A Guide to Diabetes Services

HSE West
Limerick, Clare & North Tipperary
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# 1.0 Diabetes Services Mid-Western Regional Hospitals - Limerick

## 1.1 Diabetes Team

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<thead>
<tr>
<th>Role</th>
<th>Name</th>
<th>Contact Details</th>
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<tbody>
<tr>
<td>Physician</td>
<td>Dr. James O’Hare</td>
<td>061 482372</td>
</tr>
<tr>
<td></td>
<td></td>
<td>061 482418</td>
</tr>
<tr>
<td>Consultant Paediatrician</td>
<td>Dr. Tom Stack</td>
<td>061 483163</td>
</tr>
<tr>
<td>Consultant Obstetrician</td>
<td>Dr. John Slevin</td>
<td>061 483123</td>
</tr>
<tr>
<td>Diabetes Nurses</td>
<td>Ms. Sarah Fitzpatrick</td>
<td>CNS - Diabetes 061 482340</td>
</tr>
<tr>
<td></td>
<td>Ms. Mary Norris</td>
<td>A.CNMII - Diabetes 061 482340</td>
</tr>
<tr>
<td></td>
<td>Ms. Anne Quinn</td>
<td>CNS - Diabetes - Paediatrics 061 482022</td>
</tr>
<tr>
<td>Diabetes Midwife Specialist</td>
<td>Ms. Yvonne Moloney</td>
<td>CMS - Diabetes 061 483481/086 3886731</td>
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<tr>
<td>Biochemistry</td>
<td>Dr. Ned Barrett</td>
<td>Consultant - Biochemist 061 482264</td>
</tr>
<tr>
<td>Ophthalmologist</td>
<td>Dr. Ray Niland</td>
<td>061 482358</td>
</tr>
<tr>
<td></td>
<td>Dr. Marie Hickey-Dwyer</td>
<td>061 482710</td>
</tr>
<tr>
<td></td>
<td>Dr. Brendan Young</td>
<td>061 482378</td>
</tr>
<tr>
<td>Psychiatry</td>
<td>Dr. Catherine Corby</td>
<td>Consultant Psychiatrist 061 485092</td>
</tr>
<tr>
<td></td>
<td>Eileen Cullinane</td>
<td>CNS Liaison Nurse (Psychiatry) 061 482291</td>
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<tr>
<td>Renal Services</td>
<td>Dr. Con Cronin</td>
<td>061 462206</td>
</tr>
<tr>
<td></td>
<td>Dr. Casserley</td>
<td>061 462207</td>
</tr>
<tr>
<td>Vascular</td>
<td>Prof. Pierce Grace</td>
<td>061 482121</td>
</tr>
<tr>
<td></td>
<td>Mr. Paul Burke</td>
<td>061 482121</td>
</tr>
<tr>
<td></td>
<td>Mr. Eamon Kavanagh</td>
<td>061 482761</td>
</tr>
<tr>
<td>Administrative Services</td>
<td>Adult Diabetes Clinical Appointments</td>
<td>061 482524</td>
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<tr>
<td></td>
<td>Paediatric Diabetes Clinical Appointments</td>
<td>061 485276</td>
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</table>
1.2 Diabetes Clinics Mid-Western Regional Hospitals - Limerick

1.2.1 Adult Clinics (Mid West Regional Hospital)

Pre-Assessment Clinic - every Tuesday morning 08.00 - 13.00 OPD 3
Held 2-4 weeks prior to the Diabetic / Specialist Clinics

Insulin initiation/Change of Regime Clinics
Nurse led clinics held every 2\textsuperscript{nd} Tuesday 14.00 - 16.00 OPD 3

Diabetes Adult Clinics
Weekly clinics Wednesday 14.00 - 18.00 OPD 1

Young Persons Diabetes Clinic
First Tuesday of the month 14.00 - 17.00 OPD 1

1.2.2 Paedriatric Clinics (Mid-Western Regional Hospital – Limerick)

The Paedriatric Annual Review Clinic
Nurse led - one Thursday every month 09.00 – 12.30 Paedriatric outpatients

