

VOLUME 17, ISSUE 4 | December 2022

# Diabetes Update

## RSS Diabetes Service

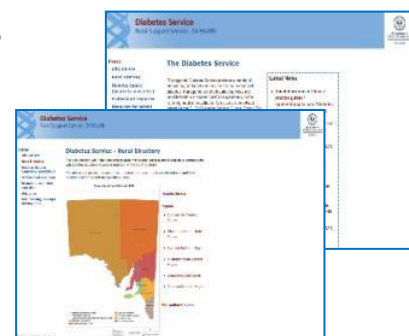
Welcome to the December issue of Diabetes Update. This newsletter is designed to keep our partners in health up-to-date on diabetes related information, our activities and accomplishments.

We welcome 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.

## Information systems for professionals and consumers

### Website

The [Diabetes Service](#) website offers access to a rural directory of key regional Local Health Network diabetes service contacts, policies, guidelines and professional and consumer resources.



### Clinical resources and consumer factsheets

Education resources for people with diabetes that have been developed by the Diabetes Service are available on [Regional Health Hub Intranet](#) and our [Diabetes Service](#) website.

The following protocols and medical record charts have been updated. Click on the title to download.

1. [Continuous Subcutaneous Insulin Infusion \(CSII\) in people with diabetes in the inpatient setting - Protocol](#)
2. [CSII \(Insulin pump\) Inpatient rate record chart \(MR-CIR\) - Example](#)
3. [CSII \(Insulin pump\) Outpatient rate record chart \(MR-COR\) - Example.](#)

The following factsheets updated by the Central Adelaide Local Health Service and now available are:

1. [Carbohydrate serves/exchanges](#)
2. [Goal setting](#)
3. [Major nutrient groups.](#)



## Staff Acknowledgement

### Jane Giles, Advanced Nurse Consultant, RSS Diabetes Service

Jane tendered her resignation with SA Health effective 17/02/2023. However, due to leave available, her last day with the RSS Diabetes Service was 21/11/2022.

Jane commenced working as a Diabetes Specialist Nurse in 1992 with St Peters Community Health Service, Adelaide. In 1996, Jane achieved Australian Diabetes Educators Association (ADEA) credentialing.

Jane has contributed to diabetes multidisciplinary teams at interstate, national and state association levels. Working in collaboration with universities and key organisations, Jane has published 20 articles, been the lead or associate researcher on 21 funded and unfunded diabetes projects and presented at 43 conferences.

Within country SA, Jane facilitated the establishment of the regional LHN Diabetes Specialist Nurses Network and demonstrated commitment to our First Nations People through the provision of clinical services via the Kakarrara Willurrara Health Alliance, Tullawon Health Service and Oak Valley Health Service.

Jane is most proud of being *'part of the movement to strengthen nursing and diabetes education as advanced practice'* and encourages her colleagues to *'stay true to the community of people with diabetes'* and to remember to question when asked to do something differently *'how does this help the person with diabetes?'*

We thank Jane for sharing her enthusiasm and expertise in diabetes education and clinical care. We also offer our best wishes to Jane and her family for their future.

## General Information

### World Diabetes Day

Monday 14 November 2022 marked World Diabetes Day. The theme for World Diabetes Day 2021-23 is *Access to Diabetes Care*. The focus of the campaign is access to diabetes education, with the slogan *'Education to protect tomorrow'*.

The 2022 campaign specifically focused on the need for better access to quality diabetes education for people living with diabetes and healthcare workers. A selection of materials was made available and includes:

- > [Blue circle selfie app](#), [web banners and social visuals](#)
- > [Infographics](#), [logo](#), [merchandise](#), [posters](#)
- > [Toolkit](#), [understanding diabetes](#) (free online education platform) and [videos](#).



### Therapeutic Goods Association (TGA) Medicine Shortages

An important function of the Therapeutic Goods Administration (TGA) is to monitor and respond to current and anticipated medicine shortages. A 'reportable medicine' is one for which shortages must be reported to the TGA and are prescription medicines (schedule 4 and schedule 8) and non-prescription medicines included in a legislative instrument.

