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Diabetes Services Update

Rural Support Service

Welcome to our September 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 via the [Subscriber Feedback Form](#).

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](#) and our [Diabetes Service](#) website.

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

1. [Continuous Subcutaneous Insulin Infusion \(CSII\) for patients with diabetes in the community setting - Work Instruction](#)
2. [Inpatient blood glucose and blood ketone monitoring in the hospital setting - Protocol](#)
3. [Blood glucose and blood ketone monitoring chart \(MR-59H\) - Example](#)
4. [Perioperative Diabetes Management in Adults - Protocol](#)
5. [Perioperative Diabetes Management - Work Instruction](#)
6. [Colonoscopy and type 1 diabetes \(insulin pump\) - Consumer Factsheet](#)
7. [Endoscopy and type 1 diabetes \(insulin pump\) - Consumer Factsheet](#)
8. [Colonoscopy and type 1 diabetes \(insulin injections\) - Consumer Factsheet](#)
9. [Endoscopy and type 1 diabetes \(insulin injections\) - Consumer Factsheet](#)
10. [Colonoscopy and type 2 diabetes - Consumer Factsheet](#)
11. [Endoscopy and type 2 diabetes - Consumer Factsheet](#)
12. [Surgery and type 1 diabetes \(insulin pump\) - Consumer Factsheet](#)
13. [Surgery and type 1 diabetes \(insulin injections\) - Consumer Factsheet](#)
14. [Surgery and type 2 diabetes - Consumer Factsheet](#)



Diabetes Service Website

The Rural Support Service (RSS) has recently reviewed its content on a number of websites and has recommended that the [Diabetes Service](#) website content be transitioned to the RSS section of the SA Health website later this year, so that information about services provided by the RSS is available in the one place.

Further information will be posted on the website home page before it is decommissioned and emailed to our individual subscribers in due course.

World Diabetes Day

World Diabetes Day is on 14th November! This year marks the beginning of a new three-year theme: **Diabetes and Well-being**. To register for campaign updates and downloadable resources, visit the [World Diabetes Day](#) website.

Latest News

Equitable Access to Technology Position Statement

One of the key recommendations from both [The State of a Nation Report 2024](#) and the Federal Government's Parliamentary [Inquiry into Diabetes](#) was for more equitable and affordable access to diabetes technology. In 2022, the Federal Government implemented subsidised access to continuous glucose monitoring (CGM) devices for all people living with type 1 diabetes. However, the high cost of these technologies remains a barrier for many Australians.

Diabetes Australia, supported by the Australian Diabetes Society and the Australian Diabetes Educators Association, in collaboration with many other organisations, individuals, and people living with diabetes, advocate for unrestricted access of CGM systems for people with type 2 diabetes and other types of diabetes who are:

- > pregnant
- > Aboriginal and Torres Strait Islander people
- > under 21 years of age
- > requiring multiple daily insulin injections.

Consensus statement on automated insulin delivery for type 1 diabetes in Australia

Automated Insulin Delivery (AID) works by connecting an insulin pump with a continuous glucose monitor (CGM) to automate insulin delivery to suit the person's glucose levels, minute by minute, maintaining them within target range.

AID improves glucose levels, alleviates the negative impacts that type 1 diabetes has on quality of life, reduces the risk of complications and is a cost-effective investment for our health system. AID is the standard of care for people with type 1 diabetes. However, Australia's current funding model puts AID out of reach for most Australians with living with type 1 diabetes.

The [Consensus Statement on Automated Insulin Delivery for Type 1 diabetes in Australia](#) recommends full access, choice and a staged implementation strategy for pump funding to ensure feasible, equitable and sustainable AID use in Australia, minimising issues related to product supply and healthcare workforce training and resourcing.

The Diabetes Australia [Equitable Access to Diabetes Technology](#) Position Statement proposed subsidies for insulin pumps for people with type 1 diabetes who are:

- > under 21 years of age
- > over 21 years of age with a healthcare card
- > Aboriginal and Torres Strait Islander people.



Periprocedural Use Of GLP-1/GIP Receptor Agonists



A [Consensus Clinical Practice Recommendation](#) endorsed by the Australian Diabetes Society, National Association of Clinical Obesity Services, Gastroenterological Society of Australia and Australian and New Zealand College of Anaesthetists has been recently released. This new paper offers recommendations regarding the use of GLP-1 receptor agonists and dual GLP-1 and GIP receptor co-agonists prior to:

- > endoscopic procedures
- > and anaesthesia for non-endoscopic procedures.

The paper states that these recommendations are based on expert opinion and given the uncertainty of the evidence and knowledge base surrounding GLP-1 agonists in the perioperative period, these guidelines will be reviewed in December 2024.