1.2.3 Pregnancy Clinics (Mid-Western Regional Maternity Hospital – Limerick)

Pre-Assessment Clinic for New Gestational and Pre-existing diabetes
Mid-Wife led clinic every Monday morning and Tuesday Evening

Diabetes Obstetric Clinic
Tuesday mornings 08.30 – 12.30 Dr. Slevin, Consultant Obstetrician

Diabetes in Pregnancy Clinic
Wednesday Evenings 14.00 – 18.00 Dr. O’Hare
Tuesday mornings 08.30 – 12.30 Dr. Slevin

Pre-conceptual Care Clinic
Midwife led. Thursday evening 14.00 – 17.00
2.0 Diabetes Services St Johns Hospital

2.1 Diabetes Team

Diabetes Nurse
Anne O Sullivan  CNS - Diabetes Care  061 462271

Medical Consultants
Dr Cornelius Cronin  061 462206
Dr E Mulloy  061 462205
Dr L Casserly  061 462207

Vascular Consultant
Mr P Burke  061 462202

Dietician
Aishling Collins  061 462175

Health Promotion Officer / Smoking Cessation
Kim Coughlan  061 462275

2.2 Diabetes Clinics St Johns Hospital

Nurse Led
Anne O Sullivan  Every Tuesday 10.00 – 17.00 (Pre assessment/Insulin initiation)

Medical/Diabetes Clinic
Dr E Mulloy  Wednesday 14.00 – 18.00
Dr C Cronin  Thursday 08.30 – 13.00
Dr L Casserly  1st Thursday pm of each month 13.30 – 17.00

Vascular Clinic
Alternative Friday of each month 09.00 – 13.00
Veronica O Connor  CNS – Tissue Viability  061 462221

3.0 Diabetes Services Mid Western Regional Hospital Ennis

3.1 Diabetes Team

Consultant Physician
Dr Mahfuzur Rahman  0656863110

Clinic held once a week every Thursday Morning

Nursing Staff  065 683169

Out Patients Dept
Reception  0656863173
Medical Secretaries OPD  0656863164
Psychologist
Maurice Ward  0656863626
Guide to Diabetes Services in Limerick, Clare & North Tipperary

Ophthalmologist
Dr. Jareth Gallager 0656828525
Clinic Wednesdays and Fridays every second week
Dr. Colette Dalton 0656828525
(Monday and Thursday)

Ophthalmic Surgeons
Mr. Niland 0656828525
Mr Young 0656828525

Vascular Surgeon
Mr. Eamon Kavanagh 0656863174
061 482761

4.0 Diabetes Services Mid Western Regional Hospital Nenagh

4.1 Diabetes Team

Consultants
Dr. J. Kellett 067 31491
Dr. C. O’Malley 067 42203
Dr. M. Moloney 067 42204
Dr. Abbass 067 31491
Dr. Haq (Locum) 067 31491

Diabetic Nurses
Eileen McGrath CNS Diabetes 067 42371
Bleep 036

4.2 Diabetic Clinics MWRH - Nenagh

Medical Clinics
Dr. Kellett  Monday 2-4pm and Wednesday 8.45 - 9.40am

Nurse led  Diabetic Clinic Wednesday 2-5pm
5.0 Diabetes Services Community

5.1 Community Dietetic Service
Community and Dietetic Services provide a one-to-one consultation to patients referred by GP’s, Practice Nurses, Public Health Nurses or Area Medical Officers. Referral forms and appointments available via:

Limerick
Sinead Glover / Anne Geary 061 483443
Community Dietician and Nutrition Service Fax 061 446653
Slainte Health Information, Limerick Health Promotion, Spring Rice House Pery St, Limerick

Dietetic Clinic held in the following Health Centres:

<table>
<thead>
<tr>
<th></th>
<th>Adare HC</th>
<th>Ballynanty HC</th>
<th>Bishops St HC</th>
<th>Caherconlish HC</th>
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<tbody>
<tr>
<td>Abbeyfeale HC</td>
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<tr>
<td>Dooradoyle HC</td>
<td>Glin HC</td>
<td>Kilmallock HC</td>
<td>Moyross HC</td>
<td>Newcastle West</td>
</tr>
<tr>
<td>Carnegie HC</td>
<td>Rosbrien HC</td>
<td>Southill HC</td>
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Clare
Anne Griffin/Siobhan Ryan 0656865839
Community Dietetic and Nutrition Service Fax 0656865838
HSE, Slainte Office, Francis Street, Ennis, Co. Clare

