

Diabetes Update

Diabetes Service

Welcome to the December issue of Diabetes Update

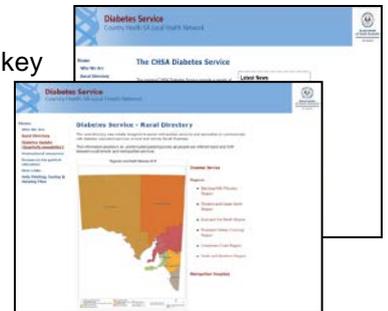
This newsletter is designed to keep our staff and partners in health up-to-date on diabetes related information, our activities and accomplishments.

The Diabetes Service welcomes and encourages your input to this publication and would be delighted to hear of any service improvement activities, community groups, staff achievements that you know of, or any new ideas you may have, to include.

Diabetes Service patient and professional resources

Website

The [Diabetes Service](#) website offers access to a rural directory of key diabetes service contacts, policies, guidelines and patient and professional educational resources.



Factsheets and Resources

Patient education resources developed by Diabetes Service are available on the Regional Health Hub Intranet and our [Diabetes Service](#) website.

The following factsheets have been updated and are available on SharePoint and website. Click on the title to download.

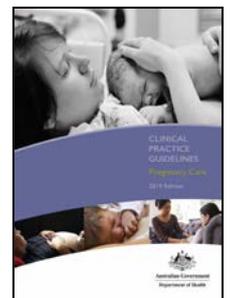
1. [What is type 1 diabetes?](#)
2. [What is type 2 diabetes?](#)
3. [Pre-diabetes](#)
4. [High blood glucose in type 1 diabetes \(hyperglycaemia\)](#)
5. [High blood glucose in type 2 diabetes \(hyperglycaemia\)](#)
6. [High blood glucose in type 1 diabetes \(hyperglycaemia\) insulin pump](#)
7. [Living well with gastroparesis and diabetes](#)

General Information

2019 National Pregnancy Care Guidelines

The 2019 National Pregnancy Care Guidelines are intended for all clinicians that contribute to antenatal care including obstetricians, general practitioners, midwives, diabetes educators, practice nurses, maternal and child health nurses, Aboriginal and Torres Strait Islander health workers and allied health professionals.

To access the 2019 National Pregnancy Care Guidelines [click here](#).



National Association of Diabetes Centres Diabetes Technology Standards

The National Association of Diabetes Centres (NADC) Diabetes Technology Standards aim to assist diabetes services to review, reflect and achieve a safe and high quality service providing care to people using diabetes technology.

NADC has set the benchmark as this is the only standard of its kind. It is a comprehensive document which examines health care improvement, organisation and capacity, management of quality and safety and informatics and data management.

To access the NADC Diabetes Technology Standards, visit the [NADC](#) website.

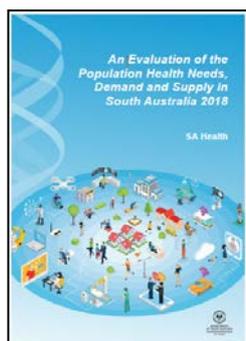


2018 Evaluation of the Population Health Needs, Demand and Supply in SA

The Evaluation of Population Health Needs, Demand and Supply provides a review and assessment of South Australia's population health needs, the demand for services, the way these services are currently delivered and considers the potential impact of projected future population growth on key hospital services.

Information from a wide range of sources has been evaluated to present key patterns and trends. Whilst there are challenges, the opportunities are summarized as:

- > With SA experiencing increasing trends in hospital utilisations, with inpatient admissions averaging 1.4% growth per annum, primarily in same day activity, and Emergency Department (ED) activity, averaging 3.1% growth per annum, there is potential in the system to better manage activity growth by developing community health services to meet non acute patient needs.
- > The current supply and service configuration will need to change to meet future and changing population needs. SA has a very under-developed out of hospital system causing additional pressure on the hospital system. Re-balancing the system will support access to timely health interventions earlier in the pathway, closer to home.
- > Review and reduce unwarranted clinical variation through the Atlas of Variation, and improve system efficiency and patient outcomes through Relative Utilisation.
- > Improve patient access to the right services, in the right place, at the right time, including improvement of wait times for ED and elective surgery, to maximise patient outcomes.
- > There are significant opportunities to work with the population using participatory approaches supporting healthy choices to improve behavioural risk factors.
- > Improve evidence-based clinical practice and be the leader in innovative design and delivery.
- > Balance cost effective treatment pathways with improved patient outcomes.



