

Diabetes Update

RSS Diabetes Service

Welcome to the December issue of Diabetes Update

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

The Rural Support Service (RSS) 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 the Diabetes Service are available on the [Regional Health Hub Intranet](#) and our [Diabetes Service](#) website.

The following factsheets and resources have been updated. Click on the title to download.

1. [Physical activity & type 1 diabetes - Fact Sheet](#)
2. [Physical activity & type 2 diabetes - Fact Sheet](#)
3. [Diabetes Assessment Form \(DAF\)](#)
4. [Diabetes in Pregnancy Assessment Form \(MR-DIP\)](#)

General Information

Australasian Diabetes Congress

The ADC was held virtually from the 11th –13th November 2020. It is the premier learning event facilitated by the Australian Diabetes Society and the Australian Diabetes Educators Association and provided a contemporary program across the scientific, management and educational aspects of diabetes.



Industry hosted symposiums and education discussion sessions of particular interest included socially determined health inequalities, paediatrics, gestational and pre-existing diabetes in pregnancy, type 2 diabetes, aged and palliative care, mental health and the diabetes foot project.

Registered delegates have access to all sessions for a whole year so as to revisit presentations, abstracts, resources and sponsor exhibits.

It is hoped the 2021 ADC will offer a mix of in-person and virtual experiences in Brisbane!

COVID-19 Pandemic and Mental Health and Wellbeing

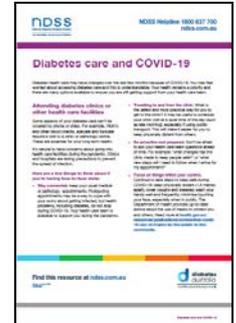
The COVID-19 has turned life upside down. All of the things people with diabetes previously did each week - going to school and work, catching up with friends and family, going out for dinner, playing sport, and going on holidays have changed.

Many people with diabetes have lost their jobs and there is significant uncertainty about how COVID-19 will affect jobs and the economy into the future. People with diabetes working in health care and essential services, are under greater work pressures have ever before.

Diabetes self-management is complex and requires psychological resilience, self-efficacy and motivation. Emotional problems are common in diabetes with 1 in 4 people reported to have severe diabetes distress and 1 in 2 reported to have depressive/anxiety symptoms. Emotional problems are associated with reduced diabetes self-care, unhealthy eating patterns and sleep problems, elevated HbA1c and impaired quality of life. Emotional care is often overlooked but essential for health and wellbeing.

Strategies can help the person with diabetes to navigate life and cope with the impact of COVID-19 include:

- > Looking after their physical health
- > Stay connected
- > Develop new routines
- > Take breaks
- > Reach out to others.

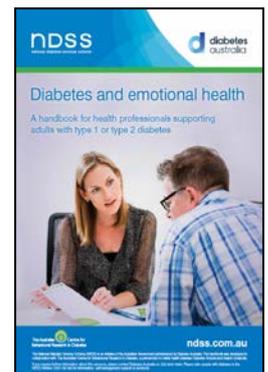


Behavioural signs of distress	Emotional signs of distress	Physical signs of distress
<ul style="list-style-type: none"> > avoiding self-care or appointments > withdrawal from work or social activities > eating problems > conflicts with friends or family > sexual health problems. 	<ul style="list-style-type: none"> > loss of interest in activities > feeling overwhelmed by diabetes self-care > feeling defeated or helpless > persistent worrying or irritability. 	<ul style="list-style-type: none"> > recurrent diabetic ketoacidosis > unexplained blood glucose fluctuations.

Health professionals who specialise in diabetes are well placed to offer basic emotional support. The NDSS [Diabetes and Emotional Health](#) handbook, offers evidence-based, clinically informed, practical information. Further information is also available at the [Head to Health](#) website and Beyond Blue has launched a [dedicated coronavirus online and phone support service](#).

However, psychologists mental health nurses, social workers and psychiatrist specialise in emotional care and can provide ongoing support.

Referral to a psychologist should be discussed if the person with diabetes is observed or reports persistent behavioural, emotional or physical distress or obtains a high score on the Problem Areas in Diabetes (PAID) Scale or the Patient Health Questionnaire-2 (PHQ-2).



Type1Screen

Type1Screen provides islet autoantibody testing to families living with type 1 diabetes.

The screening test detects autoantibodies which are highly sensitive and specific markers are:

- > insulin (IAA)
- > glutamic acid decarboxylase (GAD)
- > insulinoma antigen-2 (IA2)
- > zinc transporter-8 (ZnT8).



In children, the 5-year risk of developing type 1 diabetes is 8% if only one autoantibody is present. The risk increases to 40% if two or more antibodies are detected. If glucose intolerance is also present, the risk increases to 60%.

