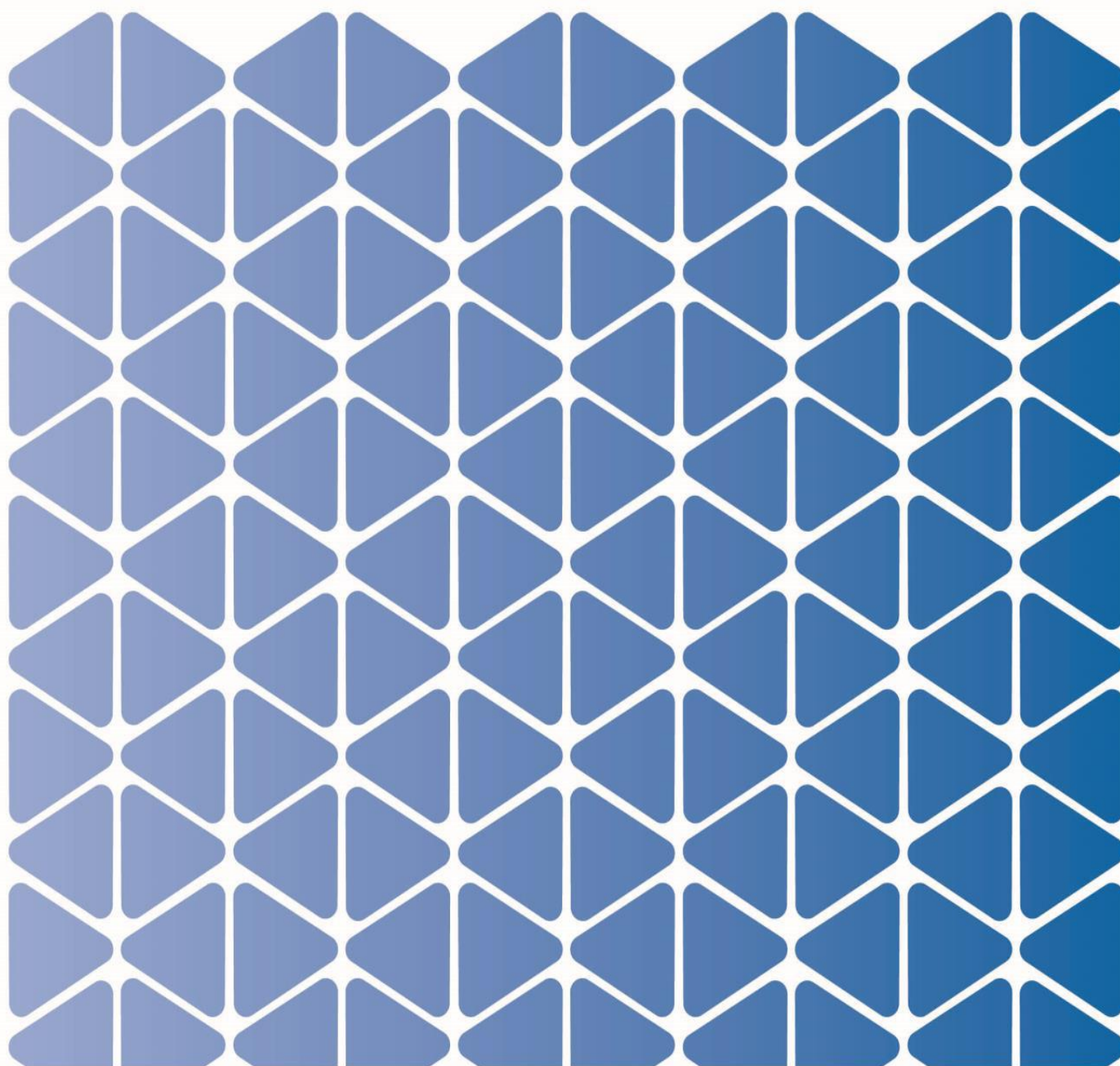


PATIENT INFORMATION**PAEDIATRIC DIABETES –
Driving**

Driving

- It is only in exceptional circumstances that people with diabetes can be refused a driving licence.
- When you apply for a Driving Licence, you will need to complete a medical section and a DIAB1 form that asks for specific information relating to your condition and how you manage it. The DVLA will check with your Consultant that your diabetes is well controlled.



- Diabetes is specifically mentioned in the driving licence application form and people with diabetes **must** declare it when completing the form.
- You will be issued a licence for one, two or three years depending on your individual circumstances. DVLA will request information when your licence is due to expire, you will need to complete the health forms. It is free of charge and you do not have to re-sit your driving test.
- You will also need to inform your insurance company about your diabetes.
- Hypos (a blood glucose level of 4mmol/l or under) when driving are dangerous. It could result in you being charged with a driving offence and you losing your driving licence.
- Important up to date advice on insurance and driving safely with diabetes is available from the DVLA at www.direct.gov.uk and Diabetes UK www.diabetes.org.uk

Remember:

- Plan your journey carefully.
- Be prepared for traffic delays
- Blood glucose test prior to your journey. **DO NOT DRIVE IF BLOOD GLUCOSE BELOW 5MMOL/L (Remember 5 to drive!)**
- Always carry your blood testing kit, treatment, glucose tablets and starchy snacks with you.
- **NEVER** drive more than 2 hours without a blood glucose test, meal or snack.
- CGM and Flash Glucose monitoring can be used to check glucose levels but it is illegal to use your meter or mobile phone to check when driving, you must pull over safely to check blood glucose levels every time.

If you feel 'hypo' whilst driving:

- Pull over immediately and park safely
- Remove the ignition key and move over into the passenger seat.
- Test and Take your usual hypo treatment such as glucose tablets or a sugary drink.
- Once feeling better have a starchy snack such as a sandwich or biscuits.
- Check your blood sugar is above 5mmol/l before starting to drive again.
- Make sure you are fully recovered before restarting your journey.

YOU SHOULD NOT DRIVE UNTIL 45 MINUTES AFTER A HYPO.

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.