

VOLUME 17, ISSUE 3 | September 2022

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.

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.

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 education resources.

Consumer factsheets and clinical resources

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 protocols and action plans have been updated. Click on the title to download.

1. [Subcutaneous Insulin Administration in Hospital and Aged Care - Procedure](#)
2. [Subcutaneous Insulin Administration in the Community Setting - Procedure](#)
3. [My Insulin Pump Failure Electronic Action Plan](#) (available only to SA Health employees)
4. [High Blood Glucose \(hyperglycaemia\) Electronic Action Plan](#) (available only to SA Health employees)
5. [Low Blood Glucose \(hypoglycaemia\) Electronic Action Plan](#) (available only to SA Health employees)

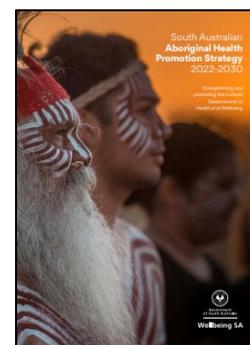
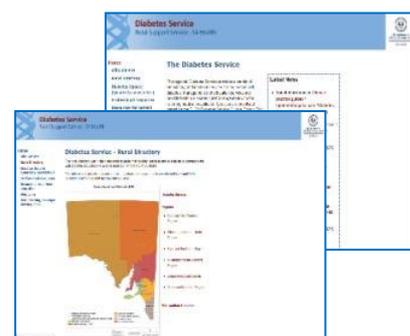
General Information

SA Aboriginal Health Promotion Strategy 2022-2030

As part of Wellbeing SA's commitment to improving the health and wellbeing outcomes for the SA Aboriginal community, the first Aboriginal Health Promotion Strategy 2022-2030 (the Strategy) has been launched.

The Strategy aims to support and strengthen the Cultural Determinants of Health and Wellbeing for all Aboriginal and Torres Strait Islander people living in our state. It celebrates the history and diversity of Aboriginal cultures and intends to support Aboriginal leadership and self-determination to strengthen Aboriginal Culture.

For more information and to access the Strategy 2022-2030, visit the [Wellbeing SA](#) website.



Palliative Care Australia Strategic Direction 2022–2024

Palliative Care Australia has released its latest strategic plan, Strategic Direction 2022-2024, revealing a renewed purpose, clear vision and the strong values that guide the three strategic palliative care priorities being: growing the health care, aged care and community care workforce, innovate in models of care, and increase accessibility.

For more information and to access the Strategy 2022-2024 and their two resources titled *Information for patients and Information for family members/carers*, visit the [Palliative Care](#) website.

Palliative care is person and family-centred care provided for a person with an active, progressive, advanced disease, who has little or no prospect of cure and who is expected to die, and for whom the primary goal is to optimise the quality of life. End-of-life care is a phase of palliative care and is recognised as one in which increased services and support are essential to ensure quality, coordinated care from the health care team is being delivered. This takes into account the terminal phase or when the person is recognised as imminently dying, death and extends to bereavement care.

The Australian Diabetes Society (ADS) do not have a current position statement nor guideline for palliative care, however current coordinated care is described in the following international and national resources:

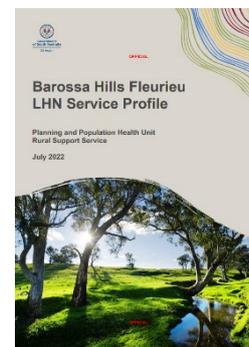
- > [American Diabetes Association Standards of Medical Care in Diabetes \(2022\)](#)
- > [Diabetes UK offer an End of Life Guidance for Diabetes Care \(2021\)](#)
- > [Diabetes Australia](#)
- > [NDSS Diabetes management in aged care: a practical handbook \(2020\)](#)
- > [RACGP Management of type 2 diabetes – A handbook for general practice \(2021\)](#)

Regional Local Health Network and Health Unit Service Profiles

New Service Profiles have been prepared by the Rural Support Service (RSS) Planning and Population Health Team. The profiles provide the latest available data and are intended for use by staff for research, service planning, reports and preparing funding submissions. The profiles include:

- > information on key population and demographic data;
- > health utilisation data;
- > social and economic data;
- > risk factor and chronic disease prevalence and
- > activity profiles.

The profiles are available [Regional Health Hub](#) and the 'What's New Regional LHN Profiles' and 'What's New Service Profiles' provide a summary of information that has been updated in each profile.



Incidence of diabetes with and without recent SARS-CoV-2

A retrospective cohort study using Veterans Health Administration, the largest integrated health care system in the U.S data was conducted to examine associations of severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2) infection/coronavirus with diabetes.

All veterans without pre-existing diabetes with one or more nasal swabs positive for SARS-CoV-2 were defined as exposed and those with no positive swab and one or more laboratory tests, as unexposed. A subgroup analysis was performed among hospitalized subjects. The results identified that SARS-CoV-2 was associated with higher risk of incident diabetes, compared with no positive tests, among men but not women. Among hospitalized participants, SARS-CoV-2 was associated with higher risk of diabetes in men, but not women.

The research team concluded that SARS-CoV-2 is associated with higher risk of incident diabetes in men but not in women even after greater surveillance related to hospitalization is accounted for.

