

Diabetes Update

RSS Diabetes Service

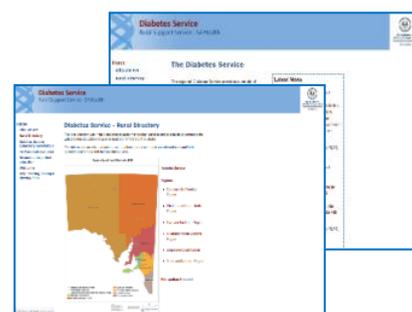
Welcome to the September issue of Diabetes Update. This newsletter is designed to keep our partners in health up-to-date on diabetes related information, our activities and accomplishments.

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

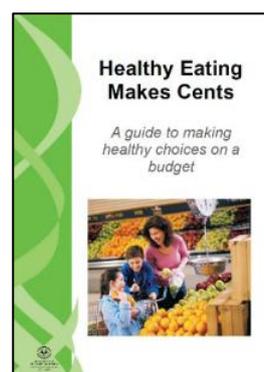
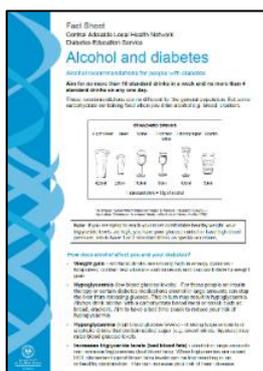
Patient education resources developed by the Diabetes Service are available on the Regional Health Hub Intranet and our [Diabetes Service](#) website.

The following factsheet has been updated. Click on the title to download.

1. [Insulin pump therapy - Fact sheet](#)
2. [Continuous glucose monitoring & flash glucose monitoring - Fact sheet](#)
3. [Insulin in type 1 diabetes - basal bolus - Fact sheet](#)
4. [Basal bolus insulin in type 1 diabetes - calculations - Fact sheet](#)
5. [Low blood in gestational diabetes \(hypoglycaemia\) – Fact sheet](#)

The following factsheets updated by the Central Adelaide Local Health Service and now available are:

1. [Alcohol and diabetes - Fact sheet](#)
2. [Healthy eating makes cents - Booklet.](#)



General Information

Australian Diabetes in Pregnancy (ADIPS) Joint Annual Scientific Conference

The ADIPS Joint Annual Scientific Meeting was held virtually from the 23rd – 24th July 2021. It is the premier learning event facilitated by the Society of Obstetric Medicine of Australia and New Zealand (SOMANZ) in conjunction with the Australasian Diabetes in Pregnancy Society (ADIPS).



It provided a contemporary program which highlighted the importance of multidisciplinary care in the management of complex maternal medical conditions in pregnancy. Key themes included:

- diabetes in pregnancy and technology
- maternal mental health and specific treatment, during pregnancy and postpartum
- respiratory diseases, such as cystic fibrosis and severe asthma complicating pregnancy
- obesity, bariatric surgery and diabetes.

Registered delegates have access to all sessions for a whole year via the [ADIPS-SOMANZ](#) website.

Australasian Diabetes Congress (ADC)

The ADC was held virtually from the 11th – 13th August 2021. It is the premier learning event facilitated by the Australian Diabetes Society and the Australian Diabetes Educators Association and provided a contemporary program across the scientific, management and educational aspects of diabetes.



Industry hosted symposiums and education discussion sessions of particular interest included type 1 diabetes and beta cell protection and replacement research, type 2 diabetes and hyperinsulinaemia, insulin resistance, obesity and bariatric surgery, cardio – renal complications, socially determined health inequalities, mental health, nutrition, physical activity and ageing.

Registered delegates have access to all sessions for a whole year so as to revisit presentations, abstracts, resources and sponsor exhibits via the [ADC](#) website.

Diabetes Awareness Week

Diabetes Awareness Week took place from the 12th – 17th July 2021 and focused on diabetes stigma and mental health. Diabetes Australia have suggested that more than 80% of people with diabetes report being judged, shamed or blamed for living with a serious health condition. And more than 25% of people say attitudes and stereotypes about diabetes have negatively impacted their mental health. Stigma also undermines public health efforts.

Nobody chooses to get diabetes – and nobody should be blamed or shamed for having diabetes. To access the Diabetes Awareness Week resources, visit the [Headsup diabetes](#) website.



Useful resources

Wellbeing SA

Get Healthy is a telephone-based service, designed to support adults to make sustained improvements to their health. The service offers a free, six-month personalised coaching program which is delivered over the phone by qualified nursing and allied health professionals, to identify healthy eating and exercise goals, plan actions and manage barriers to motivation and success.

The recently launched 5 Ways to Wellbeing campaign, which aims to increase awareness and understanding amongst South Australians aged 18-25 of the importance of maintaining their mental and social wellbeing. For more information on both programs and other services offered, visit [Wellbeing SA](#) website.

