

**To: Clinical Leads within Trusts and CCGs**

NHS England and NHS Improvement  
Skipton House  
80 London Road  
London  
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**23 February 2021**

Dear colleagues,

### **National Diabetes Inpatient COVID-19 Response Team clinical guidance**

We write to highlight clinical guidelines relating to COVID-19 and diabetes treatment and care that have been developed with insight from clinical leads across UK centres by the National Diabetes Inpatient COVID-19 Response Team.

COVID-19 in people with diabetes, whether previously recognised or not, increases their risk of emergency states of hyperglycaemia with ketones, diabetic ketoacidosis (DKA) and hyperosmolar hyperglycaemic state (HHS).

Being acutely unwell with suspected or confirmed COVID-19 requires adjustment to standard approaches to diabetes management.

The key guidelines are:

- 1) Concise advice on Inpatient Diabetes (COVID:Diabetes): Front door guidance – update [\[LINK\]](#)
- 2) Concise advice on Inpatient Diabetes (COVID:Diabetes):  
Dexamethasone/glucocorticosteroid therapy in COVID-19 patients:  
implications and guidance for the management of blood glucose in people with and without diabetes [\[LINK\]](#)

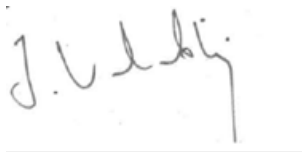
Guidelines are updated on or added to the Association of British Clinical Diabetologists (ABCD) website: <https://abcd.care/coronavirus> as new evidence becomes available. It is important that you access guidelines from the ABCD website as this will ensure you are using the latest versions. Updated guidance on discharge of patients with COVID-19 and diabetes who are being treated with dexamethasone is being developed and will be published in the near future on this website.

The National Diabetes Inpatient COVID-19 Response Team was established in April 2020 for diabetes specialist teams and those involved in delivering care to people with diabetes on the frontline. We encourage any teams developing guidelines

relating to diabetes treatment and care in the context of COVID-19 to engage the team. To do this, contact the Chair of the COVID-19 Group, Professor Gerry Rayman at [Gerry.rayman@esneft.nhs.uk](mailto:Gerry.rayman@esneft.nhs.uk).

We hope that this letter provides guidance and clarity. We also want to recognise the incredible commitment at all levels of the system to support the COVID-19 response. This is a difficult and anxious time; thank you for your tremendous response.

Kind regards,



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Tom Newbound  
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