

## Your dietitian

as part of the children and young person's diabetes team

### Other formats

If you need this information in another format such as audio CD, Braille, large print, high contrast, British Sign Language or translated into another language, please contact the PALS desk on 01271 314090 or at [ndht.pals@nhs.net](mailto:ndht.pals@nhs.net).

*“Paediatric Diabetes dietitians are an integral part of paediatric diabetes care. They are essential to ensure children and their families can manage their diet and lifestyle to maximum quality of life”*

Quote from British Dietetic Association – Dietitian key facts: Paediatric Diabetes, 2014.

## Introduction

This leaflet explains:

**What we do** – What is a dietitian and what is their role in caring for your child/young person?

**What you can expect** – Services and support we provide

**Who we are** – Dietitians currently working in the team

**How to contact us** – Contact details

## What we do

Dietitians are trained to use the most up-to-date knowledge about food, nutrition and its impact on health and disease, and be able to explain it to help people make informed choices about food and lifestyle.

We aim to: Educate, Enable and Explain

**Educate** – Give expert advice that is based on reliable, evidence-based scientific research.

**Enable** – Any advice or information given will be practical and individualised, tailored to your child/young person and to your family.

**Explain** – Be approachable and supportive in answering any questions or queries that you have about food, diet, nutrition and health.

## **What can you expect**

**The opportunity to see a dietitian regularly who can discuss and explain how food and eating patterns impact on your diabetes management and health.**

At your child's/young person's annual diabetes review we will ask if you would like a separate appointment with a dietitian. It is a national standard that each family is offered at least one additional appointment per year with a paediatric dietitian. The purpose of this separate appointment is to ensure that:

- 1) you and your child (dependant on their age) are aware of carbohydrate counting and have the necessary skills and confidence to accurately work out the carbohydrate content in foods you regularly eat, including in different situations such as school and eating out
- 2) your child is eating a nutritionally balanced diet which provides all the essential nutrients that will enable them to grow and develop optimally, and be able to achieve a weight that is in a healthy range
- 3) discuss any concerns or questions you may have about food and health
- 4) update you on any recent recommendations regarding nutrition, food, and diabetes about which you need to be aware
- 5) discuss any specific issues such as fussy eating, healthy eating, weight management, food allergies or intolerance.
- 6) You partake in exercise and have an understanding of how to manage your diabetes around activity.

The separate appointment can be arranged to be as convenient as possible for you and could be after your main diabetes appointment, or at a separate time. We may be able to visit you at home if time permits. Please do tell us which option would best suit you.

## **Practical carbohydrate counting refresher courses**

These will usually be offered in school holidays at North Devon District Hospital and families will be contacted by email regarding upcoming dates.

These sessions are for two and a half hours and are practical and interactive. They can be useful if a family wants the opportunity to refresh their skills and knowledge, or if a child/young person wants to learn how to do carbohydrate counting themselves; for example if they are about to transfer to secondary school or further education and want to be more independent.

## Who's who

**The dietitian for the diabetes service is Jennifer Calvert.**

The dietitian will have met you when your child/young person was first diagnosed with diabetes (if you were living in North Devon at the time). We will have spent time with you on the ward or at home explaining about carbohydrate counting, how different carbohydrates behave, and helping to manage your child's diabetes and diet at home, nursery or school.

You can telephone us during office hours Monday- Friday at the number below if you have any questions or queries at any time, or if you would like to spend more time with a dietitian. We are always happy to help!

## How to contact us

Phone 01271 322306 for the dietitian's secretary from 8.30am to 4pm Monday – Friday. There is an answerphone on this number and you can leave a message if you wish.

Email: [ndht.dietetics@nhs.net](mailto:ndht.dietetics@nhs.net)

## Additional resources

### Websites and apps

Diabetes UK has useful online tools to help with carb counting.  
[www.diabetes.org.uk/Guide-to-diabetes/RecipesCarbs](http://www.diabetes.org.uk/Guide-to-diabetes/RecipesCarbs) and Cals' book and apps by Cheyette and Baliola.  
[www.carbsandcals.com](http://www.carbsandcals.com)

### Book

'Carb Counter: A clear guide to carbs in everyday foods' – Collins Gem, Harper Collins.

### **PALS**

The Patient Advice and Liaison Service (PALS) ensures that the NHS listens to patients, relatives, carers and friends, answers questions and resolves concerns as quickly as possible. If you have a query or concern call 01271 314090 or email [ndht.pals@nhs.net](mailto:ndht.pals@nhs.net). You can also visit the PALS and Information Centre in person at North Devon District Hospital, Barnstaple.

## Have your say

Northern Devon Healthcare NHS Trust aims to provide high quality services. However, please tell us when something could be improved. If you have a comment or compliment about a service or treatment, please raise your comments with a member of staff or the PALS team in the first instance.

'Care Opinion' comments forms are on all wards or online at [www.careopinion.org.uk](http://www.careopinion.org.uk).

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