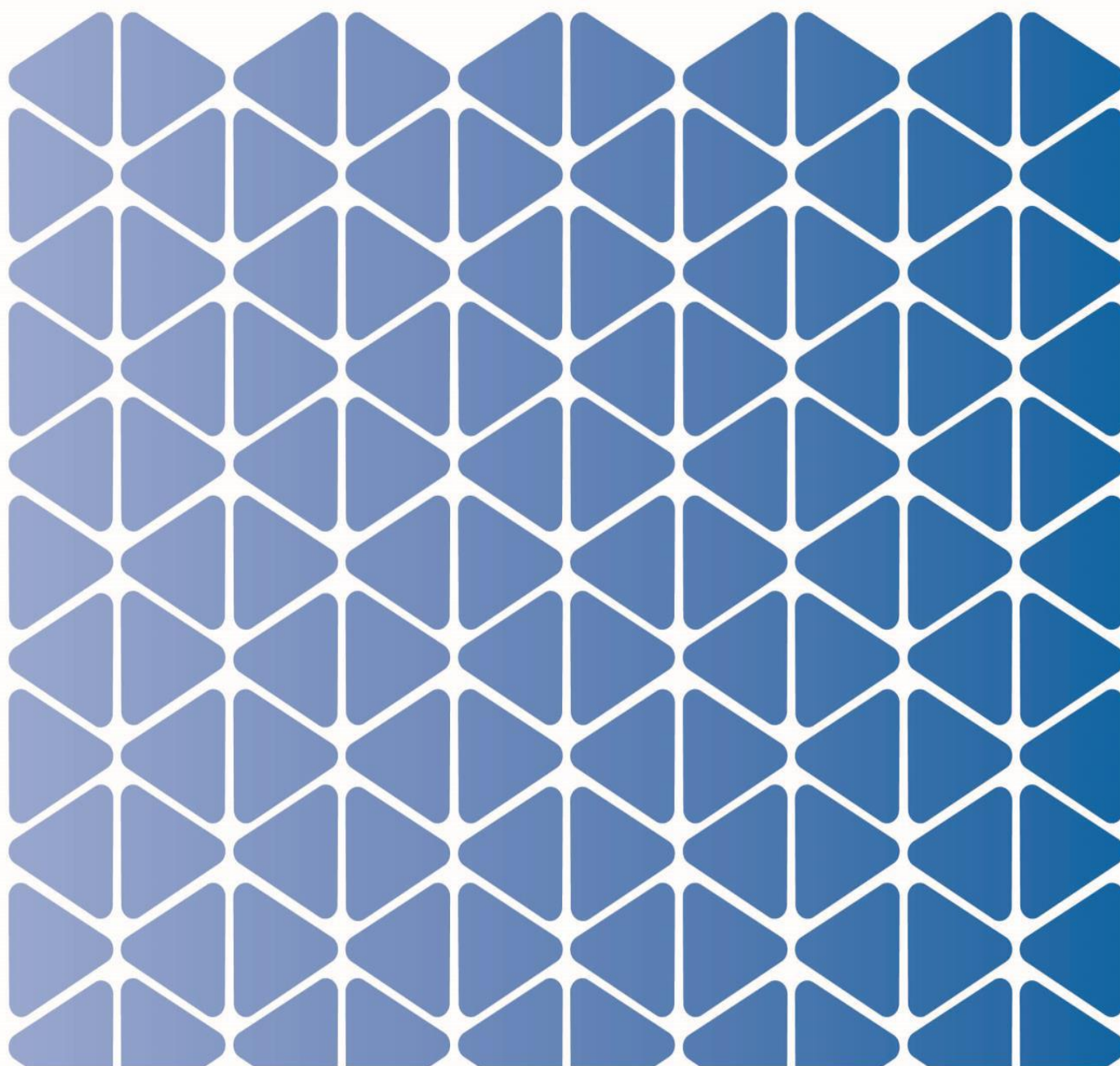


PATIENT INFORMATION**PAEDIATRIC DIABETES –
Diabetes and Careers**

There is no reason why diabetes should prevent you from doing most jobs as well as someone who does not have diabetes.

The Disability and Discriminations Act (DDA) introduced in 1991, advises that no person should be discriminated against, purely because of their health. This includes employment.

There are some careers however which can be restricted for employees who take insulin replacement treatment. These include the Armed Forces and offshore working such as oil rigs, ferries, or liners. These services are not covered by the DDA.

There are restrictions to holding a passenger carrying vehicle licence or heavy goods vehicle licence, therefore most driving jobs i.e. coach, bus or lorry driving may have conditions attached and you will be required to have a medical and provide proof of good blood glucose management and history of hypoglycaemia. The same applies to train driving and airlines. Although the DVLA permits carriage of up to 9 passengers on a standard licence, the taxi licence issued by local councils can vary.

Although some restrictions have also been in place in the past with public services such as the fire and ambulance services, these are being repeatedly challenged in view of the DDA. For this reason, career opportunities in such services are changing.

Informing your Employer

You must disclose diabetes to your employer when asked about any health problems, but employers cannot use this as a reason not to employ you.

You will need to inform your employer when you need to snack and inject insulin during work time. You are entitled to have provisions made to enable you to continue your diabetes care in work when necessary. The routine you have with your diabetes will depend on what insulin regimen you are using and how you manage your diabetes on a daily basis. **You will be able to find useful information for your employer on the www.diabetes.org.uk web site.**

There is also no reason why you cannot, with appropriate advice, undertake shift work. This requires planning ahead, regular blood glucose testing and adjustment of insulin. Your diabetes nurse will be able to help you with this.

If your symptoms or condition worsens, or if you are concerned about anything, please call your GP, 111, or 999.

Patient Experience

We know that being admitted to hospital can be a difficult and unsettling time for you and your loved ones. If you have any questions or concerns, please do speak with a member of staff on the ward or in the relevant department who will do their best to answer your questions and reassure you.

Feedback

Feedback is really important and useful to us – it can tell us where we are working well and where improvements can be made. There are lots of ways you can share your experience with us including completing our Friends and Family Test – cards are available and can be posted on all wards, departments and clinics at our hospitals. We value your comments and feedback and thank you for taking the time to share this with us.

Patient Advice and Liaison Service (PALS)

If you have any concerns or questions about your care, we advise you to talk with the nurse in charge or the department manager in the first instance as they are best placed to answer any questions or resolve concerns quickly. If the relevant member of staff is unable to help resolve your concern, you can contact the PALS Team. We offer informal help, advice or support about any aspect of hospital services & experiences.

Our PALS team will liaise with the various departments in our hospitals on your behalf, if you feel unable to do so, to resolve your problems and where appropriate refer to outside help.

If you are still unhappy you can contact the Complaints Department, who can investigate your concerns. You can make a complaint orally, electronically or in writing and we can advise and guide you through the complaints procedure.

How to contact PALS:

Telephone Patient Services: 0300 123 1732 or via email at: wah-tr.PALS@nhs.net

Opening times:

The PALS telephone lines are open Monday to Friday from 8.30am to 4.00pm. Please be aware that you may need to leave a voicemail message, but we aim to return your call within one working day.

If you are unable to understand this leaflet, please communicate with a member of staff.