

VOLUME 18, ISSUE 4 | DECEMBER 2023

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 resources are now available. Click on the title to download.

1. [SGLT2 inhibitors - Diabetes - Factsheet](#)
2. [Self-care Checklist and Goal Setting Action Plan](#)
3. [Starting Insulin Action Plan](#)

General Information

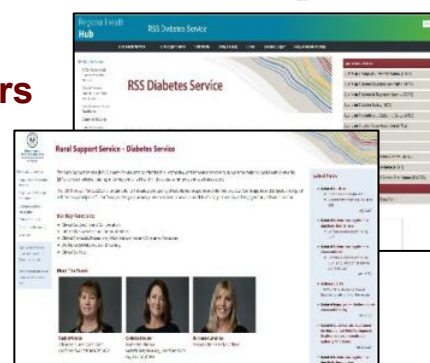
World Diabetes Day (WDD)



World Diabetes Day (WDD) was created in 1991 by International Diabetes federation and the World Health Organisation in response to growing concerns about the escalating health threat posed by diabetes. WDD became an official United Nations Day in 2006 and it is marked every year on the 14th November, the birthday of Sir Frederick Banting, who co-discovered insulin along with Charles Best in 1922.

WDD is the world's largest diabetes awareness campaign reaching a global audience of over 1 billion people in more than 160 countries.

This year, the WDD campaign focused on ensuring that people with diabetes have access to information and care to prevent diabetes-related complications, and that people at risk of type 2 know the steps to delay or prevent the condition. The slogan was 'Know your risk, know your response'. Resources that were available and can continue to be used are the [type 2 diabetes risk assessment tool](#), the [visual assets](#) and the Instagram [blue circle](#) filter.





Semaglutide (Ozempic®) Shortage

NovoNordisk Pharmaceuticals advised the Therapeutic Goods Administration (TGA) and the Ozempic Medicines Shortage Action Group (MSAG) that very limited supplies of Ozempic® 0.25/0.5mg would be available before the end of 2023 and there would be intermittent supply of all strengths of Ozempic® in 2024. The advice of the MSAG for health care professionals are:

- > do not initiate new patients on Ozempic® unless there are no suitable alternatives or there is a compelling reason to do so.
- > for patients who are already prescribed Ozempic®, consider if they can be changed to an alternative as continuous supply cannot be guaranteed.
- > pharmacy supplies should be conserved for patients who are stabilised on Ozempic® who have no other treatment options.

General recommendations for people with diabetes are:

- > monitor and record glucose levels closely in times when access to Ozempic® is restricted.
- > if once (1) dose is missed and less than 5 days have passed, take usual dose as soon as possible. If more than 5 days have passed, skip that dose, and restart the next dose on usual schedule.
- > if two (2) doses are missed, take usual dose as soon possible.
- > if three (3) or more doses are missed, usual dose to be lowered for 4 weeks before returning to usual dose.
- > if on other diabetes medications, seek medical advice as other diabetes medicines may need to be titrated and to obtain another prescription.
- > if hyperglycaemic, refer to individualised Hyperglycaemia Action Plan and seek medical advice.
- > if BG greater than 15.0mmol/L for more than 24 hours OR blood ketones present OR symptoms of drowsiness, confusion, breathing difficulties OR severe abdominal pain OR vomiting persists for more than 4 hours OR unable to self-care and support person unable to assist, present to the nearest Emergency Department.

Further information is available at [TGA](#) website.

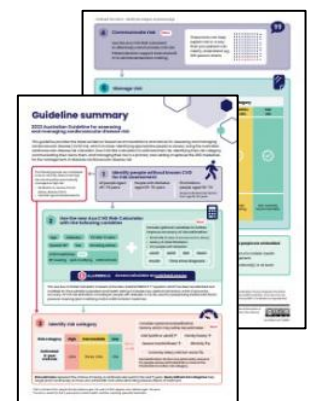
Australian Guideline for assessing and managing cardiovascular disease risk

The 2023 Australian Guideline for assessing and managing cardiovascular disease risk guideline provides the latest evidence-based recommendations and advice for assessing and managing cardiovascular disease (CVD) risk and involves:

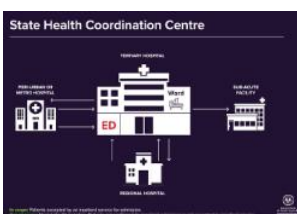
1. identifying appropriate people to assess
2. using the [Australian cardiovascular disease risk calculator](#) to estimate the risk
3. identifying risk category
4. communicating risk to the person
5. and managing the risk in a primary care setting.

CVD risk assessment is recommended for individuals without known atherosclerotic cardiovascular disease who are aged 45 – 79 years. However, CVD risk assessment is recommended in First Nations people aged 30 – 79 years (assess individual risk factors 18 – 29 years) and in for people with diabetes aged 35 – 79 years.

People with moderate-to-severe chronic kidney disease (CKD) and familial hypercholesterolaemia are to be considered to be *high risk* and should be automatically managed as such.



