

Diabetes Update

RSS Diabetes Service

Welcome to the June 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.

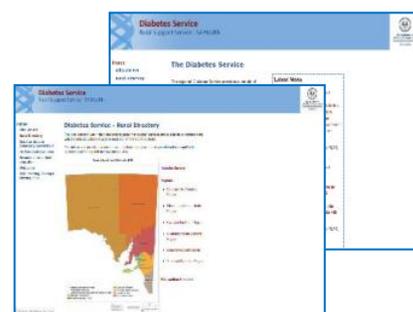
The following factsheet has been updated. Click on the title to download.

1. [Diabetes Assessment and Education - Protocol](#)
2. [Diabetes in Pregnancy Assessment Form \(MR-DIP\) - Example](#)
3. [Diabetes Assessment Form \(MR-DAF\) - Example](#)
4. [Hyperglycaemia Protocol: Basal Bolus Insulin Chart \(MR62A\)](#)
5. [Hyperglycaemia Protocol and Basal Bolus Insulin Chart \(MR62A\) - Example](#)
6. [Low blood in type 1 diabetes \(hypoglycaemia\) – Fact sheet](#)
7. [Low blood in type 2 diabetes \(hypoglycaemia\) – Fact sheet](#)
8. [Starting insulin in type 2 diabetes – Fact sheet](#)

General Information

Regional Local Health Networks (rLHN) Diabetes Educators Workshop

The rLHN Diabetes Educators Workshop held on the 20th and 21st May 2021 at the Education Development Centre, Hindmarsh. Following the 2020 workshop being held via videoconference, this face to face event was eagerly anticipated and well attended by 34 rural and remote Credentialed Diabetes Educators (CDE) and Diabetes Educators (DE).



The program offered presentations on the Australian Diabetes Society, Ambulatory Glucose Profiles, Pre-existing diabetes in pregnancy, Insulin initiation and change, Euglycaemic Ketoacidosis and SGLT2 inhibitors, the National Disability Insurance Scheme and the Aboriginal Family Birthing Program. The rLHN CDEs and DEs were also given the opportunity to present a case study and the subsequent discussions raised a number of practical aspects for assessment, education and treatment planning and clinical review requirements.

The evaluation identified that the program was well received, highly relevant to clinical practice and 'aspects of practice' that will be actioned as a result of attendance.



Farewell Karen Toft

In April 2021, we said goodbye to Karen Toft, CDE-RN. Karen has worked as a Registered Nurse for 45 years and from 2008 as a diabetes specialist nurse at Ceduna, Eyre and Far North (EFN) LHN.



In the past 13 years, Karen feels proud to have provided diabetes services as a solo practitioner in primary, secondary and tertiary health and coordinate aboriginal services whilst collaborating with a variety of agencies.

Karen is humbled and grateful for being a part of rLHN network as she has 'learnt and grown so much from each and every one' of her colleagues. She appreciated the challenges faced and the 'unconditional support' she received to work through them.

Karen has since transitioned to the EFN LHN COVID 19 Vaccination Team and has plans for retirement in December 2021. We thank Karen for her enthusiasm and expertise in diabetes education and clinical care. We also offer our best wishes for her future.

SAHMRI Foot Complications Project

The Eyre & Far North Foot Health Alliance has now been established and will be meeting regularly. Part of the initial work has been consulting with Aboriginal communities.

We were invited to attend the Yadu Health Service community day in April together with partnership organisations, University of SA Rural Health School and the Aboriginal Health Council SA. The Alliance will support the implementation of foot health training, referral pathways and quick response strategies in the region to reduce the impact of diabetes foot complications in Aboriginal communities.

Aboriginal health organisations involved include Pt Lincoln Aboriginal Health Service, Tullawon Health Service, Oak Valley Health Service and Umoona Tjutagku Health Service.



COVID 19 Pandemic Update

The Department of Health has confirmed diabetes as a 1b priority group. People living with diabetes can attend their usual GP if it is a vaccine site. However, if the person is visiting a vaccination site that is not located at their usual GP, then there are a few options which can prove eligibility by:

- a referral letter from their CDE, GP or other health practitioners
- their NDSS card
- or their prescription of diabetes medication/s used.

On 8 April 2021, the Australian Government released [new advice regarding the safety of the AstraZeneca coronavirus vaccine](#).

Pfizer is now the preferred vaccine in people under 50 years of age because of the very small risk of blood clots associated with the AstraZeneca vaccine. There is no current data which identifies one vaccine is more effective (than the other) in people with diabetes. Both vaccines are incredibly effective at preventing severe disease. All people living with diabetes should consult their CDE, GP or health professional to determine the appropriate vaccine for them.

The Australian Government also offers funding for medicine home delivery services. Vulnerable and at-risk people, including those isolating themselves at home, people over 70 and people with chronic health conditions (e.g. diabetes) are eligible for the free delivery service from participating pharmacies.

Some participating pharmacies may be able to add products subsidised through the NDSS to home delivery of medicines. People with diabetes are encouraged to check with their local community pharmacy to see if this service is available.

