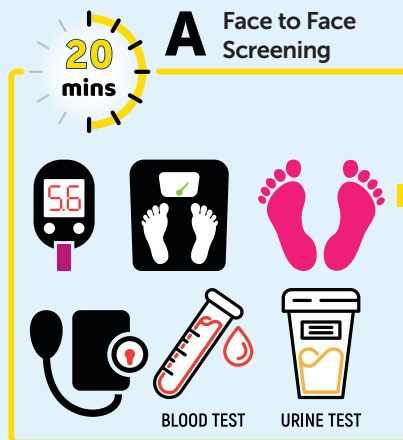


New Appointments System for Vale of Leven Type 1 Diabetes Clinic

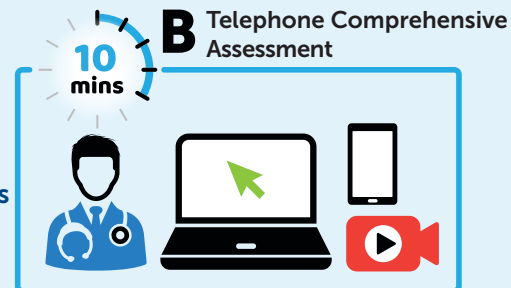


Once a year you will receive a pair of dates 1-2 weeks apart for appointments A and B



A healthcare assistant will perform all your screening checks

1-2 weeks later



Consultant will discuss your screening checks and your blood glucose data with you



Type 1 diabetes – explanation of infographic

New Appointments System for Review with Consultant

This leaflet provides information on what will happen when type 1 diabetes services resume after the coronavirus lockdown. All existing appointments in 2020 and 2021 will be changed. More of your contact with us will be by telephone calls so that we can support social distancing.

For your once per year screening, you will receive a pair of appointments about 1-2 weeks apart.

- The first (**A** in the diagram) is a **face to face visit for measurements and samples only**.
- The second (**B** in the diagram) is a **telephone discussion with your consultant**.

Your screening checks (visit A) will be performed by a team of healthcare assistants. This will take about 20 minutes. Some blood and urine samples will be taken. Foot screening will be undertaken alongside measurements of your blood pressure and weight.

Your appointment with the consultant (visit B) will happen about 1-2 weeks after the screening tests are done, so the results can be discussed with you and a plan agreed. The appointment with the consultant will be by telephone call and will last about 10 minutes.

We encourage you to reflect on your diabetes priorities and goals before the consultant review so that you can get the most out of the conversation. If you use Libre, please ensure your glucose data is up to date on Libreview and linked to your clinic before your consultant review.

- Some people will need an interim appointment between their yearly checks but not everyone will need this (**C in the diagram**). The consultant will discuss this with you.

The diabetes nurses and dietitians will also be changing to telephone and video support. If you need to contact your diabetes team for clinical advice you can telephone the Royal Alexandra Hospital Diabetes Specialist Nurses on **0141 314 6639**.

If you do not attend your screening check (Visit A) then your appointment with the consultant (visit B) will be cancelled, as it is important that we have the information from your screening check available at the time of your consultant appointment.