How can I help reduce healthcare associated infections?

Infection control is important to the well-being of our patients and for that reason we have infection control procedures in place. Keeping your hands clean is an effective way of preventing the spread of infections. We ask that you, and anyone visiting you, use the hand sanitiser available at the entrance to every ward before coming in to or after leaving the ward. In some situations hands may need to be washed at the sink using soap and water rather than using the hand sanitiser. Staff will let you know if this is the case.

www.buckshealthcare.nhs.uk
Follow us on Twitter @buckshealthcare
Holiday Advice
Consider the following

Extremes of temperature, very hot or very cold, can affect blood glucose levels because of how insulin is absorbed, usually more quickly if very hot.

If activity every day is likely to be greatly increased, e.g. swimming, skiing etc. Ensure you carry extra snacks and consider reducing the dose of your background insulin (Lantus /Levemir).

Give your Lantus /Levemir that evening at the usual time.

Insulin: Remember to carry two different sets in separate hand luggage. Never put insulin in the aeroplane hold in case it freezes.

- Remember to take a spare pen with you,
- Don’t forget NovoRapid, blood ketone strips and GlucoGel®.
- Remember to carry fast-acting carbohydrates.
- You do not need to order a special meal on the plane.
- Remember, many countries do not sell sugar-free squashes.

Children’s Diabetes Clinic

Re:

To Whom It May Concern:

________________ has Insulin dependent Type 1 Diabetes Mellitus. During the flight/journey, he/she must have his/her diabetes blood glucose testing equipment with him/her as well as insulin. The insulin should be kept in a cool bag. INSULIN MUST NOT be placed in luggage in the hold as the pressure and temperature will destroy it.

________________ will also be carrying insulin pens and needles with which to inject.

They should be allowed to carry a sugary drink and/or glucose tablets and Glucogel, for emergency, in case he/she should experience a Hypoglycaemic attack (low blood glucose level). They may also need to carry an injection of glucagon in case of severe hypoglycaemia. They will also need to carry starchy carbohydrate food such as crisps/cereal bars/biscuits.

Please do not hesitate to contact me if you require any further information.

Yours faithfully,

Clinical Nurse Specialists, Paediatric Diabetes
**Insulin Management for Long Distance Travel**

**Instructions for patients on basal-bolus insulin:**

1. Give Lantus/Levemir at the usual time before departure.

2. Whilst travelling, give NovoRapid with meals according to blood glucose levels and carbohydrate intake.

3. When you arrive in the new time zone, give Lantus at the normal time in the new time zone, e.g. if you usually have it at 8pm, continue to give it at the new 8pm (which may be 12 hours or more different from the UK). But do not give 2 doses of Lantus within 18 hours of each other.

4. Delay next dose to the usual time, and cover the gap with extra NovoRapid depending on blood glucose levels.

**Holiday Advice**

**Consider the following**

You should have all vaccinations, if advised.

Some countries have different strengths of insulin. It is not always 100 units in a ml.

Translation leaflets can be useful and are obtainable from Diabetes UK.

Diabetes UK holidays are available and the children learn a lot, become more independent and most importantly have a great time!

Be guided by blood glucose readings – you will need to do these more frequently than usual.
Travel Check List

- Take 2 to 3 times the amount of supplies required and split into separate containers in case of loss or damage. Must be in **Hand Luggage**.

- Insulin Pen and insulin cartridges and pen needles.

- NovoRapid Insulin cartridges and pen (in case of illness while away).

- Blood Glucose meter and test strips.

- Finger pricker and lancets.

- Blood Ketone meter and test strips.

- GlucoGel for HYPOglycaemia.

- Glucagon kit. (check the expiry date)

- Plastic sharps bin.

- Cool pack, e.g. Frio in which to keep supplies.

- Letter for Customs.

- Extra snacks for journey.

- European Health Insurance Card (EHIC) available online: [www.dh.gov.uk/en/Policyandguidance/Healthadvicefortravellers](http://www.dh.gov.uk/en/Policyandguidance/Healthadvicefortravellers) or by calling 0845 606 2030 or by picking up an application form from the Post Office.

- Diabetes Identification card/bracelet etc.

- Record Book.

- Antibiotics if required for recurrent infections.

- Tummy bug treatment, e.g. Dioralyte

- Holiday Insurance.