

Rural Support Service - Diabetes Service T1D Education Pathway

Newly diagnosed

Note:

- Endocrinology
- Paediatric team
 - o Centrelink
- Dietitian

- Cycle of care
- Nutrition – CHO education & counting
- Insulin action plan & self-adjustment
- Blood glucose monitoring & targets
- Blood ketone testing
- Sick day action plan
- Hypo action plan
- Driving action plan
- Exercise action plan
- Foot care action plan
- Dental care
- Pre-pregnancy counselling
- Anxiety / depression screening
- NDSS

Review

- Review & update above
- complications
- comorbidities
- variances to pathway

Variations to pathway

- Childcare / school
- Transition to adult care
- Admission to hospital
- Fasting procedures
- Pregnancy (pre-preg & current)
- Sexual health (menarch, contraception, menopause)
- Smoking / drugs
- Following illness
- Psychosocial issues/mental health
- Elevated BG / HbA1c
- Travelling
- Initiation of CGM & FGM
- Initiation / Upgrade of CSII
- At risk feet
- Active foot pathology
- Renal
- MI / Angina / Stroke / PVD
- Vision loss