

VOLUME 18, ISSUE 1 | MARCH 2023

Diabetes Update

RSS Diabetes Service

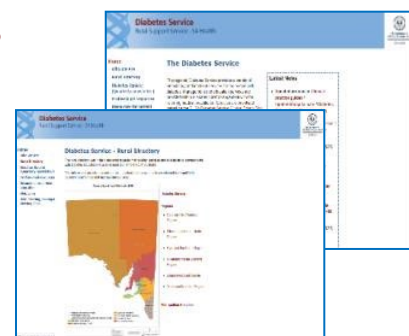
Welcome to the March issue of Diabetes Update. This newsletter is designed to keep our partners in health up-to-date on diabetes related information, our activities and accomplishments.

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. [RSS Diabetes Service Annual Report 2022](#) (available only to SA Health employees)
2. [RSS Diabetes Service Nurse Practitioner Key Stakeholder Survey Report](#) (available only to SA Health employees)
3. [Continuous Subcutaneous Insulin Infusion \(CSII\) in people with diabetes in the inpatient setting - YouTube](#)

The following type 1 diabetes diabetes action plans have been updated by the Women's and Children's Health Network and now available are:

1. [Early Childhood Setting - Multiple daily injections](#)
2. [Early Childhood Setting - Insulin pump](#)
3. [Early Childhood Setting - Twice daily injections](#)
4. [School Setting - Multiple daily injections](#)
5. [School Setting - Insulin pump](#)
6. [School Setting - Twice daily injections](#)
7. [Appendix for Basal IQ \(BIQ\) – Tandem T-Slimx2](#)
8. [Appendix for Control IQ \(CIQ\) – Tandem T-Slimx2](#)
9. [Appendix for Hybrid Closed Loop – Medtronic 670G/770G/780G](#)

Welcome

Rachel Woods, Advanced Nurse Consultant, RSS Diabetes Service

Rachel Woods commenced her new role on the 06/03/2023.

Rachel is an Australian Diabetes Educators Association (ADEA) credentialed diabetes nurse educator (initial credentialing obtained in 1998) and has transferred from the Central Adelaide Local Health Network where she had held the role of Nurse Unit Manager – Diabetes Services. Rachel has been practicing in the specialty field of diabetes since 1995 (27 years) and has been employed in both private and public sector. Rachel is known for her 'can do attitude' and ability to break down 'large tasks into smaller pieces' in order to achieve outcomes.



We look forward to working with Rachel to improve the quality and safety of diabetes education and clinical care in our six regional local health network hospitals, health services and aged care facilities.

General Information

Intermittent Fasting



The term intermittent fasting implies a reduced energy intake on an intermittent basis. People with diabetes may choose to follow such diets for religious reasons, for weight control or to assist with chronic health conditions such as diabetes. It is one of the methods of weight loss that has been associated with the diabetes remission studies.

Intermittent fasting can be safely undertaken in a person with diabetes. However, there are some considerations:

- > suitability should include members of individual's multidisciplinary health care team
- > other health conditions that may complicate matters and changes required to other non diabetes medications
- > risk of hypoglycaemia and changes required to diabetes medications (e.g. oral and/or injectable)
- > frequency of blood glucose and blood ketone monitoring or use of continuous glucose monitoring systems
- > risk of dehydration
- > ensuring oral intake is sufficient in protein, vitamins and minerals.

The effect of intermittent fasting for those with other health conditions (e.g. established coronary artery disease, infarction, stroke or transient ischaemic event) is unknown. The effects of intermittent fasting are also unknown for those with unstable angina, heart failure, atrial fibrillation, most cancers, those who are immunosuppressed, have chronic obstructive airways disease, blood clots, and chronic kidney disease.

Intermittent fasting is NOT recommended in pregnant and breastfeeding women, children, frail and older adults. Recent research from the University of Toronto found that for women, intermittent fasting was significantly associated with overeating, binge eating, vomiting, laxative use, and compulsive exercise. More research is needed.

Product Discontinuation and Access

Byetta 5mcg and 10mcg pre-filled pens were discontinued from the Australian market from 1st December 2022 due to a discontinuation of global supply. People with diabetes are to be encouraged to consider alternative treatment options. Any questions regarding this issue, contact the Astra Zeneca Medical Information Team:

- Telephone: 1800 805 342
- Email: medinfo.australia@astrazeneca.com
- Website: <https://contactazmedical.astrazeneca.com/>

Fiasp® FlexTouch® and Fiasp® Vial will be removed from the Pharmaceuticals Benefits Scheme (PBS) from 1 April 2023. As of 1st April 2023, the Fiasp® FlexTouch®, the Fiasp® Vial and the Fiasp® Penfill® (new) will be available as a private prescription ONLY.

The possible alternative offered is NovoRapid® FlexPen®, NovoRapid® Vial and NovoRapid® Penfill®. However, given Fiasp® has a faster onset of action than NovoRapid® and is not interchangeable, people with diabetes prescribed Fiasp® FlexTouch® or Fiasp® Vial will need to be re-evaluated by their doctor.