Statewide Interfacility Transfer Process (SIFT)



SA Health's newly established *Statewide Interfacility Transfer Process (SIFT)* supports the transfer of people accepted for admission in public hospitals and other health services – including return to regional hospitals and rehabilitation care. *SIFT* has been developed to reduce strain on emergency departments, increase admission efficiencies, and facilitate return closer to home sooner.

Further information is available on the [SA Health](#) website and intranet.

Useful resources

2023 Pre-Travel Consultation Guidelines



The [Travel Medicine Clinical Guidelines Australia and New Zealand](#) (2023) recommends pre-travel consultation for identifying travel related risks for the individual (both specific and general), educating the traveller about specific travel hazards and providing prevention strategies such as vaccinations, medications and other recommendations that may be useful.

This resource lists people with diabetes as travelers who have a 'higher risk of infections or ill health whilst travelling'. Ideally, the traveller should have a pre-travel medical consult 4 – 6 weeks prior to travel to ensure sufficient time to provide health information, receive vaccinations required and optimise any health conditions. However, the guideline also offers tips for the 'last-minute traveller'.

Better Health Coaching Service

The new [Better Health Coaching Service](#) has replaced the *Get Healthy* program. *Better Health* is a confidential telephone coaching service for South Australians (aged 18 – 74 years with a body mass index greater than or equal to 27) to be active, eat well and reduce the risk of chronic disease. The free Wellbeing SA program links participants with a health professional who provides up to 10 free coaching calls over six months to support a person to:

- > learn about nutrition
- > find ways to increase their levels of physical activity
- > make healthy choices at the supermarket
- > find ways to reduce their alcohol intake.

Sleep Health

Seven to eight hours sleep is generally considered normal in the adult population. Sleeping less than six to seven hours per night has been shown to increase risk of obesity, type 2 diabetes and heart disease. People with diabetes often report poor sleep. Without enough sleep, people with diabetes are more likely to have problems with thinking, concentration, memory, reaction time and mood, all of which make it harder to perform daily tasks and increases the risks of mistakes, accidents and hyperglycaemia.



The [Sleep Health Foundation](#) advocate for healthy sleep and offer a wealth of information, why not start with [Ten Tips for a Good Night's Sleep](#).

Baby Steps Program



The National Diabetes Service Scheme (NDSS) [Baby Steps](#) program supports women who have had gestational diabetes during pregnancy, to make healthy choices. It is designed to empower women to implement lifestyle changes and reduce the risk of type 2 diabetes. The online program requires NDSS registration and includes short videos, learning sessions and interactive activities to explore food choices, physical activity, stress and medications and:

- > set personalised goals
- > track steps or active minutes
- > track blood pressure, cholesterol, weight and waist measurements
- > share stories and learn from other mums through the community support chat forum.

MyDesmond

The NDSS [MyDesmond](#) program is designed to empower people with type 2 diabetes (over 18 years of age) and is an adjunct to face to face training. The online program requires NDSS Registration and includes short videos, learning sessions and interactive activities to provide information on type 2 diabetes, health, diet and exercise and:

- > set personalised goals
- > track steps or active minutes
- > track HbA1c, blood pressure, cholesterol, weight and waist measurements
- > access online community and chat forums.



Calendar dates

8th Australasian Diabetes Advancements and Technologies Summit (ADATS) will be held on the 20th August 2024 in Perth. Further information to be released, visit the [NADC](#) website for updates.

Australasian Diabetes Congress (ADC) will be held from the 21st – 23rd August 2024 in Perth. 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 23rd – 25th August 2024 in Perth. For further information to be released, visit the [ADIPS](#) website for updates.

Australian Paediatric Endocrine Group Annual Scientific Meeting will be held from the 3rd – 6th November 2024 in Canberra. For further information, visit the [APEG](#) website.

ACNP National Conference will be held from the 6th – 8th November 2024 in Cairns. For further information, visit the [ACNP](#) website.

41st CRANAplus Conference details yet to be released. Please visit the [CRANAplus](#) website.

The Best Practice in Diabetes Centres Meeting details yet to be released. Please visit the [NADC BPDC](#) website.

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.

Clinical Specialisation Program

The [SA Health Nursing and Midwifery Skills and Training Package \(Clinical Specialisation Program\)](#) offers Registered Nurses and Midwives the opportunity to undertake a new accelerated pathway into post graduate clinical specialisation. Scholarships are offered across a variety of clinical specialty streams.

Diabetes Connekt

[Diabetes Connekt](#) is an online platform that facilitates a connection between health care professionals and the sharing of information, knowledge and learn.

Webinars, online training modules and podcasts

Numerous webinars, online training modules and podcasts can be viewed 'live' or retrospectively by the:

- > Australian Diabetes Society - go to the [ADS](#) website and Conference Connect webpage to register
- > Australian Diabetes Educator's Association - [ADEA](#) website and the
- > National Association of Diabetes Centres - [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 Monday 8th January 2024.

For more information

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www.sahealth.sa.gov.au/regionalhealth

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