North Tipperary
Kay Finn 067 46464
Community Dietetic and Nutrition Service 46477
Health Centre, Tyone, Nenagh, Co. Tipperary

DESMOND
A programme of Structured Education Programme for Adults with Type 2 diabetes

DESMOND is a structured education programme for Type 2 diabetics, it has demonstrated to improve diabetes control and knowledge, increase self-management skills and enhance diet and lifestyle for people with type 2 diabetes. It runs in two half day sessions.

Dieticians in Limerick are currently offering this patient education programme; referrals can be made to the community dieticians via GPs or hospital using the following referral form.
Guide to Diabetes Services in Limerick, Clare & North Tipperary

Clients Name:_________________________________________ M / F
Address: _____________________________________________
_________________________________________________
_________________________________________________
D.O.B: ____ / ____ / ____
Telephone No (NB*): (H)(____)___________     (M)(____)___________
GP name:_________________________ GP address:_____________________

Client Consent for Referral: Yes/ No

Clinical information required:

<table>
<thead>
<tr>
<th>Date of appointment/visit:</th>
<th>HbA1c (%)</th>
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<tbody>
<tr>
<td></td>
<td>Fasting: yes/no</td>
</tr>
<tr>
<td>Total cholesterol (mmol/l)</td>
<td></td>
</tr>
<tr>
<td>HDL (mmol/l)</td>
<td></td>
</tr>
<tr>
<td>LDL (mmol/l)</td>
<td></td>
</tr>
<tr>
<td>Triglycerides (mmol/l)</td>
<td></td>
</tr>
<tr>
<td>Systolic BP (mmHg)</td>
<td></td>
</tr>
<tr>
<td>Diastolic BP (mmHg)</td>
<td></td>
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<tr>
<td>Weight (kg)</td>
<td></td>
</tr>
<tr>
<td>Waist (cm)</td>
<td></td>
</tr>
<tr>
<td>Smoking</td>
<td>Yes/No</td>
</tr>
</tbody>
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Referral Signature:........................................... G.P / Nurse / HP / Self

Contact Details:........................................... Date:....................

Please send/fax referral to: DESMOND Co-ordinators
Community Nutrition and Dietetic Services
Health Service Executive West
Limerick Health Promotion
Spring Rice House
Pery Street
Limerick

Fax: 061 446653 / Phone: 061 483448
e-mail: annem.geary@hse.ie / rachael.banques@hse.ie
5.2 Community Podiatry Service

Co. Clare
Patients with diabetes are referred to the Chiropodist/Podiatrist for foot assessment, treatment and recommendation for footwear. Persons may also self refer. This service is available to all age groups with and without GMS cards.
Referral forms are available via OPD, GP surgeries, PHN’s, dieticians.
Referral should be directed to:

Chiropody/Podiatry Appointments
0656828525
HSE – West, Health Centre
Bindon Street, Ennis, Co. Clare
0656842828

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<th>Podiatry Clinic Locations</th>
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<tr>
<td>Ennis – Health Centre, Bindon Street</td>
<td>Daily</td>
</tr>
<tr>
<td>Ennistymon Health Centre</td>
<td>Twice Weekly</td>
</tr>
<tr>
<td>Ennistymon Day Centre</td>
<td>Weekly</td>
</tr>
<tr>
<td>Kilrush Health Centre, Kilkee Road, Kilrush</td>
<td>Weekly</td>
</tr>
<tr>
<td>Scariff Health Centre</td>
<td>Monthly</td>
</tr>
<tr>
<td>Shannon Health Centre</td>
<td>Monthly</td>
</tr>
<tr>
<td>St. Josephs Hospital, Ennis</td>
<td>Weekly</td>
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North Tipperary
This service is currently only available for over 65 year olds. Three clinics per week based at the Community Hospital of the Assumption, referrals are via GP or PHN.
Brigitte Hayden
0504 21055

