

# Diabetes Update

## RSS Diabetes Service

### Welcome to the March issue of Diabetes Update

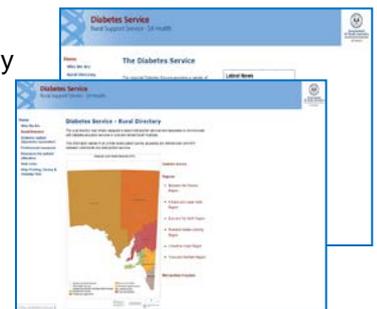
This newsletter is designed to keep our staff and partners in health up-to-date on diabetes related information, our activities and accomplishments.

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 Diabetes Service are available on the Regional Health Hub Intranet and our [Diabetes Service](#) website.

The following factsheets have been updated. Click on the title to download.

1. [Diabetic Ketoacidosis Management in Adults with Type 1 Diabetes - Protocol](#)
2. [Hyperglycaemic Hyperosmolar State Management in Adults with Type 2 Diabetes - Protocol](#)

### General Information

#### A new screening program for families with type 1 diabetes (T1D)

Type1Screen is a new national program funded by JDRF, providing free islet autoantibody testing to family members of those living with T1D. The test detects four autoantibodies that act as highly sensitive and specific markers of T1D.

Early detection of T1D through autoantibody screening has been shown to decrease stress among families, and leads to lower rates of DKA at diagnosis. For patients who test positive for autoantibodies, Type1Screen offers monitoring, education, and the opportunity to enrol in clinical trials for preventative therapies.

Persons aged 2-30 years with a family history of type 1 diabetes are welcome. For more information or to request study brochures, [click here](#); email [type1screen@mh.org.au](mailto:type1screen@mh.org.au) or phone (03) 9342 7063.

#### Continuous Glucose Monitoring Products

The Australian Government has expanded the CGM Initiative to enable greater access to CGM products through the National Diabetes Services Scheme (NDSS) to support more people with diabetes, specifically those with high clinical needs.



The changes being implemented from the 1<sup>st</sup> March 2020 are:

1. the inclusion of flash glucose monitoring on the list of products subsidised through the CGM Initiative for all CGM Initiative eligibility groups; and
2. streamlined eligibility criteria for the 'people aged 21 years or older with type 1 diabetes' eligibility group. 'High clinical need' is no longer needed to be demonstrated and Aboriginal or Torres Strait Islander people with type 1 diabetes, aged 21 years or older, do not need to demonstrate concessional status.

The NDSS now also offers a 'helpful hints' factsheet to support special consideration and extended access applications for women with type 1 diabetes who are actively planning pregnancy.

To access the 'helpful hints', please visit the [NDSS](#) website.

### Diabetes Australia Diabetes in Schools Program

Diabetes Australia plans a new web portal for parents, principals, school staff and health professionals. The portal will offer access a range of tools, resources, information and support to help parents and schools better understand how to support school students with type 1 diabetes.



A dedicated online training program for all schools and staff will also be available and face-to-face training for designated school staff and individualised for the student will be provided at schools by qualified healthcare professionals.

The training will begin to be rolled out in 2020. The Diabetes Action Plans 2020 for Early Childcare and Schools Settings are available at the SA Department of Education website. [Click here](#) to access.

### Head to Head



Provided by the Australian Department of Health, Head to Head brings together mental health resources including apps, online programs, online forums and phone services, as well as a range of digital information resources. To access the resources and assist people to connect with mental health organisations, please visit the [Head to Health](#) website.

### Teplizumab Prevention Study

Findings from 25 TrialNet international clinical centres show that the immunotherapy drug teplizumab can delay type 1 diabetes (T1D) diagnosis a median of 2 years in children and adults at high risk.

This study highlights that as T1D is an autoimmune disease, it can be impacted with immune therapy. All study participants were relatives of people with T1D who had two or more autoantibodies and abnormal blood glucose levels. These individuals are thought to have a lifetime risk of clinical diagnosis nearing 100%. Of the 76 high risk individuals who participated in the study, 55 were under age 18.

