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Young Person and Adult Diabetes Service St. James's Hospital, Dublin

What clinics are there and when are they on?

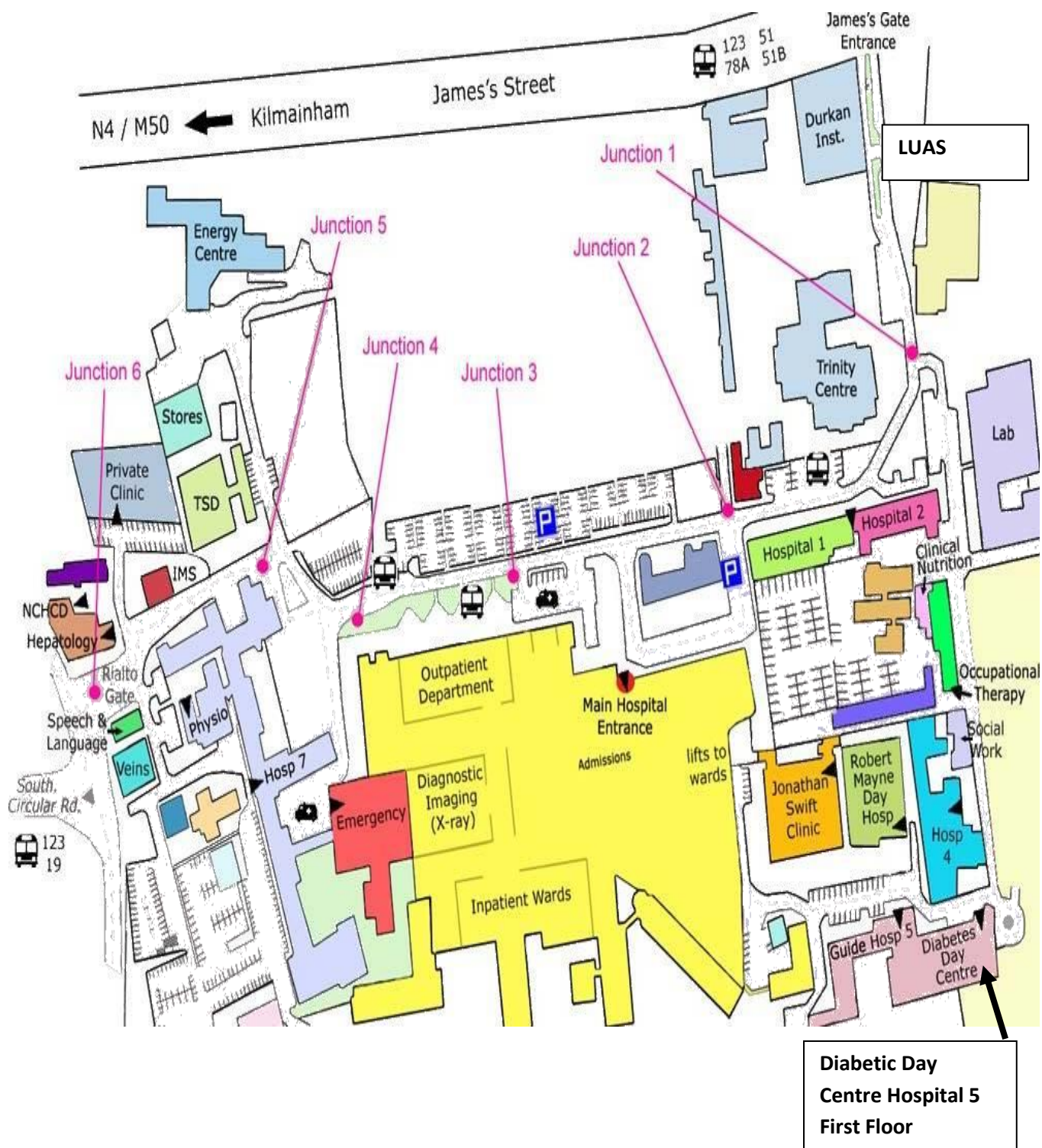
Endocrinology Clinic

Specialty	Day	Location	Consultant
Diabetes Nurse Specialist (DNS)	Daily 7.30 am - 12.30 pm & Mon-Wed - 1.30pm-3.30pm	Hospital 5 Diabetes Day Centre (DDC)	Dr. M. Healy / Dr. N. Phelan
Foot Clinic	Mon-Thurs 7.00 am - 12.30 pm Emergencies seen in 24hrs	Hospital 5 DDC	Dr. M. Healy / Dr. N. Phelan
Clinical Nutrition (Dietitian)	Daily clinics	Hospital 5 DDC	Dr. M. Healy / Dr. Phelan
Retinal Eye screening Clinic	Wednesday, Thursday & Friday 9.00 am - 11.45 am	Hospital 5 DDC	Dr. Mullaney
Consultants Clinic (Out Patients Department- (OPD) this refers to your doctors appointment)	Monday & Thursday 8.30am - 12.00 pm (2 nd Mon/Thurs each month is Type 1 clinic only) Young Persons Clinic (YPC) 3 rd Tuesday each month Pump Clinic -1 st Tuesday each month	Hospital 5 DDC	Dr. M. Healy / Dr. N. Phelan
Endocrine Clinic	Wednesday 9 am - 12.30pm	Outpatients Suite 1	Dr. M. Healy / Dr. N. Phelan

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How do I get to the clinic?