Limerick
Orthotics Clinic once a month, in the Mid-West regional hospital Limerick
Contact:
Bernie O’Sullivan  Staff Officer
HSE – West, Orthopaedic OPD, MWRH, Limerick
061 482168

Clare
Requisition for footwear and Orthotics from the Podiatry department is processed via Aids and Appliances Dept,
HSE – West, Tobartaoscain, Ennis, Co. Clare
0656863681

North Tipperary
Orthotics Clinic First Friday every month in MWRH - Nenagh
Referral by G.P. Podiatrist or Chiropodist
067 42326

Custom-made Footwear
Custom-made footwear and insoles are available free of charge to GMS patients with accompanying doctors letter.

Custom Made Footwear Companies (The HSE does not endorse any of these companies)
These companies are examples who supply to both Medical Card and non–medical card holders providing specialist footwear / insoles.
Orthotist - Declan Sweeney, St. Gabriel’s Centre, Dooradoyle, Limerick (beside Mid-West Regional Hospital, Limerick) 061 302733
APOS Atlantic Prosthetic Orthotic Services Ltd, The Weir, Kilcolgan, Co. Galway. 091 796983
Trulife, Unit 21, Mulvoy Commercial Centre, Sean Mulvoy Road, Galway. 091 757271
Trulife, 6/7 Cornmarket St, Cork. 021 427314
Tutty’s Shoes, Riverhouse, Millbrook, Naas, 045 876879

Recommended Footwear
Footwear which is recommended for diabetics includes Green Comfort Medical.
Stockists include:
Gleesons Shoes, 26 William Street, Limerick 061 417407
Central Shoe Stores, Kilrush 0659051098
Pat Mc Carthy’s, O’Connell Street, Ennis 0659051098

5.3 Ophthalmology Service
GMS patients can have their eyes screened for diabetic retinopathy by their local optician, under the GMS system. However, it is important to ensure that the Optician is experienced and competent in diabetic eye screening. All GMS patients are entitled to a general eye examination every 2 years, and the optician can also perform dilated fundoscopy to assess for diabetic retinopathy, if requested. This eye examination can be performed more frequently if requested by the GP.

Patients need to complete an application form for Eye Examination/Optical Appliances available from their GP / Local Health Centre / Community Optical Department. Completed forms to be sent to:

Limerick
Community Care Unit, HSE – West, Ballycummin Ave, Limerick. 061 483704

Clare
Ophthalmic Appointments HSE – West, Bindon Street, Ennis, Co Clare 0656828525 Ext 4123

North Tipperary
A number of options are available to patients requiring retinal screening for diabetes depending on area of residence. These include community and hospital based services.

Community Ophthalmology
There is currently a limited community ophthalmology service. GMS patients requiring retinal screening can be referred by their GP to the eye clinic at:

Nenagh
Dr. Brid de Gaulle, First Tuesday and third Friday every month held in the Outpatients Department, Nenagh Hospital. Referrals to:
Eye Secretary Kenyon Street Nenagh Co. Tipperary 067 31212

Thurles
Dr. Bernie Rowan, Second Monday and fourth Wednesday every month held in the Health Centre, Parnell St., Thurles. Referrals to:
St. Marys HC, Parnell Street, Thurles, Co. Tipperary 0505 27607
Roscrea
Dr. Bernie Rowan, First Thursday every month held in the Roscrea Health Centre
Referrals to:
Eye Secretary, HSE West, Traynors Court, HC Roscrea, Co. Tipperary 0505 21498

5.4 Long Term Illness Scheme
Non-GMS patients with diabetes should apply for a Long Term Illness Card, which will entitle them to free diabetes-related medication, devices and blood glucose monitoring strips. Long-term illness applications are available from:

Limerick
Long Term Illness Section, HSE West, Community Care, Raheen Business Park, Ballycummin Ave, Limerick 061 483707

Clare
Long Term Illness Section, HSE West, Medical Card Dept. Sandfield Center, Ennis, Co. Clare 0656868089

North Tipperary
Long Term Illness Section, HSE West, Civic Offices, Limerick Road Nenagh, Kenyon Street, Nenagh, Co. Tipperary. 067 46626