Health professionals play an important role in assisting consumers to access medicines when there is a shortage. There are a number of options that are available to assist you in your role and include:

- > contacting supplier or alternative supplier
- > search the TGA database [medicine shortage reports database-external site](#). You can search 'ALL medicine shortages', or just 'CRITICAL' shortages. Please note that 'CRITICAL' shortages are a subset of all medicine shortages and a medicine may not appear in those results, even if it is in our database
- > search the TGA [Section 19A approvals database](#) to check if there is an alternative medicine available to prescribe, supply or administer for the duration of the shortage.

The TGA also invite health professionals to [subscribe to the medicine shortages email alert service](#) to receive email notifications of new and updated medicine shortages information.

### National Diabetes Services Scheme (NDSS) Product Shortages

Due to significant flooding events and associated road closures nationally, there may be delayed NDSS product delivery to some community pharmacies. In addition, a number of NDSS products have been identified as having limited availability or are out of stock including:

- > NovoFine 32-gauge 4mm pen needles (NDSS code #165) and 32-gauge 6mm pen needle (NDSS code #150)
- > BD Micro-Fine™+ 6mm Pen Needle (NDSS code #340)
- > Unifine Pentips 31G x 5mm (NDSS Code #235) and 31G x 6mm (NDSS Code #213)
- > Unifine Pentips 29G x 12mm (NDSS Code #215)
- > Unifine Pentips Plus 31G x 5mm (NDSS Code #298) and Pentips Plus 31G x 6mm (NDSS Code #296)

- > Medtronic Guardian Link 3 Transmitter (NDSS Code #935) and the Medtronic Bluetooth Guardian Link 3 transmitter (NDSS Code #965).

People with diabetes are encouraged to place an order for these products with their preferred NDSS community pharmacy to have access as soon as they become available.

## United States of America (USA) Food and Drug Administration approves teplizumab

The USA Food and Drug Administration (FDA) has approved teplizumab to delay the onset of type 1 diabetes in adults and children aged eight years and older. Otherwise known as Tzield, is administered by intravenous infusion once daily for 14 consecutive days, may deactivate the immune cells that attack insulin-producing cells, while increasing proportion of cells that help moderate the immune response.

Teplizumab's safety and efficacy were evaluated in a randomized, double-blind, event-driven, placebo-controlled trial with 76 people with stage 2 type 1 diabetes. The primary measure of efficacy was the time from randomization to development of stage 3 type 1 diabetes diagnosis. The trial results showed that over a median follow-up of 51 months, 45 per cent of the 44 people who received teplizumab were later diagnosed with stage 3 type 1 diabetes, compared to 72 per cent of the 32 patients who received a placebo.

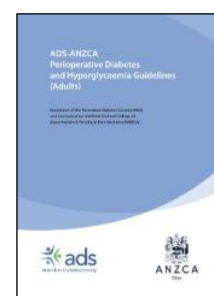
This landmark approval of teplizumab in the US is significant and it is hoped people with type 1 diabetes living in Australia will benefit from this medication as soon as is possible. Or further information, visit [USA FDA](#) website.

## Useful resources

### Australian Diabetes Society Perioperative Diabetes and Hyperglycaemia Guidelines (Adults)

The Australian Diabetes Society in collaboration with the Australian and New Zealand College of Anaesthetists & Faculty of Pain Medicine have released of the revised [guideline](#). The practical guideline are intended for all health professionals who are directly involved in the care of people undergoing surgery and addresses peri-operative diabetes management for adult elective surgery in non-pregnant patients, including:

- > referral from primary care and planning surgery
- > information regarding diabetes risk assessment, diabetes medications and complications
- > intra-operative care and monitoring
- > fluid management
- > returning to pre-operative medication and diet and
- > sample templates for referral or consumer information.



