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Re: Covid 19

Dear Family

We have received a lot of enquires around the Coronavirus known as Covid 19 and understandably people are concerned.

The advice around school, socialisation and attendance at clinic may change frequently. We suggest that everyone follows advice from government and NHS England. You will appreciate that specific and up to date information cannot be included in this letter but we will aim to share any definite information we have in the future.

The latest understanding from experience in China and Italy indicates that children with Type 1 Diabetes are at no more risk of catching this virus than any other members of the public. Children with type 1 diabetes do not have reduced immunity. Most children with Corona infection fight it off and do not get very poorly.

However, as with any other infections Covid 19 infection may make your blood glucose go up and you may need more insulin to prevent getting DKA (diabetes ketoacidosis). You should follow the sick day rules which we have discussed with you in the clinic.

We suggest you test frequently the blood glucose and if need be every 2 hours. If the blood glucose is above 14, you must check blood ketones. If the blood glucose is up and BK is rising, you must take correction dose (ISF or correction factor) with pen or insulin pump. Repeat the glucose and ketones after 1-2 hour depending on how you/ your child are feeling. If there is no response, repeat the correction dose with pen irrespective of whether you are on pump or pen. If on pump change the cannula and set and make sure that pump is not malfunctioning.

You may have to run higher temporary basal insulin for few days and consider increasing insulin doses if on MDI. These measures will keep you safe. Please ensure you have obtained enough supplies should you need to increase the frequency of the above, for several days.

The trust is suspending all routine outpatient clinics to enable us to deal with the increased work load expected from Corona virus.

We will change the way we look after you/your child and the consultations will be held over telephone or skype.

To enable these to be meaningful please could you let us know your email address (if you have not yet done so and are willing to share this) and also contact us if you are as yet unable to download your device at home, as we will be asking you to download at least 24 hours prior to any telephone consultation. We will also appreciate if you are at home at the time of telephone consultation and have your computer on with meter/pump downloaded so we can review the data and offer you best advice.

Diabetes UK and JDFR are updating their website frequently with the latest advice for patients with Diabetes.

To aim to reduce the risk of contracting or spreading the virus please follow the government advice with regard to regular and scrupulous hand washing, social distancing and self-isolating if you or a member of your household has symptoms.

We have enclosed some guidance on managing sickness, but please do not hesitate to contact us if you are unwell or need urgent advice either related to illness or any other advice which is needed to manage your Type 1 Diabetes.

Yours sincerely

Jenny Lind children's diabetes team