5.5 Domiciliary Care Allowance
There is a grant available for parents who have children with diabetes. This grant is issued following individual medical assessment by the Area Medical Officer. Application forms can be obtained from local health centres or by contacting:

Limerick
Disability Service, South West Wing, St. Joseph’s Hospital, Mulgrave Street, Limerick 061 461162

Clare
Disability Section, HSE West, Tobartaoscaín, Ennis, Co. Clare 0656863672

North Tipperary
Disability Section, The Derg Centre Gortlandroad Business Park, Nenagh, Co. Tipperary 067 46715

5.6 Community Welfare Service
For information of welfare allowances contact:

Limerick
Community Welfare Services Health Service Executive, Limerick P.C.C.C. St Joseph’s Hospital, Mulgrave St. Limerick 061 461489/ 461491

East Limerick
Community Welfare Services, Health Services Executive, East Limerick/Nr. Tipperary P.C.C.C. Friars Court, Nenagh, Co. Tipperary. 067 31003
5.7 The Diabetes Federation of Ireland

The Diabetes Federation of Ireland has a network of support branches throughout the country. The activities of the Federation include dissemination of non-judgmental advice and information through meetings, workshops, seminars and a quarterly magazine. Support through telephone communications and meetings. Raising awareness of diabetes through running campaigns and lobbying on behalf of persons with diabetes in areas where they are being discriminated.

For more information, contact:

Diabetes Federation of Ireland Helpline 1850 909 909
Website www.diabetes.ie
Limerick Region Branch, Mary Cooney 061 400732
Clare Regional Branch, Peggy Scholder 0656845311
North Tipperary Branch, Tony Casey 0504 21963

The DFI also carry out the structured patient education programme CODE. For further information on courses running in your area contact the DFI.

5.8 National Council for the Blind (NCBI)

The national council of the blind will give information on aids which are available for the visually impaired and how to obtain them.

Limerick
NCBI, Lantern House, 48 Wolfe Tone Street, Limerick. 061 316388

Clare
NCBI, Barrack Street, Ennis, Co. Clare 0656824064
Appointment only, all enquiries re-directed to the Limerick Office

Tipperary
NCBI, Lantern House, Wolfe Tone Street, Limerick 0673429048

Meters for the Visually Impaired
To order Talking Glucometer send letter from GP/Consultant to:

Medical Cards Department,
HSE –West, Sandfield Centre, Ennis, Co. Clare 0656868076

5.9 Sharps

BD safe clips available on prescription. Cin bins available from local Health Centre
5.10 Smoking Cessation Support

The patient is offered telephone advice; one to one support is also available if required. A weekly smoking cessation clinic is facilitated on Tuesdays from 10.00 to 16.00 hrs. Clients may self-refer or be referred by health professionals. Please contact:

Clare Health Promotion Services – HSE West, Slainte Office, Museum House, Francis Street, Ennis, Co. Clare 0656865841

Clients attending the clinic are offered an initial information session followed by a four week support programme. Clients who opt for telephone counselling are referred to the National Quit line service at: 1850 201 203

North Tipperary
One to one consultations with Ms. Mary Killeen McCarthy, HPH Co-ordinator 067 42365

Help lines:
QUITLINE: 1850 201203 Mon – Sun 8am – 10pm
The Irish Cancer Society provides a free-phone help-line offering advice and support to people wishing to quit smoking.

5.11 Community Diabetes Care Facilitator

Rachael Banques – Community Diabetes Care Facilitator
Nursing & Midwifery Planning & Development Unit NMPDU 31/33 Catherine Street, Limerick 061- 483564 0868076715
Rachael.banques@hse.ie

The Diabetes Services of the HSE West (Limerick Clare and North Tipperary) are currently developing programmes to facilitate a more integrated approach to the delivery of diabetes care for the area by:

1. Facilitating the implementation and development of diabetes services in collaboration with the multidisciplinary diabetes team in Primary and Secondary Care.
2. Facilitating a more integrated approach towards the delivery of diabetes care in primary care.

This work includes:

Education Programmes for both Service Providers and Patients. Creation of a Diabetic Disease Register. Audit and Quality Improvement of diabetes services. Development of a Diabetes Shared Care Programme