the management of most patients who live with diabetes and these measures can still largely be adhered to despite the current situation.

However, there are also complications that can occur quickly with diabetes such as an increase in blood sugars (hyperglycaemia). The risk of having a hyperglycaemic episode increases in diabetic people who contract Covid 19.

As with any viral illness it is important to follow the sick day rules should you become ill. That is:

1. Keep taking your medications unless you have been advised to withhold any by your diabetes specialist (please contact the surgery to speak with a doctor or the diabetes nurse if you are unsure).
2. Stay hydrated - drink plenty of water, little and often
3. Maintain normal meal pattern
4. If you check your blood sugars then increase this to every 4 hours. If you don't check your blood sugars then be aware of the signs of hyperglycaemia (passing more urine than usual, thirst, tiredness, headache).
5. If you check ketones do this if your blood sugar (BM) reading is 13mmol/l or more or as instructed by your diabetes specialist.

If your BM is persistently elevated (on 2 occasions or more), you develop ketones or have symptoms of hyperglycaemia then please contact the surgery to speak with a doctor for further advice or 111 during out of hours.

If you feel very unwell (abdominal pain, vomiting, drowsy or confused) then you should seek immediate medical attention via 999.

If your diabetes requires that you check BMs or ketones please ensure you have a monitor and an adequate supply of testing strips (as prescribed). Please contact the surgery if either of these are required.

Further information can be found at

https://www.diabetes.org.uk/about_us/news/coronavirus