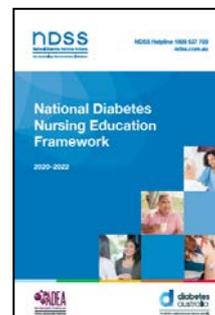
A blood test for antibodies clarifies whether a person is at risk of developing type 1 diabetes. A negative test provides reassurance that the risk of diabetes is low. Two or more positive tests signal a need to look out for symptoms of diabetes so that insulin treatment can be commenced. Early detection of type 1 diabetes through antibody screening has been shown to decrease psychological stress and the risk of diabetic ketoacidosis.

For more information, visit the [Type1Screen](#) website.

National Diabetes Nursing Education Framework

The National Diabetes Nursing Education Framework 2020-2022 had been developed by the Australian Diabetes Educators Association (ADEA) and funded through the National Diabetes Services Scheme (NDSS).

It is a competency framework that aims to guide development of a skilled nursing workforce, capable of providing a high standard of diabetes care. Alongside the framework, there is an implementation guide for workplaces and universities.



A package of free online learning modules that support the framework is also available and are designed to support nurses achieve foundation level knowledge identified in the framework.

To access the document, visit the [NDSS](#) website and to access the online learning modules, visit the [NDSS Health Professional Online Portal](#).

Useful resources

ADIPS Guideline for Pre-existing Diabetes and Pregnancy

The Australasian Diabetes in Pregnancy Society Guideline for Pre-Existing Diabetes in Pregnancy describes the management of women with pre-existing type 1 diabetes and type 2 diabetes in relation to pregnancy and provides practical guidance in preconception, antepartum, intrapartum and postpartum care. This consensus based guideline will be published in Australian and New Zealand Journal of Obstetrics and Gynaecology in December 2020, however it is now available in free access via the ADIPS website via <http://www.adips.org>

ADS Type 2 Diabetes Treatment Website

The Australian Diabetes Society has updated the Type 2 Diabetes Management Algorithm to reflect the new studies reported at the European Society of Cardiology 2020.



Treatment needs to be individualised for the person with diabetes and should start with selection of the appropriate glucose and glycated haemoglobin targets, taking into account life expectancy, and the wishes of the person with diabetes.

For most people, early use of glucose lowering therapies is warranted. The range of available therapies has made the clinical pathway for treating diabetes more complicated. However, the ADS have developed the [T2D Treatment](#) website which offers the algorithm, evidence and online treatment plan for easy access.

Type 2 Diabetes and Me

A free online course developed by the National Diabetes Services Scheme (NDSS) offers people with type 2 diabetes a number of short modules that aim to provide information, support and resources.

For further information and registration, visit the [NDSS](#) website.



Calendar dates

Australian Diabetes Congress – will be held in Brisbane, Queensland from the 9th – 13th August 2021. For further information, visit the [ADC](#) website.

Australian Diabetes in Pregnancy Society and SOMANZ Annual Scientific Meeting – rescheduled to the 23rd – 25th July 2021 at the Hotel Grand Chancellor, Hobart. For further information, visit the [ADIPS](#) website.

38th CRANApplus Conference – For further information and to join the mailing list, visit the [CRANApplus](#) website.

Australian Paediatric Endocrine Group Annual Scientific Meeting – rescheduled to the 21st – 24th November 2021 in the Mornington Peninsula, Victoria. For further information, visit the [APEG](#) website.

International Diabetes Federation Complications Congress – will be held in Bangkok, Thailand from the 6th – 9th December 2021. For further information, visit the [IDF](#) website.

Professional development and scholarships

Australian College of Nursing (ACN) and SA Health Nursing & Midwifery Scholarships

The ACN and SA Health Scholarships aim to support nurses and midwives to explore best practice and translate evidence into sustainable outcomes. A number of scholarships are available at [Nursing & Midwifery Office - SA Health](#) website.

Webinars, online training modules and podcasts

ADS Conference Connect offer numerous webinars which can be viewed 'live' or retrospectively. For further information, visit the [ADS Webinars](#) webpage.

ADEA Online Training Modules and Podcasts offer updates and research in the areas that are relevant to best practice in diabetes management, diabetes care and diabetes education. To access these presentations and past programs, visit the [ADEA](#) website.

Diabetes SA Research Funding

Applications are invited from health professionals and researchers to support new or continuing research across all diabetes research areas. Projects are expected to be completed within a two-year period and three grants of \$100,000 each are available. Applications open 1st November and close 18th December 2020. For further information, visit the [Diabetes SA](#) 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 – Tuesday 29th December 2020 – Monday 25th January 2021.

Barbara – Thursday 24th December 2020 – Thursday 14th January 2021.



Contact us

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