

# Diabetes Update

## RSS Diabetes Service

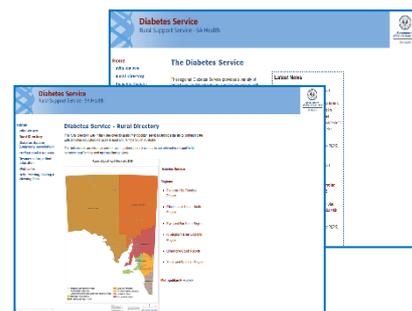
Welcome to the March issue of Diabetes Update. This newsletter is designed to keep our partners in health up-to-date on diabetes related information, our activities and accomplishments.

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.



## General Information

### COVID 19 Vaccination – Diabetes Australia, ADS and ADEA Joint Statement

There is clear evidence that people with diabetes are at higher risk of serious illness from the COVID-19 virus and there is clear evidence that the approved vaccines reduce the risk of serious illness with COVID-19. The COVID-19 vaccinations are safe and have been approved by the Therapeutic Goods Administration's (TGA) rigorous testing process. Both vaccines currently approved by the TGA (AstraZeneca and Pfizer) are suitable for use in adults living with diabetes.

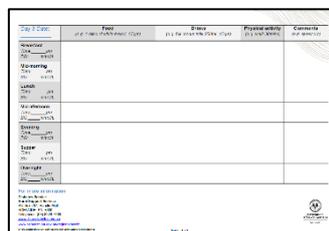
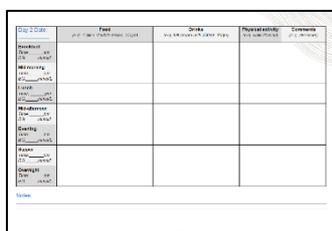
Australia's peak diabetes organisations are encouraging all Australian adults with diabetes to get vaccinated against COVID-19 as soon as the vaccine is available to them. The joint statement can be accessed [here](#).

## 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. [3 Day food, drink and physical activity diary - Fact Sheet](#)



## Active Ingredient Prescribing Initiative

From the 1st February 2021, revised legislation will require medicines to be identified by active ingredient names on PBS/RPBS prescriptions. The changes aim to support greater consistency around how people view medicines information. This change can lead to safer and more appropriate use of medicines by making it easier to:

- check if someone is taking the same active ingredient in more than one prescription – to prevent accidental double dosing
- check that the person is not taking an active ingredient that they are allergic
- check that the active ingredient can be taken with medicines that have other active ingredients
- identify suitable alternative to usual medicine when travelling overseas
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Under the regulations, prescribers are required to include the active ingredient on all PBS and RPBS prescriptions except for:

- handwritten prescriptions
- paper-based medication charts in residential aged care settings
- medicines with four or more active ingredients, and
- a small number of items specifically excluded from active ingredient prescribing.

Visit the [NPS MedicineWise](https://www.nps.gov.au/medicinewise) website for further information and to access Health Care Professional and Consumer resources.

## Patient Assistance Transport Scheme (PATS)

The PATS is a subsidy program funded by the Government of SA and administered through the six regional local health networks by the Rural Support Service in SA Health. In response to the feedback from the community, the following changes to the eligibility criteria:

- when clients undertake an emergency retrieval, their approved escorts will be subsidised to travel separately
- Airbub stays will become an eligible commercial accommodation option
- the actual treatment location will be used to calculate the fuel subsidy
- clients will be reimbursed an additional part land subsidy for travel over 100kms to reach their nearest airport, when medically authorised for air travel
- escorts will be able to work interstate, when supporting a client who has travelled interstate due to treatment not being available locally.

## Insulin Icodec Study



Insulin Icodec is an investigational, long-acting basal insulin analogue with a half-life of 196 hours. Once injected, insulin icodec binds strongly but reversibly to albumin which results in a continuous, slow and steady reduction of blood glucose over the week.

Results of a 26-week, randomized, double-blind, double-dummy, phase 2 trial to investigate the efficacy and safety of once-weekly insulin icodec as compared with once-daily insulin glargine U100 in people with type 2 diabetes who had not previously received long-term insulin treatment and were inadequately controlled (HbA1c) while taking metformin with or without a dipeptidyl peptidase 4 inhibitor has been published.

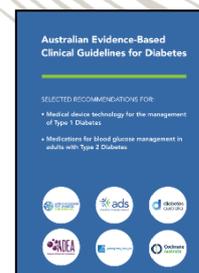
The primary endpoint showed that the change from baseline to week 26 in HbA1c was similar in participants receiving once-weekly insulin icodec compared to once-daily insulin glargine U100. Secondary endpoints included

a change in fasting plasma glucose which was similar for insulin icodec and insulin glargine U100 and a change in mean nie point self-monitoring of blood glucose profile, which was greater for icodec. To access the original article, please visit, the [New England Journal of Medicine](#) website.

