

Contact Details

If you have any further questions about this clinic, please do not hesitate to contact the Diabetes Centre on:

01744 646 200 (Select option 2).

Alternatively, you can contact our Diabetes Integrated Care Lead via e-mail:

Lesley.Mitchell2@sthk.nhs.uk.

Whiston Hospital
Warrington Road,
Prescot, Merseyside, L35 5DR
Telephone: 0151 426 1600

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St Helens and Knowsley
Teaching Hospitals
NHS Trust

Diabetes Foot Care Glucose Balance Telephone Clinic

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Na żądanie ta ulotka może zostać udostępniona
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Diabetes Foot Glucose Balance Clinic

Good blood glucose levels are important for patients with diabetes who have foot ulceration. Improving blood glucose levels can help foot ulcers to heal more quickly and can reduce problems with infection. Good blood glucose levels may help prevent worsening of foot ulcers and also help avoid amputations.

About the clinic

This is a telephone clinic, held weekly and led by a Diabetes Nurse Specialist. We aim to help you improve your blood glucose levels by supporting you with diabetes treatment changes in between visits to the hospital-based Diabetes Foot Clinic.

For most patients this means helping with safe adjustment of insulin doses to avoid high (hyperglycaemia) and/or low (hypoglycaemia) blood glucose levels.

About your appointment

You will receive a letter with the date and time of your appointment.

For this clinic your appointment will be via telephone. We will contact you using the number(s) listed in your hospital medical record. The call may appear as a private number or from 0118 337 4100 (please note - this could appear as a number from Reading).

Each appointment will usually last about 15 - 20 minutes.

We always try to phone within 30 minutes of your appointment time (but occasionally you may be contacted earlier, or later).

Please try to ensure you are available and able to talk around the time of your appointment.

How to prepare for your appointment?

Regular blood glucose tests are important to guide safe treatment changes.

The doctor or nurse should have discussed this with you in the Diabetes Foot Clinic, and advised you how to test, when to test, and how often.

You may also have been provided with a blood glucose diary to record the results (if needed).

Please monitor your blood glucose levels as advised. If you are unsure what blood glucose testing you need to do (e.g. what time of day and how often), please ask.

Please ensure you have your blood glucose diary (or meter) and a pen with you at the time of your appointment so you can discuss the results with the Diabetes Nurse and record any treatment changes.

You may need further follow-up telephone consultations (not all patients do). If your glucose levels are improving / appear fine you may be discharged from the telephone clinic.

Your diabetes management will continue to be reviewed when you attend for your Foot Clinic appointments in the Diabetes Centre.

Your diabetes care will normally be returned to your usual Diabetes Team once your foot ulcer has healed.