

VOLUME 20, ISSUE 1 | MARCH 2024

Diabetes Services Update

Rural Support Service

Welcome to our March issue of the Diabetes Update. This quarterly publication, produced by the Rural Support Service (RSS) Diabetes Service, is designed to keep our partners in health up-to-date on diabetes related information and our relevant activities and accomplishments.

We welcome your input and would be delighted to hear of any service improvement activities and staff achievements or any new ideas you may have that we can include in our next edition. Please email us at health.diabetesservice@sa.gov.au with any information you would like to share.

Our information systems for professionals and consumers



Clinical resources and consumer factsheets

A variety of resources for clinicians and people with diabetes that have been developed by the RSS Diabetes Service are available on [Regional Health Hub Intranet](#) (the intranet for SA Health, regional LHNs and the RSS) and our [Diabetes Service](#) website.



The following resources are now available. Click on the title to download.

- > [Starting Insulin Action Plan - electronic version](#)
- > [Self Care Checklist and Goal Setting Action Plan - electronic version](#)
- > [3 Day food, drink and physical activity diary](#)

RSS Diabetes Service Annual Report 2023

The RSS Diabetes Service aims to offer flexible, responsive, and innovative services to support South Australia's six regional Local Health Networks (LHNs) across medicine, nursing, midwifery and allied health in the acute, community and aged care settings. Our service is underpinned by the [RSS Strategic Plan 2022-26](#) and the Australian Commission on Safety and Quality in Healthcare [National Safety and Quality Health Service Standards](#).

The RSS Diabetes Service [Annual Report 2023](#) describes our achievements in reference to our key functions:

- > Clinical Leadership and Collaboration
- > Information Systems and Communications
- > Clinical Protocols, Procedures and Resources
- > Workforce Development and Training
- > Clinical Services.

Latest News

Inquiry in Diabetes

Following referral from the federal Minister for Health and Aged Care, the Hon Mark Butler MP, the House of Representatives Standing Committee on Health, Aged Care and Sport will inquire into and report on diabetes.

The Committee will investigate:

- > the causes of diabetes (type 1, type 2 and gestational) in Australia, including risk factors such as genetics, family history, age, physical inactivity, other medical conditions and medications used.
- > new evidence-based advances in the prevention, diagnosis and management of diabetes, in Australia and internationally.
- > the broader impacts of diabetes on Australia's health system and economy.
- > any interrelated health issues between diabetes and obesity in Australia, including the relationship between type 2 and gestational diabetes and obesity, the causes of obesity and the evidence-base in the prevention, diagnosis and management of obesity; and
- > the effectiveness of current Australian Government policies and programs to prevent, diagnose and manage diabetes.

For terms of reference, submissions, videos, media releases, public hearings and additional documents, visit the [Inquiry into Diabetes](#) website and register. The Government report is pending.

Inpatient benefits of electronic specialist-led diabetes model of care

Researchers at the Royal Melbourne Hospital in Australia assessed more than 1,370 admissions between February 2021 and December 2021 with eligible participants randomly assigned to standard diabetes care or the intervention - which consisted of an early consultation with a specialist inpatient diabetes team using electronic tools for patient identification, communication of recommendations, and therapy intensification.

The study results identified the early intervention group achieved a lower median patient-day mean glucose of 8.2 mmol/L compared with 8.6 mmol/L in the control group for an estimated difference of -0.3 mmol/L. Additionally, the results show that the incidence of healthcare-associated infections was lower in the intervention group compared to the standard diabetes care group. The published article can be accessed [ADA Diabetes Care](#).

Regenerating insulin producing cells

Islet transplantation and whole pancreas replacement using donor tissues or organs has been shown to reduce or remove the need for injecting insulin in people with type 1 diabetes. However, the limited availability of donors, along with the need for life-long immunosuppression, make this option unsuitable for the majority of people living with type 1 diabetes.

A Juvenile Diabetes Research Foundation (JDRF) funded Australian research team, led by Professor Sam El-Osta, Baker Heart and Diabetes Institute, investigated whether treatment with two EZH2 inhibitors (GSK 126 and Tazemetostat) could regenerate insulin-producing cells in donor pancreases.

Using donor pancreases from a child and adult with type 1 diabetes, and from a donor without type 1 diabetes, the research team demonstrated that pancreatic cells that don't normally produce insulin – called ductal cells – could be made to behave like beta cells and, importantly, produce and secrete insulin. In future, these findings may negate the need for immunosuppressive treatments used with pancreas replacement and could address the issue of limited availability of donated islets needed for islet transplantation. For further information visit the [JDRF](#) website.

Discontinuation of Mixtard® 30/70 InnoLet® & Mixtard® 30/70 Penfill®

Novo Nordisk has provided advanced notice of the global manufacture and supply of:

- > **Mixtard® 30/70 InnoLet®** - to be discontinued as of July 2024.
- > **Mixtard® 30/70 Penfill®** - to be discontinued as of February 2025.



