

# 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.

## 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. [Continuous Glucose Monitoring \(CGM\) in the inpatient setting - Protocol](#)
2. [Continuous Glucose Monitoring \(CGM\) in people with diabetes in the inpatient setting - Flowchart](#)
3. [Continuous Glucose Monitoring \(CGM\) Ambulatory Clinical Service - Work Instruction](#)

### Regional Local Health Network (LHN) policies

Five key policies have been updated and created to provide regional LHNs and SA Ambulance Service with a consistent approach to managing patient / consumer flow across the health system. The policies are:

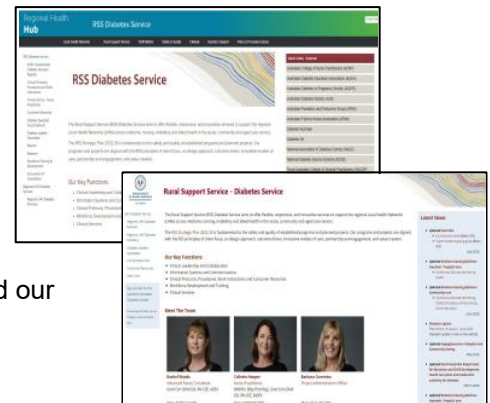
1. [Criteria Led Discharge Policy](#)
2. [Managing Transfer or Discharge of Patients Policy](#) and [Ambulance Transport Policy](#)
3. [Statewide Demand and Escalation Policy](#)

## General Information

### Juvenile Diabetes Research Foundation (JDRF) One Walk

Each year, JDRF One Walks around the globe raise over \$85 million for life-changing type 1 diabetes research. In 2023, 30 years of One Walks will be celebrated!

For further information and to register for a local walk in your community, visit the [JDRF](#) website.



## General Information

### Glucagen® HypoKit® Shortage

A GlucaGen® HypoKit® is used to treat severe hypoglycaemia (extremely low blood sugar levels, or “hypos”) in people using insulin or taking tablets to control their diabetes, who have become unconscious. It is also used for diagnostic purposes. The shortfall in Australia is anticipated to continue during September 2023.



Recommendations from Novo Nordisk Pharmaceuticals Pty. Ltd. are:

- > hospitals / people with diabetes do not discard GlucaGen® HypoKit® nearing expiry, only those where the expiry date has passed, until a new GlucaGen® HypoKit® has been obtained.
- > people with diabetes who cannot obtain or fill a prescription should consult their doctor.
- > call an ambulance immediately in the event a person with diabetes experiences a severe hypoglycaemic episode in the community and not have access to Glucagon's® HypoKit®.

Novo Nordisk Pharmaceuticals Pty. Ltd. state that they are working with the Therapeutic Goods Administration and will provide updates to community when available. Novo Nordisk hope to re-establish intermittent supply to return in October 2023.

### Ryzodeg 70/30 FlexTouch® Shortage



The Therapeutic Goods Administration has advised that a supply shortage of Ryzodeg 70/30 FlexTouch, an insulin containing insulin degludec (ultra-long-acting basal insulin) and insulin aspart (rapid-acting mealtime insulin) administered in one injection, is anticipated to cease on 5 June 2024.

Ryzodeg 70/30 insulin remains available and Novo Nordisk Pharmaceuticals Pty. Ltd. recommend people with diabetes using FlexTouch switch to the Penfill product via a new device (such as the NovoPen 6). This switch from disposable to durable in device is at no cost.

### International Diabetes Federation (IDF)

IDF has revealed a new visual identity and logo, reinforcing their mission and vision. The 'Bird of Hope' represents intercontinental liaison, metabolic adaptation, energy and courage. The updated symbol combines the hummingbird with the blue circle, which has been the global symbol for diabetes. For further information, visit the [IDF](https://www.idf.org/) website.



### Department of Veteran Affairs (DVA) Concession Eligibility Change



The DVA has advised of changes to National Diabetes Service Scheme (NDSS) co-payment funding arrangements specifically DVA White Card concession eligibility. From 1 July 2023, DVA White Card holders for specific, service-related, conditions only with diabetes as a DVA accepted condition will be funded. DVA will no longer fund White Card holders who do not have a DVA accepted condition of diabetes.

DVA has advised affected people with diabetes registered on the NDSS and provided advice that they will need to self-fund the co-payment. There are no changes to concession eligibility for DVA Gold Card holders and DVA Pension Card holders. For further information, visit the [Diabetes services | Department of Veterans' Affairs \(dva.gov.au\)](https://www.dva.gov.au/) website.

### American Diabetes Association (ADA) Research Presentation - oral semaglutide (Rybelsus®)

At the recent ADA 2023 Scientific Sessions, researchers presented on the outcomes of two published studies which assessed the efficacy and safety of oral glucagon-like peptide-1 analogue Semaglutide (Rybelsus®). The [PIONERR PLUS](#) trial identified that once daily oral semaglutide (25mg and 50mg) was superior (to 14mg doses) in reducing HbA1c and bodyweight in adults with inadequately controlled type 2 diabetes. No new safety concerns were identified. The [OASIS 1](#) trial concluded once daily oral semaglutide 50mg in adults who were overweight or obese without type 2 diabetes, led to a superior and clinically meaningful decrease in bodyweight compared with placebo.

