

# Meet Becki

## Adult Diabetes Nurse Specialist

Hi, my name is Becki. I am a Nurse and I work in the Diabetes Nurse Specialists team at the Royal United Hospitals Bath. Find out more about me and what I do below.



### What do you do?

I am an Adult Diabetes Nurse Specialist. [Diabetes](#) is a condition where a person's blood sugar levels are too high. There are two different types of diabetes; [type one](#) and [type two](#).

I provide advice and guidance to help **inpatients** manage their diabetes. I support patients from when they arrive in the Emergency Department until they are **discharged**. I also see patients who have been referred by their **GP** to **Ambulatory Care**.

See a word in **bold** and not sure what it means? Check out the [glossary](#) on the last page



Image: Bowl of sugar and blood glucose monitor

I work in a small team made up of five Diabetes Nurse Specialists. As part of my job, I interact with a variety of healthcare professionals. I provide support to medical and nursing teams and advise them on appropriate medication changes.

### Describe a typical day

I review patients that have been referred to the diabetes team by the hospital **wards**. This is done through the process of direct referrals. I check overnight admissions and review patients' blood **glucose** levels remotely. This system enables me to actively review patients' condition and prioritise the sickest patients who have been struggling with the management of their diabetes.



To give the best care possible, I ensure that patients are referred to the community teams (**practice nurses** and **GPs**) when they need a follow-up.

### What are the joys of your job?

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I enjoy learning, whether that's learning about myself, or increasing my knowledge about my role. My colleagues are very experienced and a great source of knowledge. I also enjoy providing support to the nurses on the **wards** and to student nurses.

### What inspired you to become a Diabetes Nurse Specialist?

When I was working as **junior sister** on the **cardiac** ward at the RUH, I participated in a project run by the diabetes team. The project investigated ways to improve incidents of patients having episodes of **hypoglycaemia** in hospital. Part of the project looked at enabling patients to **self-administer** their **insulin** safely in hospital and the impact of this.

During this project, I developed a strong interest in diabetes and supported patients on the **cardiac** ward with their diabetes management. As I spent more time with the diabetes team, I felt supported to further this interest.

### What advice or tips would you give someone interested in working in the NHS?

Seek support and guidance if you have a keen interest in a subject. There is often a way to further this interest into a career.



# Want further information?



**Royal United Hospitals Bath**  
NHS Foundation Trust

⇒ Visit the **Health Careers** website (<https://bit.ly/3a1BUAN>)



⇒ Visit the **Step into the NHS** website ([www.stepintothenhs.nhs.uk](http://www.stepintothenhs.nhs.uk))



⇒ Visit **NHS jobs** to search and apply for vacancies at the RUH ([www.jobs.nhs.uk](http://www.jobs.nhs.uk))



⇒ If you have any other questions or you need this document in an alternative format, please contact us at [ruh-tr.careersengage@nhs.net](mailto:ruh-tr.careersengage@nhs.net) or call **01225 824281** or **01225 821542**



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## Glossary

<b><u>Ambulatory Care</u></b>	A part of the Medical Assessment Unit where patients receive treatment or wait for investigations.
Cardiac	Relating to the heart.
Discharged	When a patient has recovered, they can officially leave the hospital.
<b><u>GP</u></b>	Also known as a General Practitioner. They are doctors who work in a GP surgery.
<b><u>Hypoglycaemia</u></b>	Also known as a 'hypo.' This is when a person's blood sugar levels drop dangerously low.
Inpatients	People who are unwell and are admitted to a hospital ward where they stay overnight.
Junior sister	A senior nurse.
<b><u>Practice Nurses</u></b>	A nurse who works in a doctor's surgery.
Self-administer	To give yourself something i.e. taking medication.
Ward	An area of a hospital typically allocated to treating certain groups of patients i.e. children's ward, cardiac ward