The Diabetes Day Centre is on the first floor of Hospital 5. See Hospital site Map for directions.



Please note if you are driving you can only enter from the St. James's Street entrance.

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Bus Routes

The Dublin Bus Route 123 passes through the hospital grounds and stops near the main hospital entrance. From the City centre the 78A, 51 and 51B stop at the James's Street entrance. The No. 19 bus stops on the South Circular Road close to the Rialto Gate entrance. The No. 17 bus stops nearby at Rialto.

Luas

The Red Line has three stops next to the hospital. The James's Hospital stop is at the James's Street entrances. The Rialto and Fatima stops are nearby. This line also serves Heuston and Connolly Stations.

For more information visit www.luas.ie

Train Services

Heuston station is near St. James's Hospital. For further information contact www.irishrail.ie

Taxi

Taxis can be contacted in the main concourse by a free courtesy phone. The receptionist in the Diabetic Day Centre can also phone for a Taxi.

Car Parking

There are a few disabled spaces near Hospital 5 for people who have the correct permit. There is an underground pay car park for patients and visitors at Junction 2.

If you use the lift you can get from the car park to the main hospital without going outside. There are two parking payment machines. One is inside the main entrance to the main hospital Concourse. The second is in the underground car park next to the lifts.

What facilities are in the hospital?

Hospital 5 Facilities

There are vending machines in the DDC for tea, coffee and cold drinks. Drinking water is free in the waiting room from the cooler. Some snack choices are offered and the nutritional advice of the snacks will be displayed.

Facilities in the Main Hospital

Facilities are in the concourse of the main hospital. This is the big hall in the main entrance.

Ground floor:

Coffee Cuisine

Monday-Friday 07.30am-8.30pm

Saturday & Sunday 09.00am-8.00pm

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Juice Bar

Monday-Friday 09.00am-4.30pm

First Floor:

Café Kylemore

Monday-Friday 08.00am-4.00pm

Quiznos Sub

Monday-Friday 10.00am-8.00pm

Sandwich Bar

Monday-Friday 08.00am-5.00pm

Other Facilities on site

There is a **Londis** shop in the main hospital concourse.

Open Monday - Sunday 07.00am -10.00pm

A gift shop is also available on the ground floor of the concourse – opening hours vary.

Pharmacy

There is a Pharmacy shop on the first floor in the main hospital concourse.

Opening times are:

Monday-Friday 09.00am-8.00pm

Saturday 10.00am -6.00pm

Sunday 11.00am -6.00pm

Banking

There is a Bank of Ireland branch on the first floor in the main hospital concourse.

Opening hours:

Monday- Friday 10.00am-4.00pm

Closed for lunch 12.30pm-13.30pm

This branch does not deal with cash.

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Cash Machines

There are two ATM cash machines in the hospital. One is inside the main entrance of the hospital concourse and one is in the convenience store.

Postal services

There is a postal service centre and post box opposite the ATM machine in the main concourse. Stamps can be bought here and packages can be posted.

Is it possible to visit the clinic and/or meet the staff before my first visit?

Yes, we would be happy to organise a clinic visit.

Contact the clinic manager Carolyn Treacy to make an appointment. Phone 01 4162661. You may be asked to leave a message and we will call you back in the afternoon. Or you can email ddc@stjames.ie.

What will happen and who will I see on my first visit?

You will first be seen by the Diabetes Nurse Specialist (DNS) who will go through your Insulin regime, and management of Hypos / sick day rules and ketone monitoring.

You will get your blood pressure checked.

You may also be seen by the dietitian and then the doctor.

If you need retinal eye screening an appointment can be made.

It is important that you bring your meter or diary (if you use one) to the clinic.

You should have a full set of bloods before coming to each out-patient department clinic appointment

Will the new hospital have all my notes?

The consultant you have been seeing will have sent a referral letter with details of your treatment.

A new chart will be organised at your first appointment in St James's Hospital.

At your first appointment a full history will be taken by your doctor and diabetes nurse. Please have a blood test two weeks before your appointment. This will be ordered for you by the new doctor you will be seeing. **[GP check with C]** Blood tests are taken in the phlebotomy department. This is in the Out Patients Department (OPD) in the main Hospital.

Bring your meter and diary (if you use one) to all your appointments.

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How often will I need to attend the clinic?

You will need to attend a routine out-patient's clinic every 6 months to see the doctor and Diabetes Nurse Specialist (DNS). You will be able to see the diabetes nurse in-between visits if you need to.