## Useful resources

### 2023 Australian Guideline for assessing and managing cardiovascular disease (CVD) risk

People with diabetes should have their CVD risk assessed using the Australian cardiovascular disease risk calculator from age 35-79 years. The new Australian cardiovascular disease risk calculator (Aus CVD Risk Calculator) is based on the PREDICT-1 equation, which was developed in New Zealand, and has been modified and recalibrated for the Australian population and health setting.



The Aus CVD Risk Calculator allows for improved CVD risk estimation in people with type 2 diabetes, factoring in glycated haemoglobin (HbA1c), time since diagnosis of diabetes (measured in years), urinary albumin-to-creatinine ratio (uACR), estimated glomerular filtration rate (eGFR), body mass index (BMI) and the use of insulin in the previous 6 months. Information is provided about the association between CVD risk and pregnancy complications such as hypertensive disorders of pregnancy (including pre-eclampsia) and gestational diabetes, has also been added.

The new CVD risk categories are: • high ( $\geq 10\%$  risk over 5 years), intermediate (5 to  $< 10\%$  risk over 5 years) and low ( $< 5\%$  risk over 5 years).

To access the guideline and online calculator, visit [AusCVDRisk](https://www.auscvd.com.au) website.



### National Diabetes Services Scheme (NDSS) Healthcare Worker Education Program

The NDSS has launched a Healthcare Worker Education Program online. The six 10-minute modules aim to provide the healthcare worker to:



- > know more about the services available through the NDSS
- > understand the healthcare team and how they support people living with diabetes
- > be able to recommend resources and services to people living with diabetes.

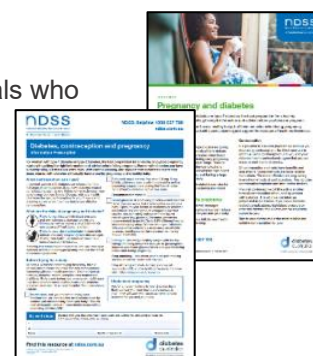
To access the free modules, visit the [NDSS](https://www.ndss.gov.au) website.

### NDSS Diabetes, Contraception and Pregnancy Resources

For women with type 1 diabetes or type 2 diabetes, the best preparation for a healthy, enjoyable pregnancy starts with getting the right information and advice before falling pregnant.

To plan a pregnancy, women with diabetes are encouraged to discuss the following key issues with their health care team”

- > contraception use until the woman is ready to start trying for a baby
- > general pregnancy planning advice and appointments required with health professionals who specialise in pregnancy and diabetes.
- > individual targets for blood glucose and/or continuous glucose monitoring.
- > current medications and their continued or contraindicated use during pregnancy.
- > commencement of high-dose (2.5mg-5mg) folic acid supplement each day.
- > undergo a full diabetes complications screening and blood pressure checked.
- > aim for a healthy weight before becoming pregnant.
- > aim for an HbA1c of 6.5% (48mmol/mol) or less (or as close to this target as possible, depending on risk of hypoglycaemia).



To access a range of diabetes in pregnancy resources, including a new booklet on contraception and two new videos on pregnancy planning and contraception, visit the [NDSS](https://www.ndss.gov.au) website.

### Australian Diabetes Educator Association (ADEA) Strategic Plan 2023 - 2026

The ADEA Strategic plan outlines the goals to support and grow the diabetes health workforce and ensure Credentialed Diabetes Educators are working to their full scope of practice so that every person living with diabetes across the nation receives the best possible diabetes care and education.

The Plan articulates the strategic pillars of advocacy, education, care, connection, and support to achieve these goals. To access a copy of the Plan, visit the [ADEA](https://www.austlii.edu.au/au/other/austrlii/au/other/adea/) website.



## Calendar dates

**39th CRANApplus Conference** will be held on the 4<sup>th</sup> – 6<sup>th</sup> October 2023 in Adelaide. For further information, visit the [CRANApplus](#) website.

**SOMANZ Annual Scientific Meeting** will be held from the 6<sup>th</sup> – 8<sup>th</sup> October 2023 in Adelaide. For further information, visit the [SOMANZ](#) website.

**ACNP National Conference** will be held from the 12<sup>th</sup> – 14<sup>th</sup> October 2023 in Sydney. For further information, visit the [ACNP](#) website.

**The Best Practice in Diabetes Centres Meeting** will be held on the 20<sup>th</sup> – 22<sup>nd</sup> 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 19<sup>th</sup> – 22<sup>nd</sup> November 2023 in Melbourne. For further information, visit the [APEG](#) website.

### 2024 Planner

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

**Australasian Diabetes Congress (ADC)** will be held from the 21<sup>st</sup> – 23<sup>rd</sup> 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 23<sup>rd</sup> – 25<sup>th</sup> 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.

### Clinical Specialisation Program

The [SA Health Nursing and Midwifery Skills and Training Package \(Clinical Specialisation Program\)](#) offers Registered Nurses and Midwives the opportunity to undertake a new accelerated pathway into post graduate clinical specialisation. Scholarships will be offered across a variety of clinical specialty streams.

### 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 Diabetes Service

PO Box 3017, Rundle Mall  
ADELAIDE SA 5000

Email: [Health.DiabetesService@sa.gov.au](mailto:Health.DiabetesService@sa.gov.au)

[www.chsa-diabetes.org.au](http://www.chsa-diabetes.org.au)

[www.sahealth.sa.gov.au/regionalhealth](http://www.sahealth.sa.gov.au/regionalhealth)

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