

Diabetes Update

RSS Diabetes Service

Welcome to the September issue of Diabetes Update

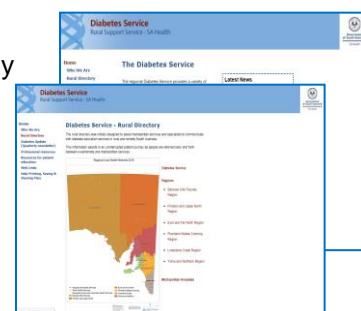
This newsletter is designed to keep our partners in health up-to-date on diabetes related information, our activities and accomplishments.

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.



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

1. [Continuous Subcutaneous Insulin Infusion \(CSII\) for patients with diabetes in the community setting – Clinical support guide](#)
2. [Gestational diabetes - Fact sheet](#)
3. [Starting insulin in gestational diabetes - Fact sheet](#)
4. [Your type 1 diabetes care plan - Fact sheet](#)
5. [Your type 2 diabetes care plan - Fact sheet](#)

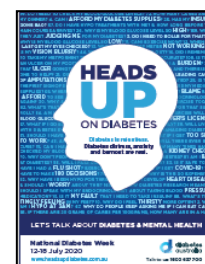
The RSS Diabetes Service programs and projects are aligned with the RSS principles and value proposition;

- > supporting effective and quality healthcare delivery in the regional LHNs
- > providing value for money for the regional service through efficiencies
- > self-sufficiency of regional LHNs while supporting the LHNs as a collective group
- > providing a platform for innovation and collaboration between regional LHNs, and
- > taking a broad perspective on working on risk and supporting innovative approaches to risk mitigation.

General Information

Diabetes Awareness Week 12th – 18th July 2020

Every minute of every day, a person with diabetes faces decisions, thoughts, worries and fears about their diabetes and the future impact the condition may have on their health. It is estimated that people with diabetes face up to 180 diabetes-related decisions every day. Diabetes distress, anxiety and burnout are real complications of diabetes and the campaign focused on the **impact of diabetes on mental and emotional health**. Information is still available and including access to campaign resources, visit the [NDSS](#) website.



Grey nomads with diabetes: the experience of rural and remote diabetes educators in South Australia

Jane Giles from the RSS Diabetes Service was one of the authors of an article about grey nomads with diabetes published recently in the Australian Journal of Primary Health.

Seven rural and remote diabetes educators were interviewed about their experiences of grey nomad travellers with diabetes, to whom they provided services. The findings revealed problems associated with grey nomads with diabetes, including maintenance of equipment, medications, self-management, glycaemic control and unpredictable events. The problems highlighted by the participants were exacerbated when travelling long distances for extended periods, often with changes to their usual regime of self-management. [Read more](#)

World Diabetes Day

The theme of World Diabetes Day (14th November 2020) is the **Nurse and Diabetes**. The campaign aims to raise awareness around the crucial role that nurses play in supporting people living with diabetes.

On behalf of people living with, and affected by diabetes, IDF will launch a call to action requesting national governments to recognise and advance the role of nurses in diabetes care. For further information including access to campaign resources, visit the [IDF](#) website.



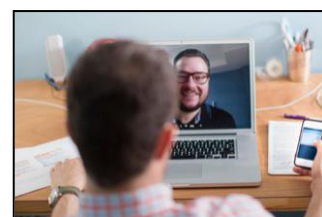
Telehealth

In March 2020, SA Health approved the use of the Health Direct Video Call platform as an interim solution to support telehealth capacity during the COVID-19 pandemic. During March and April, the telehealth diabetes clinics were set up across the 6 Regional Local Health Networks.

In consultation with the regional LHN, generic satisfaction surveys were developed for both the consumer and clinician ends of the call. The completion of the surveys is voluntary and calls may be concluded without participants completing the survey. All information provided is anonymous.

Consumer and clinician feedback collated from May 6th (survey go live date) until June 30th 2020 has been positive. Reasons given by consumers for utilising telehealth were identified as:

- > to discuss my overall diabetes management
- > to discuss continuous glucose or flash glucose monitoring
- > to discuss my blood glucose monitoring
- > to discuss my insulin pump
- > to get advice on my diagnosis
- > to get advice on my diabetes medications.



Without utilising telehealth, consumers identified that they would have had to travel to attend appointments or not made any changes to improve their diabetes management. 100% of consumers who completed the survey identified that they would use telehealth again.

Juvenile Diabetes Research Foundation

JDRF is a key supporter of type 1 diabetes research. In June 2020, the JDRF presentations at the American Diabetes Association Scientific Sessions offered further insight into the causes of type 1 diabetes, promising results for immunotherapies and advances in closed-loop technology.



In summary:

- > The Environmental Determinants of Diabetes in Youth study which screened children in the

US, Finland, Sweden and Germany for **islet autoantibodies**, identified that islet autoantibodies generally develop between the first and second years of life. The study also showed a difference in the gut bacteria and viruses of children who develop islet autoantibodies, compared to those who do not.

