

COVID-19 and Diabetes

The Diabetes and Endocrine Day Care (Cork University Hospital)

The Diabetes and Endocrine day care unit remains open and operational from Monday to Friday from 8:00 -17:00 hrs. We are currently doing phone consultations with patients, and patient reviews in the unit if required. Our contact number is (021)4922213. Our phone service has been extended to 17:00. The pregnancy clinic is being run weekly for both consultants. The Podiatry department has been relocated to the Dental Hospital and has a new contact number (087)3664529

The vast majority of people who contract COVID-19 will experience only mild symptoms and make a full recovery. Diabetes patients need to take the following into consideration in order to prevent contracting COVID-19 as per the HSE guidelines.

1. Keep a social distance of 2 meters (6.5 Feet) from others.
2. Avoid contact with someone who is displaying symptoms of coronavirus (COVID-19). These symptoms include high temperature and/or new and continuous cough.
3. Wash your hands regularly for 20 seconds, each time using soap and water, or use hand sanitizer.
4. Avoid non-essential use of public transport, varying your travel times to avoid rush hour, when possible.
5. Work from home, where possible. Your employer should support you to do this.
6. Maintain social distance when outdoors.
7. Keep in touch using remote technology such as phone, internet, and social media.
8. Use telephone or online services to contact your GP practice or other essential services.

In relation to work, if you are unable to maintain a social distance as outlined above and do not have access to hand washing facilities or hand sanitizer you will need to discuss these concerns with your employer.

A time of unprecedented change

This situation is rapidly evolving and guidance may be subject to change. Readers are advised to continue checking the links below for updates

Useful links

- <https://www2.hse.ie/conditions/coronavirus/at-risk-groups.html>
- **JDRF:** <https://jdrf.org.uk/coronavirus-covid-19-information-for-people-living-with-type-1-diabetes>
- <https://www.diabetes.ie/covid-19-coronavirus/>

T1D sick day rules: https://trend-uk.org/wp-content/uploads/2020/03/A5_T1Illness_TREND_FINAL.pdf

T2D sick day rules: https://trend-uk.org/wp-content/uploads/2020/03/A5_T2Illness_TREND_FINAL.pdf

Considerations related to Diabetes and Covid 19

As with any illness people with diabetes are at **increased risk of erratic blood glucose level, which can lead to diabetic emergencies.**

- Ensure an adequate supplies of insulin and medication.
- Ensure an adequate supply of glucose monitoring equipment. Patients with Type 1 diabetes should also have adequate supplies of ketone monitoring

equipment.

General advice for managing diabetes during times of illness.

S (Sugar)	<ul style="list-style-type: none">• Blood glucose levels can rise during illness even if the person is not eating• Increase blood glucose monitoring• Diabetes medications/insulin doses may need to be increased temporarily during illness (discuss with GP or Diabetes team).
I (Insulin/ Medication)	NEVER stop insulin <ul style="list-style-type: none">• Insulin doses may need to be increased during illness, especially if ketones are present. People with Type 2 diabetes may need to discuss an alteration of medication doses if a change in glucose levels has been observed.<ul style="list-style-type: none">• Apply sick day management guidance advised by GP/ Diabetes team.
C (Carbohydrate)	<ul style="list-style-type: none">• Maintain hydration and carbohydrate intake• If vomiting and unable to tolerate fluids, get immediate medical advice.
K (Ketones)	If unwell or experiencing elevated glucose levels, check ketones according to sick day management guidelines. Drink plenty of water to maintain hydration.