## BANDIT Trial

Researchers at the St Vincent's Institute of Medical Research (SVI) in Melbourne have found that the drug baricitinib (Olumiant), currently in use as a treatment for rheumatoid arthritis, may help people who have type 1 diabetes to produce insulin for longer after diagnosis.

This Australian-based trial is funded by JDRF and to be eligible to participate, participants must be aged between 12 – 30 years old and have been diagnosed with type 1 diabetes within the last 100 days. This trial is expected to run for 2 years.



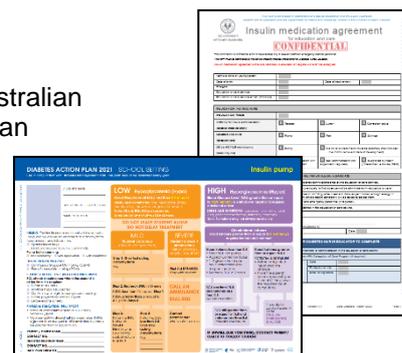
## Useful resources

### Australian Evidence-Based Clinical Guidelines for Diabetes

The Living Evidence for Diabetes Consortium is a collaboration between the Australian Diabetes Society, the Australian Diabetes Educators Association, the Australasian Paediatric Endocrine Group and Diabetes Australia, with representation from the Royal Australian College of General Practitioners, the Australian Government Department of Health and Cochrane Australia.

The Australian Evidence-Based Clinical Guidelines for Diabetes released in November 2020 offers selected recommendations pertaining to:

- medical device technology for the management of type 1 diabetes
- medications for blood glucose management in adults with type 2 diabetes.



The Australian Evidence-Based Clinical Guidelines for Diabetes 2020. Melbourne, Australia can be access via the [Living Evidence for Diabetes Consortium](#) website.

### Diabetes Action Plans for Children and Young People

All children and young people with type 1 diabetes must have a Diabetes Action Plan and a Medication Agreement in place to ensure that their health care needs can be met.

Diabetes Action Plans developed by Diabetes Victoria, Monash Children's Hospital, Royal Children's Hospital and the Women's and Children's Hospital are based on current best practice paediatric guidelines and are reviewed annually. The plans are completed by the diabetes treating team, in consultation with the young person and their family. These plans can be used in government, Catholic and independent sectors and are the preferred plans for use in South Australia.

To access the 2021 Diabetes Action Plans for the early childhood, primary and secondary school setting and the Medication Agreement, visit the [Department for Education SA](#) website.

### Back on Track Campaign

Diabetes Australia and the National Diabetes Services Scheme health campaign called Back on Track has been developed as a result of research which confirmed that in the last year many Aboriginal and Torres Strait Islander people disengaged from their routine diabetes and health care management plans due to social distancing, fear of exposure to COVID-19, and a focus on other priorities. To access the campaign resources, visit the [NDSS](#) website.



### JDRF and Queensland Health DKA Awareness

A campaign has been launched to help educate families and health professionals about type 1 diabetes. It focuses on raising awareness of the early warning signs of paediatric type 1 diabetes in order to prevent the onset of diabetic ketoacidosis (DKA); a metabolic emergency with significant mortality and morbidity.

The key symptoms of type 1 diabetes include thirst, tiredness, going to the toilet frequently and weight loss, which have been summarised as 'the 4Ts': tired, thin, toilet and thirsty.



The 4Ts are the focus of the campaign along with the tagline *DKA: Diabetes, Know the Signs, Ask*. To access the campaign resources, visit the [Queensland Health Clinical Excellence](#) website.

## Calendar dates

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

[Australian Diabetes in Pregnancy Society and SOMANZ Annual Scientific Meeting](#) – rescheduled to the 23rd – 25<sup>th</sup> July 2021 at the Hotel Grand Chancellor, Hobart. For further information, visit the [ADIPS](#) website.

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

[Australian Diabetes Educations Association SA Branch Seminar](#) – will be held at the Adelaide Entertainment Centre on the 8th May 2021. For further information, visit the [ADEA](#) 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.

### [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

### **Rural Support Service**

### **Diabetes Service**

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Telephone: (08) 8226 7168

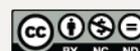
Email: [Health.DiabetesService@sa.gov.au](mailto:Health.DiabetesService@sa.gov.au)

[www.chsa-diabetes.org.au](http://www.chsa-diabetes.org.au)

[www.sahealth.sa.gov.au/regionalhealth](http://www.sahealth.sa.gov.au/regionalhealth)

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