

CHSA Diabetes Service

The Diabetes Service at Port Augusta Hospital & Regional Health Service (PAHRHS) is available to you, your carer and/or your family. The Diabetes Service provides self-management education to you in the community, at a residential aged care facility or during a hospital stay.

The aim of the Diabetes Service is to provide you and your carer and/or family with education, treatment information, support and assistance to promote health and wellbeing, and prevent complications and illness.

Our staff

The Diabetes Service at PAHRHS is provided by a Credentialed Diabetes Educator and/or Diabetes Educator.

A **Credentialed Diabetes Educator™** is a Registered Nurse who has completed a recognised university post graduate certificate in diabetes management and education, and is recognised by the Australian Diabetes Educators' Association as an advanced practice health professional.

A **Diabetes Educator** is a Registered Nurse who has an interest in diabetes education and may have completed additional training in diabetes management and education.

Our practice

The Diabetes Service at PAHRHS will:

- > conduct a full, person centred assessment
- > provide an educational setting that supports positive learning and cultural awareness

- > work with you and other members of your diabetes health care team (eg Endocrinologist, Specialist Physician, General Practitioner, Dietitian, Podiatrist, Physiotherapist, Psychologist, Social Worker, Counsellor, Aboriginal Health Worker, Education and/or Community Service)
- > develop an education and management plan to assist you to achieve your goals. There might also be reason to include staff at your workplace, university, school or child care centre.

Our education and support

The Diabetes Service at PAHRHS provides education and support to:

- > people with newly diagnosed diabetes
- > people who have been diagnosed for some time and require an update due to;
 - > changes in therapy
 - > diagnosis of a complication
 - > diagnosis of another health problem
 - > risk of low and high blood glucose levels
- > women with gestational diabetes
- > women with diabetes who are considering pregnancy or who are pregnant
- > children and adolescents with diabetes
- > carers of people with diabetes including children's services
- > people using insulin pump therapy
- > registration to National Diabetes Service Scheme.

Our specific services

Specific services offered at the Diabetes Service at PAHRHS include:

- > a hospital review service
- > community services
- > rapid access assessment
- > individualised advice for administration of injectables
- > individualised action plans for low and high blood glucose levels
- > blood glucose monitoring support service
- > support of continuous glucose monitoring systems
- > support of continuous subcutaneous insulin infusions (insulin pump therapy).

The Diabetes Service at Port Augusta Hospital & Health Service aims to provide all education and support as close to your home town as possible.

In the event that the service cannot be provided, our staff will facilitate assistance via teleconference or videoconference or a shared care arrangement with a regional or metropolitan hospital.

Referrals

You can self refer to the Diabetes Service.

As a person with diabetes, you can simply phone the Country Health SA Country Referral Unit on 1800 003 307.

At an appointment

You are welcome to bring a friend or relative with you.

If you have the following, please bring:

- > a list of current medications
- > log book or record book
- > results of any recent tests (eg HbA1c results, kidney test, cholesterol)
- > blood glucose monitor and testing equipment
- > blood ketones testing and equipment
- > insulin injecting device and equipment
- > insulin pump and consumables.

A diagnosis of diabetes can be hard to accept.

For many people, learning about their diabetes is the first step to feeling better and living a longer, healthier life.

The goal of diabetes self-management education is the optimal health and wellbeing of people affected by diabetes.

Diabetes self-management education has been shown to reduce HbA1c, diabetes related complications and reduce costs associated with hospital visits.

For more information contact:

Diabetes Service
Port Augusta Hospital & Health Service
71 Hospital Road
PORT AUGUSTA SA 5700

Telephone: (08) 8668 7706
www.chsa-diabetes.org.au
www.countryhealthconnect.sa.gov.au
www.sahealth.sa.gov.au

For information in languages other than English, call the Interpreting and Translating Centre on (08) 8226 1990. Ask them to call The Department of Health and Ageing.

This service is available at no cost to you.

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Diabetes Service

Information for people with diabetes and their families



Country Health SA
Local Health Network