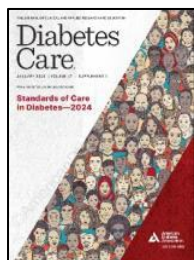
These products will be removed from the Pharmaceutical Benefits Schedule (PBS) from 1 August 2024. Clinicians are encouraged to contact any people with diabetes using Mixtard® 30/70 InnoLet® or Mixtard® 30/70 Penfill® to prepare them for transfer to another treatment option based on professional assessment and patient profile.

Availability of Mounjaro® (tirzepatide)

Mounjaro® (tirzepatide) is an agonist at glucose-dependent insulinotropic polypeptide (GIP) and glucagon-like peptide-1 (GLP-1) receptor. Mounjaro® is indicated for people with type 2 diabetes and its intended action is to increase insulin sensitivity and glucose-dependent insulin secretion, reduce glucagon secretion, delay gastric emptying (which slows glucose absorption) and decrease appetite.

Adverse effects appear to be similar to [GLP-1 analogues](#) and it may increase risk of hypoglycaemia in people who are also prescribed a sulfonylurea or insulin. The starting dose is 2.5 mg weekly via subcutaneous injection. After 4 weeks, increase the dose to 5 mg, once weekly. For further information, see [TGA Product and Consumer Medicine Information](#).

Useful resources



American Diabetes Association Standards of Care in Diabetes 2024

The American Diabetes Association (ADA) has recently released the [Standards of Care in Diabetes 2024](#). This annual publication offers comprehensive and evidence-based guidelines for managing type 1, type 2, gestational diabetes, and prediabetes based on the latest scientific research and clinical trials. The new guidelines include updates to recommendations around new class of obesity drugs, new screening practices, diabetes technology, and the use of newer therapies.

Preventative Health SA

Preventive Health SA is a new independent agency which brings together Wellbeing SA and the former tobacco, vaping, alcohol and other drug population health and policy components of Drug and Alcohol Services SA. The prevention priorities for the agency include obesity, tobacco, vaping, mental health, suicide prevention, alcohol and other drugs, and the social determinants of health. The dramatic increase of children vaping will be an important early focus for the agency. For further information, visit the [Preventive Health](#) website.

Caring for Australians and New Zealanders with kidney impairment

The Caring For Australians and New Zealanders with Kidney Impairment (CARI) guidelines for [First Nations Australians](#) were developed in response to significant challenges and inequities experienced by First Nations People over many years.

The recently released guidelines strongly recommend that CKD screening be undertaken in First nations Australians above 18 years of age as part of Medicare's Aboriginal and Torres Strait Islander Peoples health assessment and age-appropriate health assessments be continued (at least) annually.



Walk Strong, Walk Tall

Walk Strong, Walk Tall is the SA Aboriginal diabetes-related foot disease program which aims to improve the prevention and management of diabetes-related foot disease and amputation for Aboriginal people in rural and remote SA.

Guided by the [SA Aboriginal diabetes-related foot disease strategy 2020 - 2025](#), Phase 1 (2021-2022) included 7 interconnected projects. Phase 2 (2022-2025) will centre on system improvements along with a targeted effort to meet the needs of Aboriginal community members, improving the prevention and management of diabetes-related foot disease and amputation for Aboriginal people living in rural and remote SA. For further information on the national Foot Complications Program, please [click here](#).

JDRF Type 1 diabetes: a guide for friends and loved ones

This booklet offers information for people who have a friend, family member, partner or colleague living with type 1 diabetes.

Topics include pathology, treatment, devices, glucose monitoring and emergencies, what people with diabetes want the reader to know, practical ways help, lingo and preferred language to use. Visit the [JDRF](#) to order a copy.



Sunrise EMR BG and Insulin Chart

Following consultation with clinicians, updates have been made to the *BGL and Insulin Chart* including:

- > Addition of *Blood Ketones Chart*: to facilitate review of blood ketone together with blood glucose and administered insulin dose/s. This chart is positioned under the *Blood Glucose Chart* but can be hidden by unticking the 'Show Ketones' tick box.
- > Double-clicking on an *Insulin/Protocol Column Chart*: if a user double-clicks on an individual chart, a new window will appear in front of the main chart window. The new window will display only the individual chart that was double-clicked and can be resized to enlarge or shrink the chart. Multiple charts may be open simultaneously.
- > *Orange Crosshairs (vertical and horizontal lines)*: have replaced the *Red Line (vertical red)* to assist visual comparison of blood glucose, blood ketones, insulin/s and protocol column data.
- > *Horizontal Scrollbar*: now only appears under the *Blood Glucose Chart*.

The *BGL and Insulin Chart* can be accessed via the icon (image right) on the Main Toolbar. Further information is available via SA Health [Sunrise User Support](#).



Calendar dates

ADEA SA Branch Conference will be held on the 17th – 18th May 2024 at the Adelaide Convention Centre. To register, visit the [ADEA SA Branch](#) webpage.

8th Australasian Diabetes Advancements and Technologies Summit (ADATS) will be held on the 20th August 2024 in Perth. Further information to be released, visit the [NADC](#) website for updates.

Australasian Diabetes Congress (ADC) will be held from the 21st – 23rd August 2024 in Perth. 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 23rd – 25th August 2024 in Perth. For further information to be released, visit the [ADIPS](#) website for updates.

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 that facilitates a connection between health care professionals and the sharing of information, 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

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