WHEN ATTENDING THE DIABETES CLINIC

⇒ Collect your folder at S13
⇒ Remember your machine & diary
⇒ We will measure your
  • Height
  • Weight
  • Blood Glucose
  • HbA1c
⇒ We will take bloods from you once a year
⇒ We will issue you as required with
  • Insulin vials and/or pensets
  • Syringes, pen needles
  • Blood glucose strips
  • Urine ketone strips
  • Glucogel & glucagon
⇒ Please do not accumulate extra stock and allow your medication to expire.
⇒ Remember to always keep your insulin in a cool place especially in the summer months.
⇒ Remember to get your eyes checked every year.
⇒ Please let us know if you change your address or telephone numbers.

CLINIC ACTIVITIES
• Camps
• Parent Support groups
• Christmas party
• 24 hour counselling

CONTACT DETAILS

Diabetes Unit, Red Cross Hospital
021 658 5035
021 658 5544 (Fax)

Sr Lyn Starck: 082 2222 527 (cell)
lstarck@pgwc.gov.za

Sr Amanda Went: 084 6102 994 (cell)
awent@pgwc.gov.za

Mrs Leonie Alston
021 658 5033 (S13 Folders)

Dietetics Department
021 658 5472

Social Work Department
021 658 5196

WARD G25 GROOTE SCHUUR HOSPITAL

Sr Williams
(Diabetes Admission ward)
021 404 4470

Mrs Miriam Petersen
(Appointments GSH)
021 404 4468

Welcome to Red Cross War Memorial Children’s Hospital

Diabetes Educational Centre

S14, Ground floor
Out Patients Department

DIABETES: is a condition where there is insufficient insulin produced in the body.

We at the Diabetes clinic strive to provide optimal, comprehensive care to child and family by education, support and regular contact.

Please feel free to speak to any member of our team of experts should you have any concerns.

MEET THE TEAM

Sr Lyn Starck
Diabetes Nurse Specialist

Sr Amanda Went
Diabetes Nurse Educator
DIABETES EMERGENCIES

1. HYPOGLYCAEMIA (Low blood sugar)
   Signs and symptoms to look for
   ⇒ Sweaty
   ⇒ Shaky
   ⇒ Sleepy
   ⇒ Dizzy
   ⇒ Confused
   ⇒ Headache
   ⇒ Nausea
   ⇒ Hungry

   TEST BLOOD SUGAR
   ♦ If less than 5 - give food
   ♦ If less than 4 - give something sweet eg: sugar, glucogel, jam, coke, juice.
   ♦ Then give food

   GLUCOGON
   Inject for
   1. COMA or
   2. SEIZURE (Fit)

   Mix
   Inject
   Will wake up in 3-5 minutes
   Then give food

DIABETES EMERGENCIES

2. DIABETIC KETOACIDOSIS
   Signs and symptoms to look for
   ⇒ Thirsty and dehydrate
   ⇒ Passing excessive urine
   ⇒ Abdominal pain
   ⇒ Nausea
   ⇒ Vomiting
   ⇒ Fever
   ⇒ Illness
   ⇒ Blood glucose > 14
   ⇒ Tired and weak

   Check urine for ketones if

DOCTORS AVAILABLE AT CLINIC
   Tues: 8 - 11am
   Thurs: 8 - 12 pm

MEDICINE COLLECTION
   Mon - Thurs
   7 - 4pm

   Please always phone first

   NB: Please phone and cancel your appointment if you are unable to attend. This allows us to put someone else in your place.

USEFUL CONTACTS
   Diabetes South Africa DSA 021 425 4440
   Medic Alert 021 525 7328
   www.idf.org
   www.diabetes.org
   www.diabetes.org.uk