

Diabetic Department- Neath Port Talbot Hospital, NHS

By Naira Da Costa

Introduction & Background

- ▶ National Health Services provided to all - exemptions apply.
- ▶ Endocrinologists and diabetologists investigate, diagnose and treat disorders of the endocrine system.

(Holt and Hanley, 2021)

- 1.5 million fatalities in 2019.
- All age groups suffer similar complications.
- 5% rise in premature death between 2000 and 2016.
- Frequent screening helps with control.

(Sims et al., 2021)

Complications

Diabetic neuropathy causes:

- ▶ Discomfort
 - ▶ Changes in skin colour and temperature
 - ▶ Open sores
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- ▶ Prevention steps advised.

Medications

- ▶ Type 1, type 2, latent autoimmune diabetes in adults (LADA), maturity-onset diabetes in the young (MODY) and secondary diabetes. (*Kerner and Brückel, 2014*)
- ▶ Metformin helps control stable glucose levels
- ▶ Sodium-glucose co transporter inhibitors block reabsorption of glucose in kidney

Side effects and treatments

Effects

- ▶ Nausea and vomiting
- ▶ Urinary or yeast infections
- ▶ Pancreas inflammation

(Harding et al., 2019) & (Porte and Schwartz, 1996)

Treatment:

- Personalisation of various drugs can be used as treatment.
- Blood sugar monitoring
- Improved diet

Future implications

- ▶ More placement opportunities
- ▶ Assertive

Conclusion

- ▶ Enjoyable placement
- ▶ Experienced new and different experiences
- ▶ Expanded on theoretical and professional skills

References

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Notes

Slide 2- Intro & background

NHS founded 1948 / used for information and advice on health

Specialist nurses and endocrinology consultants who provide appointments

Blood glucose levels are elevated

Insulin facilitates glucose absorption- energy

15% of inpatients who have diabetes are hospitalised

Diabetes mellitus or other endocrine diseases affect 15% of hospital inpatients- treatment is long

Slide 3- Most surprising

Assessment of feet are common

Cause by poor blood circulation & nerve damage

Reduces awareness of feet so won't notice stone in their shoe or a blister.

Cramps and pain

No cure but prevented by good and regular foot care – healthy diet, keeping fit, check feet daily

Slide 4- Most challenging

Different types of diabetes and the medications – type 1 and type 2 are most common

Less common- LADA & MODY

Metformin usually given first – only if healthy diet & exercise don't help first

SOME promote weight loss/gain & inhibits the release or blockage of glucose from the liver.

WISDOM system to create new consultation note shown by lead nurse

Data includes - diabetes type / medications and dosage / diabetes complications / weight / height

Interesting and easy to pick up

Slide 5 – Used my knowledge

Knew the most common symptoms are nausea and vomiting

Learnt less common symptoms – urinary and yeast infections & inflammation of pancreas

Observed consultations – patients mentioned nausea and dizziness

Consultant determined how medications fit into overall diabetes treatment plan – advantages and disadvantages

Improved listening skills by paying full attention to details

Slide 6- Implications

Wish I looked for placement early to have more opportunities and choice

In the future, this would save time & allow me to gain more experience

Learn to be more assertive

Practice by better body language, express myself more and communicate my point across.

Slide 7- Conclusion

Enjoying the experience & looking forward to more

Transferable skills – time management / listening skills / self-control

This helped me to gain further advancement in counselling skills

Set realistic goals by asking for feedback for improvement purposes.

Problem solving when discussing treatment plans for patients