

Diabetes Community Group – Thanet

Meeting held on Thursday 3rd October, 2019 at 4.00pm at Unit 26, Centre Management Office,
Westwood Cross Shopping Centre

Present:

Colin Smith	
John Hall	
Clifford East	
Brian Urwin	
Margaret Negus	
Sally Hart	
ED Hart	
Maxine Ansell	
Shaun Connell	
Marianne Hamlyn	Grange Road Practice

Discussion	Action/lead
<p>1. Apologies were received from Eileen Docherty, Steve Burgess, Barbara Smiler, Michael Finneran, Maria</p>	
<p>2. With new members present, Colin gave a brief outline of the history of the group.</p> <p>The meeting opened with some gentle chair based exercises, provided by Emma Chapman from Bee Fitness.</p>	
<p>3. Notes from the last meeting 01 08 2019: These were agreed as a true record. The following actions were noted.</p> <p>Westwood Cross had kindly offered to provide the room for our meetings subject to the space not being rented out in the meantime.</p> <p>No members had come forward following a request to them to see if they had relevant skills they could offer the group.</p> <p>Diabetes UK had not yet been approached for possible terms of reference.</p> <p>Dr Sian Job a GP from London had agreed to run a workshop for the group on how to develop its potential.</p> <p>Marianne Hamlyn had been approached and agreed to present at this meeting.</p> <p>Brian had spoken to Westwood Cross about possible venues that might provide appropriate food for a Christmas Social.</p> <p>Colin/John suggested talking to Raushan Ara (Ramsgate Tandoori and Tony (Belle Vue Tavern), if they may be able to support this idea.</p>	
<p>4. The meeting welcomed Marianne Hamlyn from the Grange practice who had agreed to take a question and answer session with the group.</p> <p>What do you think the target range of blood sugar values for post diabetics should be? 9 the NICE recommendations mention targets for non-diabetics, pre-diabetics and diabetics but not those who have been through the disease</p>	

and achieved non-diabetic status).

The Hba1c test measures the average amount of sugar in blood over 3 months and gives an indication of how well controlled is your diabetes. Above 48 means that you are diabetic; between 42-48 means that you are pre-diabetic (now changed to non-diabetic hyperglycaemia); below 42 means that you are not diabetic. Red blood cycle is 12 weeks and so the Hba1c test looks at blood sugar over a 3 month period. If you are in pre-diabetic stage, you should be given some life style advice and advised to come back within the next year for a further test. To diagnosis diabetes you should be given 2 tests and if both are showing above 48, then you are diabetic. The difference between Type1 and 2. Is as follows; 1, no pancreas function and dependent on insulin to survive; 2, start off with oral medication and your pancreas is still functioning. Once you have been diabetic you have to work really hard to stay below the zone. Pancreatic function can decline with age. How do these number relate to the finger prick machines we use? On you monitor you should be looking ideally at a range of between 4-7.

What is meant by hypo and hyper? What are the symptoms and what should you do if they occur

Hand out sheet distributed. Diabetes UK have lots of information and a help line and magazine. The website for the handout is called "TREND". Great information on that website.

Hypo is too low. And "4 is the Floor". Below 4 too low. It needs to be treated with something that can be absorbed quickly such as dextrose sweets or 5 jelly babies or 100ml of orange juice. Symptoms of hypo are giddiness, anxiety, shaking, confusion, tingling on lips, sweating, feeling really tired and can feel very hungry. Some people are hypo unaware and that can be very dangerous. Need to prolong how quickly your blood sugar comes down after taking sugar so a meal is advisable.

Hyper – is too high. Blood sugar after meal will rise to 7-9 normally after 2 hours or more. Hyper will happen after a really heavy carb, sugary meal. Should not go above 15. If this happens, there is a danger of DKA - diabetic keto acidosis and you should seek medical advice. Body can't cope with all that sugar in system as it produces imbalance of acid in sugar and can be fatal.

Everyone in this group has reported different approaches and attitudes from Thanet practices. Why isn't there a standard approach?

Agree, don't know why that is, hope this group can help. Perhaps this group can put pressure to develop a pathway. Good opportunity, as a group we have a voice and strength. Get hold of CCG Leaders and have a conversation. Should be a GP diabetic lead.

Is a once a year annual review enough for people to manage their diabetes.

Once a year is achievable (that is the guidelines). If I know a patient has a problem, will ask a patient to proactively come back and see them in 3 -6 months.

It's really hard to stick to a regime plan to help you reduce your diabetes levels. Would hypnotherapy help? A lot of hypnotherapists offer support for losing weight and smoking.

If it works. Can't see any reason it wouldn't help.

What are the three most important statistics for diabetics to monitor and at what frequency?

- Hba1c – keep an eye on it.
- Your weight. If you gain weight it is likely that your Hba1c is rising also.
- Blood pressure. Very important. If heart is working hard to pump blood round your body, you are more like to have a heart attack. BMI and weight are linked.

Everyone knows diet is important but what actually does exercise do to help people with diabetes.

Exercise very important. When you exercise you are burning fuel, using up carbs either stored or those you have just eaten. That will bring blood sugars down. Not only cardio exercise but core and toning exercises. The stronger your muscles are, the more blood sugar you burn and you are getting your heart going too. Hydro therapy is also good. Exercise impacts positively on mental health as well, releasing serotonin into your body.

Are there any natural remedies that would help with reducing your diabetes levels? Is Turmeric good for diabetes but what if you are on heart medications also?

Need to read up on that one. Black pepper helps with absorption. Turmeric good for joints.

If anyone has any further questions please submit them.

5. Mission and Values

A meeting had been arranged at Albion house hotel for people to contribute to the mission and values work being undertaken. However the meeting didn't quite go to plan as several people couldn't make it. Brian uses a card game around what people's personal values are and then in a group, select the values related to the group.

John and Brian had a good meeting together. Brian will do exercise again. Need about 5 or 6 regular contributors, and then bring back to the main group.

<p>6. Communication and publicity.</p> <p>Website continues to need personal stories. These will help if we meet with the CCG at some point. What about doing patient interviews? If anyone wants contact john at info@diabetesthanet.uk</p>	
<p>7. Any other business.</p> <p>Timing of meetings: Shaun raised this issue as he felt that the time of this meeting made it difficult for people to get there, and an earlier start might prove more beneficial. Agreed to canvas members</p> <p>Brian asked if anyone would like to hear about his diabetes journey and having been told he would always have diabetes, it is now in remission. However this has come at a health cost.</p> <p>People felt this would be useful finding out how he did it, how is he maintaining it and what problems has it caused him</p>	
<p>8. Date and time and place of next meeting.</p> <p>November 7th @ 4pm. Unit 26, Centre Management Office, Westwood Cross Shopping Centre</p>	