The two controlled studies by [Xie et al.](#) and by [Wander et al.](#), both using the Veterans Health Administration data and published, report an increased risk of incident diabetes following a COVID-19 infection. Further research is required, however, should COVID-19 prove to be a risk factor for incident diabetes, this could, given the large number of COVID-19 infections worldwide, have profound implications for public health systems globally.

JDRF's One Walk Step Challenge

In 2021, JDRF supporters invested over \$11M in game changing research and funded 45 research projects to improve lives and work towards a cure for type 1 diabetes. Registration is now open for the 2022 One Walk Step Challenge via the [JDRF](#) website.

Useful resources

Ausroads website and Assessing Fitness to Drive – 2022 Edition

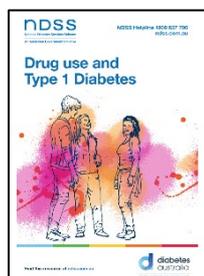
The [Ausroads](#) website now offers improved access and utility for the fitness to drive standards including:

- > quick links to the main medical chapters
- > a new, easy to read format for all chapters
- > links to topics of interest including fitness to drive for older drivers, conditional licences etc
- > pages devoted to target audiences including health professionals, private vehicle drivers and commercial vehicle drivers and a summary pages describing the changes to the new [Assessing Fitness to Drive – 2022 Edition](#).



The revised standards makes no changes to health professional reporting or legal obligations but does emphasise the important role of health professionals in advising drivers about the impact of their medical conditions/disabilities on driving in both the short and long term. Some important general messages for health professionals:

- > multidisciplinary management of drivers and the importance of information sharing between treating health professionals.
- > medical evidence regarding the impacts and management of medical conditions in relation to driving; others provide clarity around existing medical criteria to support consistency in application.
- > improved general guidance to support assessment and management of health conditions, disabilities and treatments in relation to driving for:
 - people with disabilities (Part A - Section 2)
 - older drivers and people with multiple medical conditions (Part A – Section 2.2.7, 2.2.8)
 - people receiving treatment with medicinal cannabis (Part A - Section 2.2.9)
- > improved guidance in assessing and managing certain medical conditions (Part B) including:
 - diabetes (Section 3)
 - musculoskeletal disorders (Section 5)
 - autism spectrum disorder (ASD) (Section 6.3)
 - psychiatric conditions (Section 7) and
 - sleep disorders (Section 8).



NDSS Drug use and type 1 diabetes booklet

The use of recreational drugs by people with type 1 diabetes increasing risk of accidental insulin omission, hyperglycaemia, ketosis and acidosis. As is well known, diabetic ketoacidosis (DKA) is a life-threatening medical emergency.

This guide lists focuses on the use of recreational drugs by people with type 1 diabetes. Whilst people over 18 years of age can legally purchase some recreational drugs, like alcohol and tobacco, other drugs, such as marijuana, ecstasy, cocaine, LSD and amphetamines are illegal. The guide was revised in 2020 and is available on the [NDSS](#) website.

JDRF Testing Times Guide

JDRF's new 'how to' resource, *Testing Times*, has been specially written to help teenagers thrive while managing their type 1 diabetes.

It aims to offer teens practical tips and advice on a wide range of topics, including study, mental health, managing stress, exercise, food and sleep, as well as facing the transition into adulthood, all while managing their type 1 diabetes.

The resource is free and can be downloaded via the [JDRF](#) website.



Calendar dates

ACNP National Conference will be held in Brisbane from the 13th – 15th October 2022 and the theme is 'Inspiring Future Growth for Nurse Practitioners and Advanced Practice'. For further information, visit the [ACNP](#) website.

SOMANZ Annual Scientific Meeting will be held from the 14th – 16th October 2022 at the Hotel Grand Chancellor, Hobart. For further information, visit the [SOMANZ](#) website.

6th Australasian Diabetes Advancements and Technologies Summit (ADATS) hosted by the National Association of Diabetes Centres (NADC) will be held on the 21st October 2022 in the Goldcoast, Queensland. For further information, visit the NADC [ADATS](#) website.

Best Practice in Diabetes Centres Meeting hosted by the National Association of Diabetes Centres (NADC) will be held on the 22nd October 2022 in the Goldcoast, Queensland. For further information, visit the [NADC BPDC](#) website.

Australian Paediatric Endocrine Group Annual Scientific Meeting will be held from the 13th – 16th November 2022 in Christchurch, New Zealand. For further information, visit the [APEG](#) website.

Australian Diabetes in Pregnancy Society and International Association of Diabetes in Pregnancy Study Groups Annual Scientific Meeting in Sydney in November 2022. For further information, visit the [ADIPS](#) website.

International Diabetes Federation Complications Congress – will be held in Lisbon, Portugal from the 5th – 8th December 2022. For further information, including access to the online program, visit the [IDF](#) website.

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

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
- [NADC](#) website and the
- [NPS Medicinewise](#) 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 has been updated. To register your interest and cost, please contact: admin@nadc.net.au.



For more information

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www.chsa-diabetes.org.au

www.sahealth.sa.gov.au/regionalhealth

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