

# Camden Community Diabetes service

## Patient Information



Putting people with diabetes at the centre of their care.

Royal Free London   
NHS Foundation Trust

 HAVERSTOCK  HEALTHCARE  
PATIENT FOCUSED • PRIMARY CARE LED • QUALITY DRIVEN

University College London Hospitals   
NHS Foundation Trust

Central and North West London   
NHS Foundation Trust

### This leaflet provides information about the Camden Community Diabetes Service.

Our service supports high quality, person-centred care for people living with diabetes registered with a Camden GP.

The Camden Diabetes Service is a partnership of NHS organisations set up to meet the needs of people with diabetes.

We aim to:

- actively involve people in making informed decisions about their health and develop a diabetes care plan
- make sure our health professionals have the right skills to support people with diabetes
- improve the safety and quality of care received by all people with diabetes in Camden
- make sure that people with diabetes receive a joined up approach to their care so that different parts of the health and care system work together to support their wellbeing.

### What to expect

If your GP or clinician makes a referral to our service we will then contact you to invite you for an appointment with our team.

### Who will you see?

The Camden Community Diabetes service includes consultants, nurses, dietitians, podiatrists, and psychologists who are all specialists in diabetes care.

### Our Team

#### Consultants & Diabetes Specialist Nurses

Our consultant and nursing team provide people with specialist support to manage their diabetes and help ensure that patient's receive coordinated care. Our nurses provide patients with advice and support through clinics and over the telephone. They will review and advise on your medication. They also provide advice and training to staff in GP practices on how to provide high-quality, evidence-based care for people with diabetes.



### **Dietitians**

Our dieticians have specialist experience in helping people with diabetes improve their diet and lifestyle to live well with diabetes. They can support people with a range of problems from general advice on healthier eating to specialist interventions.

### **Podiatrists**

Maintaining healthy feet is an essential part of looking after your diabetes. Our team of specialist Podiatrists offer a range of services to people with diabetes. We can provide advice, assessment, diagnosis and treatment for foot problems. These include those with high risk feet and wounds which can develop as complications of your diabetes.

### **Psychologists**

Looking after your diabetes can be demanding and we know that lots of people with diabetes struggle with low mood or feeling anxious at times. Sometimes the continued effort involved in managing diabetes can become overwhelming and feel too much to cope with. Some people find it difficult to make all the necessary changes to their lifestyle that helps with diabetes control. Our psychology team are experts in helping people manage the physical and emotional demands of living with diabetes, including support with changing unhelpful behavioural and lifestyle patterns.

### **Education & Support in Diabetes**

#### **We run a group called DESMOND**

DESMOND stands for Diabetes Education and Self-Management for Ongoing and Newly Diagnosed.

More simply...

- It's a way of finding out more about Type 2 Diabetes
- It's a resource to help you manage the changes diabetes will bring to your life.
- It's an opportunity to meet and share experiences with others.
- There is also a similar group for those that speak Bengali



### **Access to Online Courses**

Suitable for those newly diagnosed or ongoing education

#### **Type 2 Diabetes**

[www.type2diabetesandme.co.uk](http://www.type2diabetesandme.co.uk)

#### **Type 1 Diabetes**

[www.bertieonline.org.uk](http://www.bertieonline.org.uk)

#### **Diabetes UK is the leading charity for carers and people with diabetes**

[www.diabetes.org.uk](http://www.diabetes.org.uk)

Tel: 0345 123 2399

#### **Where are clinics held?**

Mainly at St Pancras Hospital at the Mary Rankin Diabetes and Kidney Centre but we also have a monthly clinics at Abbey Medical Centre and a weekly nurse-run clinic at Belsize Priory Health Centre.

#### **How do I make an appointment to the new service?**

Your GP or clinician will refer you to the Community Diabetes Service. You will be contacted to arrange an appointment. Transport and interpreters are available if appropriate.

#### **Our Contact Details**

Email: [diabetes.ckd@nhs.net](mailto:diabetes.ckd@nhs.net)

Tel: 020 3758 2036 (answerphone)

Webpage:

[www.royalfree.nhs.uk/services/services-a-z/diabetes-camden-ipu/](http://www.royalfree.nhs.uk/services/services-a-z/diabetes-camden-ipu/)