

IMPORTANT COVID-19 UPDATE FROM THE DIABETES CLINIC

The COVID-19 pandemic continues to impact usual clinical services. As of July 2020, we are gradually ramping up in-person appointments at the diabetes clinic. However, most appointments currently remain remote telemedicine visits.

Telemedicine visits: Your doctor will call you on the day of the scheduled appointment. Please have your blood glucose data ready. If you are using a continuous glucose meter and/or an insulin pump, please upload your data before the appointment.

In-person visits: If you are scheduled for an in-person visit at the hospital, our diabetes secretary (Helene Dubois) or your doctor will notify you by phone or email.

Insulin pump teachings: We are in the process of gradually resuming pump teachings via telemedicine. Please contact our nurses for more information.

RETURN TO SCHOOL:

We have received a lot of questions about COVID-19 and returning to school or daycare. We would like to provide the following information to help you make a decision. Please note that the current evidence is not definitive and is rapidly changing as the pandemic evolves. Recommendations may change as new information becomes available.

- ✓ Our current understanding is that young people under the age of 18 are generally in the LEAST risk group for developing complications related to COVID.
- ✓ If contracted, the disease is generally relatively mild.
- ✓ According to official guides from major scientific organizations and based on international experience, youth with diabetes are NOT at greater risk of contracting COVID than the general pediatric population and they are NOT at any greater risk of developing a complication of COVID than the pediatric population in general.

Thus, the MCH diabetes team recommends that you follow general Public Health recommendations regarding your child's possible return to school, as you would for a child without diabetes.

If you need a letter for your child's school, please contact our diabetes secretary Helene Dubois (514-412-4436).

WHAT IF MY CHILD CONTRACTS COVID-19?

If your child becomes infected with COVID-19, you will likely have to manage sick days as you would with any other infection including:

- ✓ Check blood sugar more often
- ✓ Check ketones

- ✓ Adjust insulin as appropriate
- ✓ Call our team quickly if you have any questions
- ✓ Bring your child to the emergency room WITHOUT DELAY, if your child seems acutely ill.

NEED HELP WITH INSULIN ADJUSTMENTS?

If you need help with insulin adjustments you can:

- ✓ Contact the diabetes nurses by phone (22860) or email all 3 diabetes nurses: catherine.st-gelais@muhc.mcgill.ca; sandra.kambites@muhc.mcgill.ca; nancy.dumouchel@muhc.mcgill.ca
- ✓ Provide 1 week of blood sugars and/or download the continuous blood glucose monitor
- ✓ Indicate the current rapid insulin scales and the long-acting insulin dose or download the insulin pump

EMERGENCY CONTACT INFORMATION:

For EMERGENCIES and urgent issues, please call 514-412-4400 extension: 53333 and ask for the pediatric diabetes doctor on call.