Useful resources

American Diabetes Association Standards of Care in Diabetes 2023

The 2023 [ADA Standards of Diabetes Care](#) include revisions to incorporate person-first and inclusive language. Efforts were also made to consistently apply terminology that empowers people with diabetes and recognises the individual at the center of diabetes care.

Specific sections outline recommendations are provided for children and adolescents, older adults and diabetes in pregnancy, cardiovascular disease, chronic kidney disease, retinopathy, neuropathy and risk management. A summary of the changes from the existing guidelines for people with diabetes are:

- > HbA1C is recommended for diabetes diagnosis and screening at the point of care.
- > community health workers must be utilised to manage diabetes and cardiovascular risk factors.
- > improve health outcomes by encouraging behavior changes with psychosocial support.
- > guidelines on diabetes self-management education and support (DSMES) have been updated.
- > digital platforms and telehealth delivery systems have been recommended.
- > more defining terms have been added for non-English speakers to reduce the language barrier in diabetes education.
- > information on CGM interfering substances was added.
- > new language was added to outline that for those with frailty or at high risk of hypoglycaemia, a target of greater than 50% time in range with less than 1% time below range is now recommended.
- > changes have been made in immunisation, particularly concerning COVID-19 and pneumococcal pneumonia vaccinations and several age-specific recommendations have been added.
- > the new treatment plan is to reduce the risk of hypoglycaemia and polypharmacy.



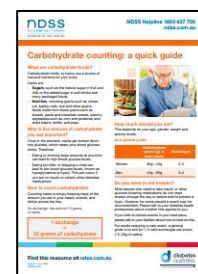
Travel and diabetes



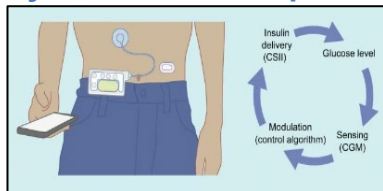
The National Diabetes Services Scheme (NDSS) provides information to prepare for a trip and while travelling. The consumer fact sheet [Travel](#) offers a checklist on what to pack which includes items such as supplies, a first aid kit, action plan (e.g. for hypoglycaemia and hyperglycaemia/sickday management) and various documents to carry with you. The [Travel and type 1 diabetes booklet](#) provides information about travelling with an insulin pump. For the latest safety information and advice when planning to travel overseas, visit the [Smartraveller](#) website.

Carbohydrate counting: a quick guide

The NDSS [Carbohydrate Counting - a quick guide](#) offers information on carbohydrate counting and includes a description on what carbohydrate foods are, how to count carbohydrates, a sample meal plan and carbohydrate exchanges. This resource is also available in [other languages](#).



Hybrid Closed Loop Technology



The [Consensus Statement](#) of the Australian Diabetes Society, Australian Diabetes Educators Association, Australian Paediatric Endocrine Group and Australian Diabetes in Pregnancy Society Working Group (2021) indicated that advancing diabetes management technologies plays a significant role in helping to reduce the impact and economic burden of managing type 1 diabetes.

Hybrid Closed Loop systems involves automation and modulation of basal insulin delivery via a Continuous Subcutaneous Insulin Infusion (CSII), driven by sensor glucose results generated from a Continuous Glucose Monitor (CGM). The aim is for the technology to be used to increase time spent in the glucose target range (e.g. 3.9-10.0mmol/L) and reduce lower than glucose target and higher than glucose target excursions. Advanced Hybrid Closed Loop systems provide additional features such as variable basal targets and auto-correction boluses.

Further information and health care professional training for on the current technologies are available at:

- > AMSL t: Slim X2™ Insulin Pump with Control IQ: <https://amsldiabetes.com.au/resources/>
- > Medtronic MiniMed™ 780G: <https://hcp.medtronic-diabetes.com.au/education>
- > mylife™ Ypsopump® with CamAPS FX: <https://www.camdiabtraining.com/select-main/200/mylife-CamAPS-FX-Dexcom-and-mylife-YpsoPump.htm>

Calendar dates

11th International Symposium on Diabetes, Hypertension, Metabolic Syndrome and Pregnancy: Innovative Approaches in Maternal Offspring Health in Pregnancy will be held from the 4th – 6th May 2023 in Thessaloniki, Greece. For further information, visit the [DIP2023](#) website.

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.

Diabetes Connekt

Diabetes Connekt is an online platform for health care professionals in Australia who deliver and teach diabetes education and care. The platform facilitates a connection between these professionals and the sharing of information and knowledge, and learn. For more information, visit the [Diabetes Connekt](#) website.

Webinars, online training modules and podcasts

Numerous webinars, online training modules and podcasts can be viewed 'live' or retrospectively are offered by the ADS, ADEA, National Association of Diabetes Centres (NADC), National Prescribing Service (NPS) and Pharmacia. For further information, visit the:

- > [ADS](#) website and go to the ADS Conference Connect webpage to register
- > [ADEA](#) website and the
- > [NADC](#) website.

For more information

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www.chsa-diabetes.org.au

www.sahealth.sa.gov.au/regionalhealth

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