- > While TrialNet initially demonstrated that Teplizumab could **delay the diagnosis** of type 1 diabetes in people with a high risk by a median of 2 years, their more recent results identified 50% of the people taking teplizumab remained diabetes-free after 3 years, compared with 22% of those taking placebo. Teplizumab was also noted to reverse the loss of C-peptide following diagnosis of type 1 diabetes which is an indication that this treatment improves the function of beta cells.
- > Some therapies have demonstrated the potential to **slow the progression** of recently diagnosed type 1 diabetes. In a clinical trial, people who used a combination of anti-interleukin-21 and liraglutide had better beta cell function and lower insulin requirements compared to those taking either placebo or liraglutide alone. Similar results were seen in a smaller trial for golimumab, an antibody used to treat rheumatoid arthritis.
- > Positive results were presented from clinical trials on the next generation of **closed-loop insulin delivery systems**. A US-based clinical trial showed an overall time-in-range of 75% for people using the Medtronic 780G, with high user satisfaction. Whilst the Medtronic 780G is not currently available in Australia, a second clinical trial in New Zealand compared the Medtronic 780G to the Medtronic 670G system and showed dramatic improvements in time-in-range, correction of hyperglycaemia, sleep quality and high acceptance of the technology.

For further information, visit the [JDRE](#) website.

Useful resources

Australian Diabetes Society (ADS) Position Statement on A New Blood Glucose Management Algorithm for Type 2 Diabetes

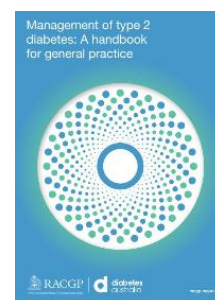
As of 1st July 2020, the Pharmaceutical Benefits Scheme listed semaglutide (ozempic) for the management of type 2 diabetes in combination with metformin or sulfonylurea or as triple therapy with metformin and sulfonylurea. The ADS has updated the Type 2 Diabetes Management Algorithm to reflect these changes to semaglutide. To access the updated Blood Glucose Treatment Algorithm for Type 2 Diabetes Evidence Table, visit the [ADS](#) website.

Royal Australian College of General Practitioners Management of type 2 diabetes guideline

The RACGP and Diabetes Australia have released the updated edition of Management of type 2 diabetes: A handbook for general practice.

This resource provides GPs and other health professionals with new information on issues including early-onset type 2 diabetes, the use of technology in helping people with diabetes, how to best to manage type 2 diabetes in older people and the impact of diabetes on mental health.


To access a copy of the 2020 handbook, visit the [RACGP](#) website.



Management of type 2 diabetes in children and adolescents: Australasian guidelines

Historically, there are no consensus guidelines in Australasia for assessment and management of type 2 diabetes in paediatric populations and reference has been made to adult guidelines.

However, the Australian Paediatric Endocrine Group (APEG) have recently released guidelines for children and adolescents with type 2 diabetes endorsed by the New Zealand Society for the Study of Diabetes and the Australian Diabetes Educators Association.



The APEG guidelines identify available evidence and provide recommendations in relation to screening, diagnosis, diabetes education, monitoring including targets, healthy lifestyle, pharmacotherapy, assessment and management of complications and comorbidities, and transition to adult services.

In addition, the APEG guidelines emphasise the challenges and specifics of caring for these children in Australasia including:

- > screening and management of children and adolescents from Indigenous backgrounds
- > tighter diabetes targets
- > consideration of using newer medications approved for adults with type 2 diabetes under the guidance of a paediatric endocrinologist if glycaemic targets are not met
- > the need to transition adolescents with type 2 diabetes to a multidisciplinary diabetes care team that includes an adult endocrinologist for their ongoing care
- > and the need of high quality research into childhood type 2 diabetes.

To access the published APEG guidelines, visit the [Medical Journal of Australia](#) website.

Calendar dates

Due to COVID-19, a number of face to face conferences have been cancelled and or rescheduled, including:

- > **ADIPS – SOMANZ.** The Joint Scientific Meeting has been rescheduled to the 23rd -25th July 2021 at the Hotel Grand Chancellor, Hobart. For further information, visit the [ADIPS](#) website.
- > **38th CRANAplus Conference** has yet to be rescheduled. For further information, visit the [CRANAplus](#) website.
- > **Australian Diabetes Congress** has been rescheduled and will now be held virtually from the 11th –13th November 2020. For further information, visit the [ADC](#) website.
- > **Australian Paediatric Endocrine Group Annual Scientific Meeting** has been rescheduled and will now be held from the 21st – 24th November 2021. For further information, visit the [APEG](#) website.

Professional development and scholarships

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.

Webinars, online training modules and podcasts

Due to COVID-19 pandemic, an increasing number of continuing professional development activities have been offered online.

The initiative of the ADS is Conference Connect and following registration, numerous webinars from ADC and the National Association of Diabetes Centres can be viewed 'live' or retrospectively. For further information, visit the [ADS Webinars](#) webpage.

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.

Contact us

Jane Giles, Advanced Nurse Consultant and Credentialed Diabetes Educator jane.giles@sa.gov.au

Collette Hooper, Nurse Practitioner and Credentialed Diabetes Educator collette.hooper@sa.gov.au

Barbara Cummins, Project Administration Officer barbara.cummins@sa.gov.au