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Diabetes Services Update

Rural Support Service

Welcome to our December issue of the Diabetes Update. This quarterly publication, produced by the Rural Support Service (RSS) Diabetes Service, is designed to keep our partners in health up-to-date on diabetes related information and our relevant activities and accomplishments.

We welcome your input and would be delighted to hear of any service improvement activities and staff achievements or any new ideas you may have that we can include in our next edition via the [Subscriber Feedback Form](#).

Our information systems for professionals and consumers

Clinical resources and consumer factsheets

A variety of resources for clinicians and people with diabetes that have been developed by the RSS 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. [Insulin Pump Failure - Action Plan](#)
2. [Starting Basal Bolus Insulin - Action Plan](#)
3. [Starting Blood Glucose Monitoring - Action Plan](#)
4. [Diabetes Assessment and Education - Protocol](#)
5. [Regional LHN Diabetes Referral Pathway - Adults with type 1 diabetes](#)
6. [Regional LHN Diabetes Referral Pathway - Adults with type 2 diabetes](#)
7. [Regional LHN Diabetes Referral Pathway - Adults with type 2 diabetes – insulin initiation and stabilisation](#)
8. [Regional LHN Diabetes Referral Pathway - Children and young people with type 1 diabetes](#)
9. [Regional LHN Diabetes Referral Pathway - Children and young adults with type 2 diabetes](#)
10. [Regional LHN Diabetes Referral Pathway - Women with gestational diabetes mellitus \(GDM\)](#)
11. [Regional LHN Diabetes Referral Pathway - Women with pre-existing diabetes from pre-conception to post partum](#)



Diabetes Service Website

The Rural Support Service (RSS) has recently reviewed its content on a number of websites and has recommended that the [Diabetes Service](#) website content be transitioned to the RSS section of the SA Health website so that information about services provided by the RSS is available in the one place.



Information will be posted on the website home page and emails to our individual subscribers before the [Diabetes Service](#) website is decommissioned on the 31/12/2024.



World Diabetes Day

World Diabetes Day was on 14th November 2024 and marked the beginning of a new three-year theme: **Diabetes and Well-being**.

A Diabetes [Well-being Survey](#) and campaign resources including infographics, posters and web banners can be accessed via the [World Diabetes Day](#) website.

Latest News

Farewell Jack 'John' Willis, CDE-RN

In October 2024, we said goodbye to John 'Jack' Willis. Jack commenced his training as a registered nurse in Ballarat, Victoria. In 1982, he moved to the Yorke Peninsula, South Australia and commenced employment as a community nurse. Jack was first credentialled with Australian Diabetes Educator's Association in 1995. In the past 29 years, Jack has worked as diabetes specialist nurse (CDE-RN) in Wallaroo Hospital and Health Service, Yorke and North Local Health Network (YNLHN).

Jack is grateful for the opportunity to be part of the community nursing team and feels most proud of his role in helping people with diabetes improve their health and sharing their joy and smiles when they achieve and succeed. In his retirement, he can be found 'fishing at the end of one of the many beautiful YNLHN jetties'.



We thank Jack for his enthusiasm in diabetes education and clinical care and for his compassion. We also offer our best wishes for Jack and his family for their future.

Changes to the Novo Nordisk® Insulin Portfolio

Novo Nordisk Pharmaceuticals has recently advised that they will be consolidating their insulin portfolio globally. The rationale is part of their global strategy and is not a result of any safety, efficacy or quality-related concerns. The adjacent table identifies several changes by:

- > insulin generic and brand names
- > insulin presentations to be discontinued (e.g. penfills, vials, devices)
- > anticipated end dates of product supply
- > insulin presentations remaining.

Please refer to the NovoNordisk Pharmaceuticals [Upcoming Changes to Novo Nordisk Insulin Portfolio](#) Notification. Any enquiries can be directed to Novo Nordisk's Medical Information Team via email at aunrccc@novonordisk.com or by phone on 1800 668 626. The Therapeutic Goods Administration (TGA) also offer information on the [TGA](#) website.

Counterfeit Ozempic Delivery Devices

The TGS in collaboration with the Australian Border Force, has detected counterfeit Ozempic-labelled pens in Australia, with one report of a life-threatening adverse event in Australia after a person used counterfeit pen labelled as Ozempic that contained insulin. This pen was bought overseas.

Counterfeit pens may pose significant health risks, as their content and quality are unknown. Healthcare professionals are urged to be vigilant when prescribing or administering Ozempic and to ensure products are sourced from authorised suppliers. Any suspicious products or adverse events should be reported to the TGA immediately to safeguard consumers and maintain product integrity. For more details, visit the [TGA](#) website.

Medicare Benefits Schedule (MBS) Items for Chronic Disease Management

Changes to the Medicare Benefits Schedule (MBS) items for chronic disease management have been deferred by the Department of Health and Aged Care. From 01/07/2025, MBS items will be changing to:

- > replace the current General Practice (GP) Management Plan and Team Care Arrangements with a single GP Chronic Condition Management Plan
- > support continuity of care by requiring people with diabetes registered for MyMedicare to access management plans through the practice where they are registered. People with diabetes who aren't registered will be able to access management plans through their usual GP
- > encourage management plan reviews by equalising the fees for developing / reviewing plans and requiring people with diabetes to have their plan established/reviewed in the last 18 months to ensure access to services
- > formalise referral processes for allied health services so they are more consistent with other referral arrangements
- > ensure people with diabetes do not lose access to their current services through transition arrangements for existing patients with GP Management Plans and Team Care Arrangements.