Data Sharing Platforms

Data sharing platforms refer to web-based platforms that collect data directly from a diabetes management systems (e.g. blood glucose meters, insulin pumps and continuous glucose monitors) and can store, analyse and collate the data into useable and insightful reports.

Data sharing platforms allow people with diabetes and their caregivers to easily access diabetes related data in their personal data platforms and to share this data with their diabetes health professional(s). All companies using data sharing platform software have online privacy statements and data encryption technology to ensure security and privacy.

The current common data sharing platforms are:

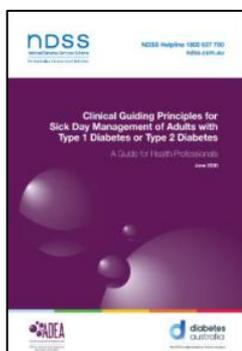
- **CareLink™**: connects to all Medtronic MiniMed series insulin pumps, compatible blood glucose meters and Guardian continuous blood glucose monitors. Data is uploaded from the pump to CareLink via the CareLink USB, via the Bayer Contour Next meter or via the MiniMed Mobile App.
- **Diasend™**: connects to the AMSL Tandem t:slim series pumps, Dexcom G4 , G5 and G6 receivers and the G5 and G6 continuous blood glucose monitors which are Bluetooth linked to a Tandem t:slim pump.
- **Dexcom CLARITY™**: connects users of the Dexcom G5 and G6 continuous blood glucose monitors to share their data as a standalone device (not linked to a Tandem insulin pump) which is linked to a compatible smartphone app via Bluetooth.
- **LibreView™**: connects to the Freestyle Libre flash glucose monitor. For users of the Freestyle LibreLink app, blood glucose data is continuously uploaded to LibreView when the user's phone is connected to the internet. For users of the Freestyle Libre Reader, data must be uploaded to a LibreView account using the designated Freestyle Libre USB cable.
- **Accu-Check Connect™**: connects users of the Accu-Check Combo as well as any Accu-Check blood glucose meter.

Ideally, people with diabetes should be encouraged to generate a report from their data prior to appointments. However, by having access to their data on your clinic accounts via these data sharing platforms will assist you (in times when reports are not provided) to assess and act.



Australian Diabetes Educators Association Sick Day Guidelines 2020

In 2006, ADEA developed the initial Sick Day Guidelines to support sick day management education. Over time these guidelines have undergone several revisions and more recently, a major review in 2020.



The updated guidelines reflect current evidence and expert opinion from a project Expert Advisory Group, along with feedback from ADEA members. Significant changes in line with the latest published evidence and expert opinion include information on the use of:

- CGM/FGM including effects of interfering substances.
- closed loop systems.
- euglycaemic-DKA risk with SGLT2i agents.
- other medicines that may need consideration during sick days.
- blood glucose and ketones and insulin/medication adjustment.

To access the revised guidelines and additional resources, visit the [ADEA](#) website.

Juvenile Diabetes Research Federation (JDRF) Economic Cost of type 1 diabetes in Australia Report 2021

The JDRF Economic Cost of type 1 diabetes in Australia Report 2021 highlights the impact of type 1 diabetes on individuals' and families' lives is extensive. Type 1 diabetes and the associated health complications place a high cost on individuals, families, governments and the economy.

In 2020, the report identifies that type 1 diabetes cost \$2.9 billion through healthcare costs, reduced wellbeing, lower employment and additional care which equates to \$51 billion over the life of the individuals who currently have type 1 diabetes. The report importantly confirms emerging treatment options and technologies can reduce the cost of T1D. Access to continuous glucose monitors (CGMs) and pump technologies can minimise the risk of complications and emergencies, reducing average lifetime costs by 14% and yielding a benefit cost ratio of 1.5. To access the report, visit the [JDRF](#) website.



Calendar dates

[CRANaplus 2021 Virtual Symposium](#) – will be held on the 17th September 2021. For further information and to join the mailing list, visit the [CRANaplus](#) website.

[National Association of Diabetes Centres Australasian Diabetes Advancements and Technologies Summit](#)– will be held virtually on the 23rd October 2021. For further information, visit the [NADC](#) website.

[National Association of Diabetes Centres Best Practice in Diabetes Centres](#) – will be held virtually on the 23rd October 2021. For further information, visit the [NADC](#) website.

[National Closing the Gap First Nations Health Conference](#) – will be held in the Gold Coast, Queensland from the 22nd – 24th November 2021. For further information, visit the [Indigenous Conference Services](#) 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.

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.

[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.

The National Prescribing Service (NPS) provides a range of learning activities and resources. All our courses are available free of charge. To access the recently developed resources related to Heart failure and many others, visit the [NPS Medicinewise](#) website.

For more information

Rural Support Service Diabetes Service

PO Box 3017, Rundle Mall
ADELAIDE SA 5000

Email: Health.DiabetesService@sa.gov.au

www.chsa-diabetes.org.au

www.sahealth.sa.gov.au/regionalhealth

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