



Diabetes Service

Contact: (01) 806 5300

Hours: 08.00 to 12.00 Monday to Friday

Clinical Nurse Specialist (Diabetes)

Diabetes Care Centre:

A centre of care to deliver diabetes education to both inpatients and outpatients, with a team approach providing a Specialist Nurse, Dietitian and Podiatry service.

Simple lifestyle measures have been shown to be effective in preventing or delaying onset Type 2 diabetes. They include increased physical activity, a healthy diet, weight loss and to stop smoking.

What are the main symptoms of diabetes?

Increased awareness of the symptoms and signs of Diabetes among both health professionals and the general public can result in the earlier identification of people with Diabetes.

The symptoms include thirst, frequency of urine, chronic fatigue, pruritis, blurred vision, weight loss, numbness or tingling in feet and hands.

Diabetes mellitus is a chronic condition that occurs when the pancreas does not produce enough insulin or the body cannot effectively use the insulin it produces. There are two basic forms of Diabetes. Type 1 diabetes produce very little insulin or no insulin. It develops abruptly and usually occurs at a young age. In Type 2 diabetes the pancreas still produces some insulin, but not sufficient for the bodys' needs, or the insulin that is produced is not working effectively.

Risk Factors of Type 2 diabetes

Risk factors for Type 2 diabetes include those with a family history of Diabetes, older age, obesity, prior history of gestational Diabetes (occurs in pregnancy), impaired glucose tolerance, high blood pressure, high cholesterol, sedentary lifestyle, race/ethnicity.

What is the treatment for diabetes?

The main goal of treatment is to initially normalise blood sugar levels, cholesterol and blood pressure and to maintain these at normal levels to prevent chronic complications. The basic treatment include healthy eating and physical activity with the addition of insulin in Type 1 diabetes and oral medication and/or insulin in Type 2 diabetes.

In order to maintain blood glucose levels as close to normal as is safely possible, blood glucose levels must be closely monitored through frequent blood glucose testing.

Diabetes education plays a key role in empowering people with the knowledge and skills to manage their own condition effectively.

It is important for the person diagnosed with diabetes to be followed by a specialist team. This team is usually made up of some or all of the following: Family Doctors, Endocrinologists, who are hospital Consultants who deal with hormone disorders such as diabetes, Ophthalmologists for specialist eye care, Podiatrist for foot care and Dietitian and Diabetes Nurse specialists who teach the skills needed for daily diabetes management.