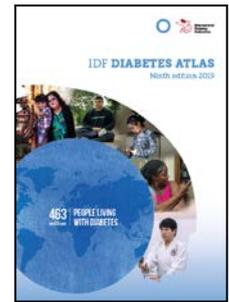
Delaying the progression of T1D can have long-term benefits on controlling blood glucose levels and the onset of complications.

This is the first study to test immunotherapy treatment in people at high risk of T1D and this research will be followed up with a much larger study to ensure the efficacy of the drug on a more diverse population as well as its long-term effects.

## Useful resources

### IDF Atlas 9th Edition

The International Diabetes Federation Atlas is an authoritative source of evidence on the prevalence of diabetes, related mortality and diabetes-related health expenditure at global, regional and national levels. It presents the global picture of diabetes, the impact of diabetes complications based on the current literature and information on actions that can be taken on diabetes such as prevention of type 2 diabetes, management of all types of diabetes and complication avoidance.



To access the 9th Edition 2019 and associated factsheets, webinars and podcasts, visit the [IDF](#) website.

### 2018–19 Report on the Operation of the Aged Care Act 1997

The 2018-19 Report on the Operation of the Aged Care Act 1997 provides the reporting requirements specified in the Act and an overview of the components of the Australian aged care system (including those not governed by the Act). The Report offers a comprehensive snapshot of the system as a whole including resources, types of services (e.g. low to high level care, including flexible care options and respite care), provisions for special needs, aged care workforce and regulatory and prudential frameworks.

[Click here](#) to access the 2018-19 Report on the Operation of the Aged care Act 1997.



## Calendar dates

### 2020 ADEA SA Branch Seminar

The 2020 ADEA SA Branch Seminar is to be held in Adelaide on the 16<sup>th</sup> May 2020. ADEA invites applications from ADEA financial members to apply for an ADEA Travel Grant for one-off financial assistance. To access the preliminary program and apply for a travel grant, visit the [ADEA](#) website.

### ADIPS – SOMANZ 2020

The ADIPS SOMANZ is to be held from the 24<sup>th</sup> – 26<sup>th</sup> July, 2020 at the Hotel Grand Chancellor, Hobart. The MFM Colloquium will be held prior to the ASM on Thursday 23<sup>rd</sup> July at the Hotel Grand Chancellor, Hobart. For further information, visit the [ADIPS-SOMANZ](#) website.

### 38th CRANaplus Conference

The 38<sup>th</sup> CRANaplus Conference will be held in Canberra, ACT from Wednesday 14<sup>th</sup> to Friday 16<sup>th</sup> October 2020. The theme '*Passion, Purpose, Influence, Impact*' will explore the challenges facing remote and isolated workers. For further information, visit the [CRANaplus](#) website.

## Staff Recognition



In January 2020, we said goodbye to Kathy Savage, CDE-RN. Kathy has worked as a diabetes specialist nurse at Mt Barker Community Health Service since 2012 and is now moving onto a more active role in clinical facilitation for TAFE with enrolled nurses and for registered nurses at Flinders University SA. Kathy will also be taking time to pursue her other passions being craft projects and travelling. When asked about her profession, Kathy told us that she has had an 'amazing and varied career as a nurse; that she had worked with some amazing people and has been continually learning.'

We thank Kathy for her enthusiasm and expertise in diabetes education and clinical care. We also offer our best wishes for her future.

## Professional development and scholarships

### 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.

The Study Support Policy Guideline describes the different kinds and levels of study assistance, including both study leave and financial assistance. It also outlines the criteria you manager must consider in determining the level of support to be provided. [Click here](#) to access the guideline.

### Australian College of Nursing (ACN) 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 [Nursing & Midwifery Office - SA Health](#) website.

### ADEA Professional Development

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 and include:

- > Diabetes Management in Natural Disasters and Emergencies
- > Continuous Glucose Monitoring (CGM)
- > Continuous Subcutaneous Insulin Infusion
- > NDSS, Insulin Pump Consumables and CGM
- > Oral Health and Diabetes
- > Beta-glucans and Diabetes
- > Insulin Therapy – Fiasp and the lived experience
- > Technology and Diabetes Shopping
- > Low Carbohydrate Diet and Diabetes.

To access these presentations and past programs, visit the [ADEA](#) website.

## Contact us

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