

VOLUME 18, ISSUE 2 | JUNE 2023

Diabetes Update

RSS Diabetes Service

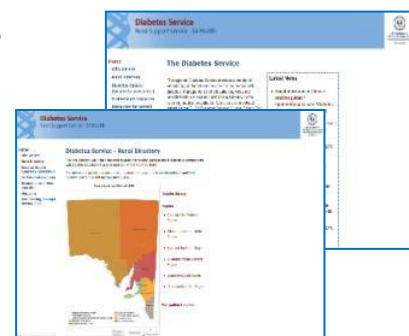
Welcome to the June issue of Diabetes Update. This newsletter is designed to keep our partners in health up-to-date on diabetes related information, our activities and accomplishments.

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. [Treatment of hypoglycaemia in people with diabetes in hospital and community setting - Protocol](#)
2. [Treatment of hypoglycaemia in the hospital and community setting - Flowchart](#)

Regional Local Health Networks (LHN) Diabetes Educators Workshop



The regional LHN Diabetes Educator's Workshop was held on the 22nd and 23rd June 2023 at the Education Development Centre, Hindmarsh. This face to face event was well attended by 34 rural and remote Credentialed Diabetes Educators (CDE) and Diabetes Educators (DE).

The program offered various speakers and presentations on type 1 diabetes diagnosis and treatment, diabetic ketoacidosis and MedStar, diabetic gastroparesis principles and current trends in management, type 2 diabetes in children and young people, transitioning from paediatric to adult services, alcohol, smoking and substance involvement screening, contraception and an insulin titration workshop.

The regional LHN CDEs and DEs also utilised the opportunity to present a case study or project report.

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

General Information

Seasonal Influenza

Diabetes is a medical condition with an increased risk of influenza disease complications and for which individuals are eligible for publicly funded vaccination under the National Immunisation Program.



In 2022, there was a resurgence of influenza virus circulation arising from the reopening of international borders. Seasonal influenza activity is expected to continue and the importance of influenza vaccination should be emphasised. The Australian Technical Advisory Group on Immunisation (ATAGI) offer the following [clinical advice](#) for 2023:

- > annual vaccination is the most important measure to prevent influenza and its complications. It is recommended for all people greater than 6 months of age.
- > all vaccinations must be recorded on the Australian Immunisation Register
- > influenza vaccines can be co-administered (given on the same day) as any COVID-19 vaccine
- > for adults aged greater than 65 years, both the adjuvanted (Fluad[®] Quad) and high dose influenza vaccine (Fluzone High Dose Quadrivalent) are preferentially recommended over standard influenza vaccine. There is no preference for use between either Fluad[®] Quad or Fluzone High-Dose Quadrivalent in this age group
- > influenza vaccine is recommended in every pregnancy and at any stage of pregnancy
- > if a person had a 2022 influenza vaccine in late 2022 or early 2023, they are still recommended to receive a 2023 formulation of influenza vaccine
- > while protection is generally expected to last throughout the year, the highest level of protection occurs in the first 3 to 4 months after vaccination.

Life's Essential 8: Higher Scores Extend Health Span

The [Association of Cardiovascular Health With Life Expectancy Free of Cardiovascular Disease, Diabetes, Cancer, and Dementia in UK Adults](#) article published in JAMA Internal Medicine describes a study which included more than 135,000 UK adults with a mean age of 55.

The study referred to the American Heart *Life's Essential 8* Metric which identifies the following behavioral factors: not smoking, regular physical activity, healthy weight, healthy diet, healthy sleep (defined as an average of 7-9 hours nightly), blood pressure in a healthy range, blood glucose in a healthy range and non-HDL cholesterol in a healthy range.



The study population was divided into three groups: those with low, moderate, and high scores on the Life's Essential 8 metric. Overall, the average life expectancy free of chronic disease was estimated (at age 50) to be 25 additional years in men and 30 additional years in women.

The findings confirm the importance of lifestyle factors in extending health span and years free of chronic conditions. The authors identified that while there are many health disparities in life expectancy and health span, it is important for population health strategies to narrow those disparities through education, conduct research into implementation of lifestyle factors and behaviors, and ensure public policy addresses both affordability and access to all socioeconomic groups.

Continuous Glucose Monitoring (CGM) subsidy and Credentialed Diabetes Educator (CDE) workforce implications

From the 1st July 2022, the Australian Government offered all people living with T1D access to subsidised CGM via the National Diabetes Service Scheme (NDSS). While diabetes health professionals undoubtedly welcomed the subsidised CGM technology use for all people living with T1D, the question around workforce capacity to support the technology use needs was unknown.