Useful resources

American Diabetes Association (ADA) Standards of Medical Care in Diabetes 2021

The ADA have long been a leader in producing evidence-based guidelines for diabetes care. With annual updates since 1989, the 2021 update offers information on new research, technology and treatments that can improve the health and well-being of people with diabetes.

The following sections have been revised: health promotion, classification and diagnosis, prevention and delay of type 2 diabetes, medical evaluation and assessment of comorbidities, facilitating behavior change, glycaemic targets, technology, obesity management, cardiovascular disease and risk, microvascular complications, older adults, children and adolescents, diabetes in pregnancy, diabetes care in hospital and advocacy

Regarding pharmacological approaches, a revised dedicated decision pathway for type 2 diabetes reflects expert consensus in the use of sodium glucose co transporter 2 (SGLT2) inhibitors (in heart failure and kidney disease), glucagon-like peptide-1 (GLP-1) receptors (for weight loss) and the assessment of adequacy of insulin dose/s.

The ADA Standards of Medical Care in Diabetes can be access via the [ADA Diabetes Care](#) website.

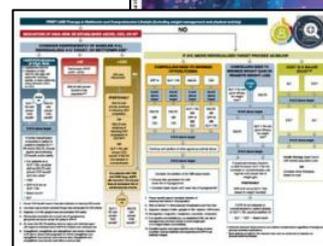
National Health and Medical Research Council (NHMRC) Alcohol Guidelines

The new NHMRC Alcohol Guidelines replace the previous version, published in 2009 and offer a review of the evidence on the harms and benefits of drinking alcohol.

Healthy adults drinking within the guideline recommendations have less than a 1 in 100 chance of dying from an alcohol-related condition. The guidelines recommend:

- healthy men and women drink no more than 10 standard drinks a week and no more than 4 standard drinks on any one day. The less you drink, the lower your risk of harm from alcohol.
- children and people under 18 years of age should not drink alcohol.
- to prevent harm from alcohol to their unborn child, women who are pregnant or planning a pregnancy should not drink alcohol. For women who are breastfeeding, not drinking alcohol is safest for their babies.

To access the guidelines and related resources, visit the [NHMRC](#) website.



National Diabetes Services Scheme (NDSS) MyDESMOND

DESMOND stands for Diabetes Education and Self-Management for Ongoing and Newly Diagnosed.



MyDESMOND is an adapted online version of the face-to-face DESMOND self-management workshop for people living with type 2 diabetes. The online program offers interactive learning, activity and health trackers (including HbA1c, weight/shape, blood pressure), daily goal setting and access to buddies and health professionals.

MyDESMOND is funded by the NDSS and is free to people with type 2 diabetes who have registered with the NDSS. For further information, visit the [MyDESMONDAUSTRALIA](https://www.ndss.gov.au/mydesmondaustralia) website.

Heart Foundation Heart Health Check Toolkit

Two-thirds of Australian adults are living with at least three cardiovascular disease (CVD) risk factors, such as elevated blood pressure, cholesterol and diabetes. CVD accounts for more than one in four deaths in Australia and accounts for over 1,600 hospitalisations each day.

The Heart Health Check Toolkit is the first preventative health assessment to incorporate absolute CVD risk calculation and facilitate assessment on an annual basis. It aims to assist general practices integrate the Heart Health Check into routine patient care.



To access the toolkit including the Australian absolute CVD risk calculator, assessment and management templates and patient resources, visit the [Heart Foundation](https://www.heartfoundation.org.au/heart-health-check-toolkit) website.

Calendar dates

[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.

[Australian Diabetes Congress](#) – will be held in Brisbane, Queensland from the 11th – 13th August 2021. For further information, visit the [ADC](#) website.

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

[National Closing the Gap First Nations Health Conference](#) – will be held in the Gold Coast, Queensland from the 22nd – 24th November 2021. For further information, visit the [Indigenous Conference Services](#) 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, including access to the online program, visit the [IDF](#) 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 and translate evidence into sustainable outcomes. A number of scholarships are available at [ACN](#) and [Nursing & Midwifery Office - SA Health](#) website.

Abbott Case Study Competition

ADEA members are invited to submit case studies which address contemporary issues in the practice of diabetes care, diabetes education and self-management involving the use of Flash Glucose Monitoring, Libreview, the AGP Report. Applications close 2nd July 2021. For further information, visit the [ADEA](#) website.

Webinars, online training modules and podcasts

The Australian Diabetes Society offer numerous webinars which can be viewed 'live' or retrospectively. For further information, visit [ADS](#) website and go to the ADS Conference Connect webpage to register.

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.

The National Diabetes Care Course has been developed by the National Association of Diabetes Centres (NADC) to provide healthcare providers in a range of general care settings with current knowledge of diabetes clinical management and self-care regulation. NADC Membership for free access is required via the [NADC](#) website.

SA Health Study Assistance Program and Policy Guideline

The Study Assistance Program aims to support SA Health nurses and midwives build upon their knowledge and enhance their skills and expertise, ensuring the delivery of quality care to consumers. For further information, visit the [SA Health](#) website.

For more information

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