You will attend the young person's clinic until the age of 23 years. After this, you will be seen in a special Type 1 clinic.

IMPORTANT

If you can't come for your appointment please let us know as soon as possible. This is so this appointment can be given to another patient.

Will I see the same staff at each visit?

We try to book you back to see the same diabetes nurse/doctor. However, this may not always be possible due to the change-over of staff. The team is small so you will get to know most of us fairly quickly. There is a Consultant at OPD if you have a particular health concern that will need their expertise.

On a typical day, how long will my visit to the clinic last?

Your appointment time is normally about 1 hour to 1 ½ hours. On occasion delays may occur: your doctor may be required to spend extra time with a patient. We try to have this happen as little as possible.

How are appointments scheduled and rescheduled?

If you can't attend an appointment please let us know as soon as possible so this appointment can be given to another patient. Please give us a week's notice if possible.

A young person's clinic (YPC) takes place on the 3rd Tuesday of each month. Unfortunately, this is the only day a YPC is scheduled. We try to make appointments on the same day when we can. Urgent appointments may be given outside the routine clinic.

If I have questions about the transition, who should I contact and how?

You can talk to the doctor/nurse you see now or contact the Diabetes Day Centre clinic manager Carolyn Treacy. Contact details: Phone 01 4162661. You may be asked to leave a message and we will call you back.

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Is there anything else I need to know?

The Diabetes Day Centre has two Consultants, Dr. Marie Louise Healy and Dr Niamh Phelan, and nursing and other staff. The centre provides an appointment only facility. We provide diabetes workshops, nutrition clinics, foot clinics, eye clinics, and support for patients and their families.

Our aim is to help you with your diabetes. We provide information and motivation for people with diabetes. We take part in diabetes research, and might ask you to help us with this.

The DDC is a very busy unit with nutrition, foot, and nursing clinics every day. There are also out-patient clinics two or three days a week and eye clinics three days a week

We also have an insulin pump service for patients with Type 1 diabetes. This includes pre-pump assessments, a regular nurse-led pump clinic and a monthly out-patient clinic. **This is both a local and national service.** Our OPD includes diabetes Type 1 and diabetes Type 2 clinics as well as a young person's clinic.

A group workshop is offered to all patients with Type 1 diabetes (called the Berger program). We also run a group workshop for patients with Type 2 diabetes. Please ask your nurse for more information on these.

A specialist service is provided to all patients with endocrine disorders. This service **sees patients from across the country.**

Contact Details

Postal Address:

Diabetes Day Centre
Hospital 5
St. James's Hospital
Dublin 8

Phone: (01) 416 2662 / 2661. If you leave a message we will call you back in the afternoon.

Fax: (01) 410 3406

Email: ddc@stjames.ie

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Title	Phone	Email
Dr Healy's Secretary	(01) 416 2195	healysec@stjames.ie
Dr. Phelan's Secretary	(01) 416 2488	
Clinical Nutrition (appointments)	(01) 416 2180	clinicalnutritionsec@stjames.ie
Podiatry	(01) 416 4431 / 2465	
Retinal Screening	(01) 410 3723	
Ophthalmology secretary	(01) 416 2245	

Consultants

Consultant	Speciality (directorate)	Email	Telephone & fax
Dr. Niamh Phelan	Endocrinology (SAMS)	Phelansec@stjames.ie	Tel: (01) 416 2488 Fax: (01) 410 3406
	Nurse liaison: Carolyn Treacy, Clinical Nurse Manager 3		Tel: (01) 416 2662
Dr. Marie Louise Healy	Endocrinology (SAMS)	healysec@stjames.ie	Tel: (01) 416 2195 Fax: (01) 410 3406
	Nurse liaison: Carolyn Treacy, Clinical Nurse Manager 3		Tel: (01) 416 2662

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Specialist Nurses

Department	Specialty	Name	Telephone
Endocrinology	Clinical Nurse Manager 3	C. Treacy	(01) 416 2662
	Pump Nurse Specialist	S. Walsh	(01) 416 2662
	Diabetes Nurse Specialist	C. Flynn	(01) 416 2662
	Diabetes Nurse Specialist	J. Doyle	(01) 416 2662
	Diabetes Nurse Specialist	D. Delaney	(01) 416 2662
	Staff Nurses in Diabetes	R. Moran L. Connelly	(01) 416 2662

Appointment Instructions

The centre provides an appointment only facility. Urgent appointments will be given following triage of the referral letter by the Consultant. For an urgent Type 1 diabetes appointment please ring the Diabetes Day Centre or the DIABETES NURSE.

Please ensure blood tests are carried out before out-patient's appointments.

PLEASE BRING YOUR METER AND DIARY TO ALL APPOINTMENTS.

If you are sick please attend your GP/accident and emergency department or contact DDC for an urgent appointment. If you call the clinic, we will call in the afternoon on the day of your call.

Thank you.