

## Diabetes Service

The Diabetes Service is available to you, your carer and/or your family at your local hospital, community health service or residential aged care facility.

Using a person-centred approach, a range of specialised knowledge and skills and self-management activities to improve health and wellbeing and reduce the risk of illness and/or diabetes related complications.

The Diabetes Service is provided at no cost.

*A diagnosis of diabetes may be challenging.*

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

## Our staff

The Diabetes Specialist Nurse is either a:

- A **Credentialed Diabetes Educator™**: this is a Registered Nurse or Midwife who has completed a university post graduate diabetes management and education certificate and is recognised by the Australian Diabetes Educator's Association as an advanced practice health professional.
- **Diabetes Educator**: this is a Registered Nurse or Midwife who has an interest in diabetes management and education and may have completed additional training.

## Our service

Guided by best practice guidelines, research and policy, the Diabetes Specialist Nurse offers clinical care and education 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 early learning and school settings.

## Our self-management services

The seven key areas that are essential for successful and effective diabetes self-management are:

- healthy eating
- being active
- monitoring (e.g. blood glucose and ketone testing)
- taking medication (e.g. oral and/or injectable)
- problem solving
- health coping
- and reducing risks.

## Our specialist services

Our Diabetes Specialist Nurse service may also include:

- registration with the National Diabetes Service Scheme and access to subsidised products
- individualised action plans for low blood glucose (hypoglycaemia)
- individualised action plans for high blood glucose (hyperglycaemia) and sick days
- individualised advice for administration of injectables
- access and training in continuous glucose monitoring systems
- access and training in continuous subcutaneous insulin infusions (insulin pump therapy)
- a hospital review service to support safe discharge home
- a rapid access assessment to minimise emergency department visits and hospital stays.

*Our service aims to provide clinical care and education as close to your home as possible.*

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

## Referrals

You can self refer to the Diabetes Service.

As a person with diabetes, you can simply phone the Country Referral Unit on 1800 944 912.

## At an appointment

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

If you have the following, please bring your:

- a list of current medications
- results of any recent blood tests
- blood glucose monitor, testing equipment and record book
- blood ketone monitor and testing equipment
- injectable device and consumables
- insulin pump and consumables.

## Our scope of practice

The Diabetes Specialist Nurse will provide a setting that supports positive learning and cultural awareness

- conduct a careful assessment
- work with you and other members of your diabetes health care team:
  - Endocrinologist / Diabetes Specialist
  - Specialist Physician / Medical Practitioner
  - Dietitian
  - Podiatrist
  - Ophthalmologist / Optometrist
  - Physiotherapist / Exercise Physiologist
  - Psychologist / Social Worker / Counsellor
  - Aboriginal Health Worker
  - Pharmacist.

There might also be reason to include staff at your workplace, university, school or childcare centre.

- develop an education and management plan to assist you to achieve your goals
- offer follow up appointments to evaluate plans, initiate changes in clinical care and provide updates in treatment options and resources available.

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

### For more information contact:

Diabetes Service  
Clare Community Health Service  
47 Farrell Flat Road  
CLARE SA 5453

Telephone: (08) 8842 6560

[www.chsa-diabetes.org.au](http://www.chsa-diabetes.org.au)  
[www.countryhealthconnect.sa.gov.au](http://www.countryhealthconnect.sa.gov.au)  
[www.sahealth.sa.gov.au](http://www.sahealth.sa.gov.au)

For information in languages other than English, call the Interpreting and Translating Centre on 1800 280 203.

### OFFICIAL

© Rural Support Service, Government of South Australia.  
All rights reserved.

August 2023. For review August 2026.



# Diabetes Service

## Information for people with diabetes and their families

### Yorke & North Local Health Network



Health  
Yorke and Northern  
Local Health Network