### American Diabetes Association (ADA) and the European Association for the Study of Diabetes (EASD) Management of hyperglycaemia in type 2 diabetes

The ADA and EASD has published new recommendations on how to improve equity of care and reviews on how social determinants of health impact the management of hyperglycaemia. The [consensus report](#) emphasizes the importance of weight loss and the use of evidence from randomised controlled trials on glucose-lowering medications to support evidence on losing and gaining weight. The revised consensus includes:

- > various recommendations on physical activity and behaviours across 24 hours including sleep
- > updates on glucose-lowering therapies: advice on the use of oral glucagon like peptide 1 (GLP-1) receptor agonists, higher doses of dulaglutide and semaglutide, the gastric inhibitory peptide (GIP)/GLP-1 receptor agonists class and combination GLP-1 receptor agonists and insulin
- > specific information on comorbid conditions, such as heart failure, heart disease and chronic kidney disease and
- > intersecting themes regarding person-centred care.

### Wellbeing Index for South Australia

The Wellbeing Index for South Australia monitors indicators of physical, mental, social/community and Aboriginal cultural wellbeing outcomes over time. For further information, visit the [Wellbeing SA](#) website.





## Calendar dates

**International Diabetes Federation Complications Congress** – will be held from the 5<sup>th</sup> – 8<sup>th</sup> December 2022 in Lisbon, Portugal. For further information pertaining to the virtual program available, visit the [IDF](#) website.

**11th International Symposium on Diabetes, Hypertension, Metabolic Syndrome and Pregnancy: Innovative Approaches in Maternal Offspring Health in Pregnancy** will be held from the 4<sup>th</sup> – 6<sup>th</sup> May 2023 in Thessaloniki, Greece. For further information, visit the [DIP2023](#) website.

**Australasian Diabetes Congress (ADC)** will be held from the 23<sup>rd</sup> – 25<sup>th</sup> August 2023 in Adelaide. For further information to be released, visit the [ADC](#) website for updates.

**Australian Diabetes in Pregnancy Society (ADIPS) Annual Scientific Meeting** will be held from the 25<sup>th</sup> – 27<sup>th</sup> August 2023 in Adelaide. For further information to be released, visit the [ADIPS](#) website for updates.

**39th CRANaplus Conference** will be held on the 4<sup>th</sup> – 6<sup>th</sup> October 2023 in Adelaide. For further information, visit the [CRANaplus](#) website.

**SOMANZ Annual Scientific Meeting** will be held from the 6<sup>th</sup> – 8<sup>th</sup> October 2023 in Adelaide. For further information, visit the [SOMANZ](#) website.

**ACNP National Conference** will be held from the 12<sup>th</sup> – 14<sup>th</sup> October 2023 in Sydney. For further information, visit the [ACNP](#) website.

**Australian Paediatric Endocrine Group Annual Scientific Meeting** will be held from the 19<sup>th</sup> – 22<sup>nd</sup> November 2023 in Melbourne. For further information, visit the [APEG](#) website.

Please note: the **7th Australasian Diabetes Advancements and Technologies Summit (ADATS)** and the **Best Practice in Diabetes Centres Meeting** hosted by the National Association of Diabetes Centres (NADC) is unconfirmed. Visit the [NADC](#) website for updates.

## Professional development and scholarships

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

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

### Webinars, online training modules and podcasts

Numerous webinars, online training modules and podcasts can be viewed 'live' or retrospectively are offered by the ADS, ADEA, National Association of Diabetes Centres (NADC), National Prescribing Service (NPS) and Pharmacia. For further information, visit the:

- > [ADS](#) website and go to the ADS Conference Connect webpage to register
- > [ADEA](#) website and the
- > [NADC](#) website.



## Merry Christmas – A Happy & Safe New Year to You

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 RSS Diabetes Staff will take some leave during this time, but will return to work on Tuesday 3<sup>rd</sup> January 2023.

## For more information

### Rural Support Service Diabetes Service

PO Box 3017, Rundle Mall  
ADELAIDE SA 5000

Email: [Health.DiabetesService@sa.gov.au](mailto:Health.DiabetesService@sa.gov.au)

[www.chsa-diabetes.org.au](http://www.chsa-diabetes.org.au)

[www.sahealth.sa.gov.au/regionalhealth](http://www.sahealth.sa.gov.au/regionalhealth)

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