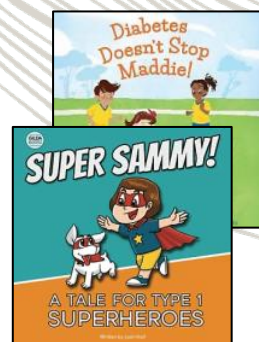
For further information, visit the [Australian Government Department of Health and Aged Care](#) website.

Useful resources

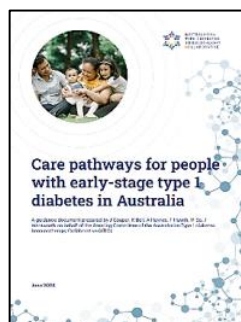
JDRF - 21 Best Kids Books about type 1 diabetes

The Juvenile Diabetes Research Foundation (JDRF) is the leading supporter of type 1 diabetes research in the world and offer many clinical and consumer resources to assist in the management of diabetes.

To assist with managing the emotional aspects, JDRF has recently listed 21 children's books which are a fantastic way to engage children or young adults, families and/or friends to learn more and communicate. To access the list and learn more, visit the [JDRF](#) website.



Care pathways for people with early-stage type 1 diabetes in Australia



The Australasian Type 1 Diabetes Immunotherapy Collaborative [Care pathways for people with early stage type 1 diabetes in Australia](#) outlines the management of pre-symptomatic type 1 diabetes has become a focus of international guidelines and research, with screening programs established to identify those in the early stages.

The document emphasises three primary goals for monitoring early-stage type 1 diabetes:

1. preventing diabetic ketoacidosis (DKA)
2. smoothing the transition to clinical T1D diagnosis
3. providing access to disease modifying therapies.

Various methods of monitoring (e.g. random glucose testing, continuous glucose monitoring and HbA1c) and frequency recommendations vary based on age and the number of persistent islet autoantibodies detected, ranging from 3 months to annual are offered.

Sleep and diabetes

Sleep has a profound effect on brain function and is critical for the growth of new brain cells and formation of new connections. We can usually tell if we are sleeping enough by how well we function during the day. Interestingly, over-sleeping can have a similar impact on our health to under-sleeping. Seven to eight hours sleep is generally considered normal in the adult population.

Diabetes Australia offer further information on sleep, diabetes and age-specific sleeping guidelines. Please visit the [Diabetes Australia](#) website.

Aged Care Quality Standards

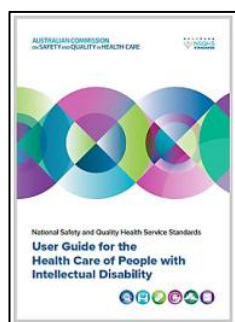
In 2025, the Aged Care Commission will release revised *Strengthened Aged Care Quality Standards* in line with the new *Aged Care Act*.

The 7 new standards are the person, the organisation, care and services, the environment, clinical care, food and nutrition and the residential community.

For further information and prepare for the new *Strengthened Aged Care Quality Standards* and *Aged Care Act*, visit the [Australian Government Department of Health and Aged Care](#) website.



NSQHS Standards User Guide for the Health Care of People with Intellectual Disability



The Australian Commission on Safety and Quality in Health Care have recently released the National Safety and Quality Health Service Standards (NSQHS) [User Guide for the Health Care of People with Intellectual Disability](#) in response to significant evidence of poor health outcomes for people with intellectual disability in Australia's health system. The User Guide includes:

- > specific NSQHS Standards and Actions to ensure systems of clinical governance and person-centred approaches are in place
- > suggested evidence-based strategies for improvement
- > resources to support the strategies
- > summaries on key issues affecting the health care of people with intellectual disability.

Calendar dates

International Diabetes Federation Congress will be held from the 7th – 10th April 2025 in Bangkok. For further information, visit the [IDF](#) website.

4th International Indigenous Health and Wellbeing Conference will be held from the 16th – 19th June 2025 in Kaurna Country, Adelaide. For further information, visit the [Lowitja Institute](#) website.

Australian and New Zealand Society for Paediatric Endocrinology and Diabetes Annual Scientific Meeting will be from the 3rd – 6th August 2025 in Port Douglas, Queensland. Website will be available late 2024.

9th Australasian Diabetes Advancements and Technologies Summit (ADATS) will be held on the 19th August 2025 in the Gold Coast, Queensland. For further information, visit the [NADC](#) website.

Australasian Diabetes Congress (ADC) will be held from the 20th – 22nd August 2025 in the Gold Coast, Queensland. For further information, visit the [ADC](#) website.

18th National Rural Health Conference – details for 2025 to be announced, monitor the [Rural Health](#) website.

Australian College Nurse Practitioners National Conference – details for 2025 to be announced, monitor the [ACNP](#) website.

The Society of Obstetric Medicine of Australia and New Zealand (SOMANZ) in conjunction with the **Australasian Diabetes in Pregnancy Society (ADIPS)** will hold a Joint Scientific Meeting from 10th -12th October 2025 in Auckland, New Zealand. For further information, visit the [ADIPS](#) 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 [SA Health Nursing and Midwifery](#) website.

Australian Diabetes Educator's Association (ADEA) Micro credentialling

Micro credentials are targeted certifications that validate specific competencies or skills. Two courses, one focused on insulin pump therapy, the other on continuous glucose monitoring systems are currently available. For further information, visit the [ADEA](#) website.

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.

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 2nd January 2025.



For more information

Rural Support Service

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