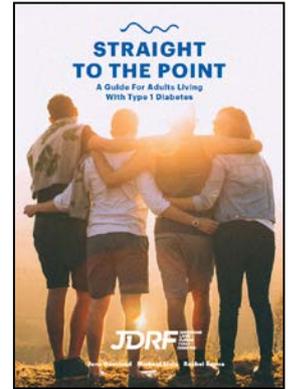
The [Evaluation of the Population Health Needs, Demand and Supply in SA 2018](#) is an excellent resource for our strategic planning and a key document in identifying local health priorities.

Useful resources

JDRF Straight to the Point - A Guide for Adults Living with Type 1 diabetes

The third edition of the Juvenile Diabetes Research Foundation (JDRF) Straight to the Point (STTP) - A Guide for Adults Living with Type 1 Diabetes is now available. It is a comprehensive guide for all adults living with type 1 diabetes (including those who are newly diagnosed) and offers various important topics such as tips for travelling, working & managing sick days, men and women's specific issues and research developments.

To order and access a copy of the guide, visit the [JDRF](#) website.



Medical Benefits Scheme Quick Guide

The Australian Doctor has released a Medical Benefits Scheme (MBS) Quick Guide to identify the most commonly used general practitioner item numbers.

To access a copy of the MBS Quick Guide, visit the [Australian Doctor](#) website.



Calendar dates

2020 ADEA SA Branch Seminar

The 2020 ADEA SA Branch Seminar is to be held in Adelaide on the 16th May 2020. ADEA invites applications from ADEA financial members to apply for an ADEA Travel Grant for one-off financial assistance. To access the preliminary program and apply for a travel grant, visit the [ADEA](#) website.

Staff Recognition



Congratulations to CDE Robyn Paparella on her retirement. Robyn commenced working for the Port Pirie Diabetes Service in 1989 and was first credentialed with ADEA in 2003. In 2007, Robyn also established a private practice. Robyn's last day at Port Pirie Diabetes Service was the 3rd September 2019. After 30 years, Robyn states that she will miss the team and clients the most but feels she has given her best efforts to support and contribute to her community.

We thank Robyn for her enthusiasm and expertise in diabetes clinical care and wish her health and happiness. Robyn's future includes travel and enjoying more time with family and friends.

Professional development and scholarships

NPS MedicineWise

NPS Medicine Wise offer evidence-based education and professional development to general practitioners, pharmacist, nurses and midwives. Examples of free online activities offered include:

- > **Demystifying Bioequivalence** course which is designed to explain the role of bioequivalence in generic medicines development.
- > **Type 2 diabetes – Bill** course which covers diabetes management, diabetes foot care, and renal impairment.

- > **Type 2 diabetes and CVD: Managing the Risk** audit which identifies the latest cardiovascular outcome data and explores the management choices available.
- > **National Standard Medication Charts** course examines the principles of safe prescribing and how to correctly use the National Standard Medication Charts.

For further information and to access the resources, visit the [NPS Medicine Wise](#) website.

Diabetes SA Webinars

Diabetes SA offer Health Professional Seminars each year. For those who are unable to attend in person, past educational seminars are offered online. In 2019, seminar was titled 'Challenging Complications' and presentations were provided on:

- > Kidney Health and Diabetes
- > Heart Disease and Diabetes
- > Eye care and Diabetes.

To access these presentations and past programs, visit the [Diabetes SA](#) website.

Ambulatory Glucose Profile Clinical Academy

The Abbott Freestyle Libre **Ambulatory Glucose Profile (AGP)** examines ASGP reports, offers interpretations of behavioural and physiological factors contributing to causes of dysglycaemia and through case studies, provides practical applications of AGP in the clinical care and education. It is an ADEA endorsed CPD activity.

To access the Abbott Freestyle Libre AGP certificate program, visit the [Freestyle Libre](#) website.

Australian Diabetes Society Webinar

The Australian Diabetes Society (ADS) offered a webinar title '**The role of SGLT2 inhibitors in heart failure**' from the European Society of Cardiology Congress in Paris recently. As most were unable to attend, it was offered in a livestream and more recently as a webinar.

To access the ADS webinar, visit and register at the [Conference Connect](#) website.

Merry Christmas – Happy & Safe New Year

To our partners in health who have made our progress this year possible, we extend our warmest wishes for the Holiday Season and a prosperous and peaceful New Year.

The Diabetes Staff will take leave over the festive season as follows:

Jane – Monday 16th December 2019 returning Monday 6th January 2020.

Collette – Monday 13th January 2019 returning Monday 20th January 2020.

Barbara – Friday 27th December returning Thursday 16th January 2020.

Contact us

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