An recent [article](#) published in the Australian Diabetes Educators Association identified that the workload implications of the CGM subsidy changes lead to increased appointments and the lack of appropriate reimbursement for CDEs working in private practice. The authors concluded that to understand the workforce implications in greater detail (that their small survey size), an Australian wide survey could be administered by the ADEA to their membership, seeking information on the impact of the CGM subsidy expansion on the diabetes health professional workforce.

South Australian Inpatient Diabetes Study (SAIDS)

The SAIDS aimed to assess the quality of care received by inpatients with diabetes, examine the inpatients experience and examine hospitals' workforce characteristics. The study was conducted between the 10th – 16th July 2022 in hospitals located in metropolitan, regional and rural areas of SA.

Across SA, 25% of all admissions during the data collection period had diabetes. Three data collection tools were used. Of the 550 *Bedside Audits* completed for inpatients with diabetes:

- > 63% experienced at least one prescribing or management error
- > 39% experiencing an insulin error
- > 52% had a management plan when undergoing surgery
- > 36% required a diabetes specialist review in hospital but did not receive one.

252 inpatients participated in the *Patient Experience Survey* with the majority being satisfied with the care they received. However, opportunities for diabetes self-management in the hospitals were limited. The *Hospital Characteristics Survey* identified access to a multidisciplinary diabetes workforce for inpatient diabetes care varied and in regional and rural hospitals, access was non-existent.

The SAIDS Executive Summary identified medication errors, mismanagement of hyperglycaemia, reduced opportunities for diabetes self-management and a varied multidisciplinary diabetes workforce in hospitals located in metropolitan and inadequate resources in regional and rural areas of SA. The authors conclude these results require high-level organisation, collaboration and action to improve health outcomes and the quality and safety of inpatient care provided. For further information contact Rebecca Munt, Principal Investigator at rebecca.munt@sa.gov.au.

Useful resources

Well Mob – Healing our way

[Wellmob - WellMob](#) offers social, emotional and cultural wellbeing online resources for Aboriginal and Torres Strait Islander People. Key resources are compiled under the topics *Our Mob, Mind, Body, Culture, Keeping Safe and Healing*.

Depression and diabetes

Depression and diabetes are common conditions that are frequently comorbid, and each impacts on the other. Compared with people without diabetes, depression prevalence rates can be as much as three times higher in people with type 1 diabetes and twice as high in people with type 2 diabetes.



Prevalence rates vary widely because of the range of methods for defining depression. It is important to acknowledge the prevalence of depression and diabetes co-occurring and ask about it. People with both diabetes and depression are more likely to have complications from both conditions, have more challenges with managing these and require more support and understanding to overcome these difficulties.

The simplest way of screening - 'just asking' - is probably the first step, followed by a more focused history taking. The [Problem Areas In Diabetes \(PAID\) scale](#) is a well validated, psychometrically robust questionnaire with 20 items. The NDSS [Diabetes and Emotional Health: A practical guide for health professionals supporting adults with type 1 or type 2 diabetes](#), 2nd edition is also a useful resource.

A Walk Can Work Wonders

Wellbeing SA has launched their 'A Walk Can Work Wonders' Campaign to share the message that even small amounts of walking – as little as 10 minutes per day – can have a positive benefit for wellbeing.

Find a series of helpful resources on the [Wellbeing SA](#) website which encourages people to walk more often and in turn, help their physical, social and mental health.

Calendar dates

7th Australasian Diabetes Advancements and Technologies Summit (ADATS) will be held on the 25th August 2023 in Adelaide. For further information to be released, visit the [NADC ADATS](#) website.

Australasian Diabetes Congress (ADC) will be held from the 23rd – 25th 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 25th – 27th August 2023 in Adelaide. For further information to be released, visit the [ADIPS](#) website for updates.

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

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

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

The Best Practice in Diabetes Centres Meeting will be held on the 20th – 22nd October 2023 in the Gold Coast. For further information to be released, visit the [NADC BPDC](#) website.

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

For more information

Rural Support Service Diabetes Service

PO Box 3017, Rundle Mall
ADELAIDE SA 5000

Email: Health.DiabetesService@sa.gov.au

www.chsa-diabetes.org.au

www.sahealth.sa.gov.au/regionalhealth

Public-I3-A2

© Rural Support Service, SA Health, Government of South Australia. All rights reserved.

To stop receiving messages from us, simply reply to this email with 'unsubscribe' in the subject line.



SA Health