Medicine Shortages

Novo Nordisk Pharmaceuticals has recently advised the Therapeutic Goods Administration (TGA) that supply of semaglutide (Ozempic®) will remain limited for the rest of 2024. Novo Nordisk stated that demand had accelerated in recent months, particularly for the low-dose (0.25/0.5 mg) version. This additional demand is caused mainly by a rapid increase in prescribing for 'off-label' use.

The TGA has consulted with clinical and consumer groups. The Medicine Shortage Action Group offer recommendations for prescribers and consumers via the [TGA](#) website.

Changes to the Novo Nordisk® Insulin Portfolio

Novo Nordisk Pharmaceuticals has recently advised that they will be consolidating their insulin portfolio globally. The rationale is part of their global strategy and is not a result of any safety, efficacy or quality-related concerns. The adjacent table identifies several changes by:

- > insulin generic and brand names
- > insulin presentations to be discontinued (e.g. penfills, vials, devices)
- > anticipated end dates of product supply
- > insulin presentations remaining.

ACTIVE SUBSTANCE	BRAND NAME	PRESENTATIONS TO BE DISCONTINUED	ANTICIPATED END DATE OF PRODUCT SUPPLY AVAILABILITY IN MARKET	NOVO NORDISK® PRESENTATION REMAINING AVAILABLE
Insulin human / isophane (NPH) / insulin human 30 / 70	Mixtard® 30	Penfill® (PBS listed)	October 2024 (Penfill®)	No other product presentation of Mixtard® 30 will be available
Fast acting insulin aspart	Flexp®	Vials (not PBS listed)	December 2024	Penfill® (PBS listed)
Insulin degludec + insulin aspart 70/30	Ryozede®	FlexTouch® (PBS listed)	February 2025	Penfill® (PBS listed)
Isophane (NPH) insulin human	Protaphane®	Involet® (PBS listed)	February 2025	Penfill® and Vials (PBS listed)
Fast acting insulin aspart	Flexp®	FlexTouch® (not PBS listed)	June 2025	Penfill® (PBS listed)
Isophane (NPH) insulin human	Protaphane®	Penfill® (PBS listed)	December 2026	Vials (PBS listed)
Insulin detemir	Levemir®	FlexPen® & Penfill® (PBS listed)	December 2026	No other product presentation of Levemir® will be available.
Human insulin	Actrapid®	Penfill® (PBS listed)	December 2026	Vials (PBS listed)
N/A	NovoFine® Autocover	NovoFine® Autocover	December 2026	N/A

If you have any questions in relation to the contents of this letter, please contact our Medical Information Team on aunrccc@novonordisk.com or 1800 668 626, or your local Novo Nordisk® representative.



Insulin Delivery Device Shortages

Novo Nordisk Pharmaceuticals is currently experiencing supply constraint on NovoPen® 4 insulin device. To ensure continued access to a NovoPen®, a short-term supply of a similar alternative device, NovoPen® 5 is available. NovoPen® 5 offers the same functionality as NovoPen® 4, with the additional feature of a digital screen and dose memory function. For any questions relating to this matter, please contact Novo Nordisk Medical Information at aunrccc@novonordisk.com or 1800 668 626.

Useful resources

Consensus guidance for monitoring individuals with islet autoantibody-positive pre-stage 3 type 1 diabetes

A [Consensus Report](#) guidance document recent published in *Diabetologia* and co-authored by 66 international experts including Australian researchers, has been endorsed by key diabetes organisations, including the Australian Diabetes Society (ADS). This resource outlines the best methods and recommendations for the frequency of monitoring the progression of type 1 diabetes across pre-symptomatic stages. It also provides guidance on when insulin treatment should be introduced, for children, adults and in pregnancy.

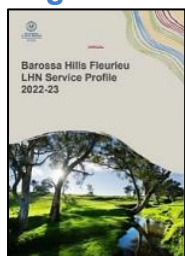
The Australian Obesity Management Algorithm

Primary care has been recognized as critical in addressing Australia’s obesity problem. The [Australian Obesity Management Algorithm](#) is a *simple tool to guide the management of obesity in primary care* and offers information on:

- > guiding principles
- > baseline assessment
- > special clinical situation (e.g. age pregnancy)
- > treatment options (e.g. lifestyle intervention for reducing energy intake and increasing energy expenditure) pharmacotherapy (approved and off-label) and/or bariatric surgery) and linkage with specialist care.



Regional Local Health Network Profiles



The 2022-23 Service Profiles produced by the Rural Support Service Planning and Population Health team are now available on the [Regional Health Hub](#). The Service Profiles are a valuable resource for research, planning, projects, writing reports or funding submissions as they offer data on our regional LHNs, regions, public hospitals and local health services including:

- > activity data about and for hospitals, emergency departments and community health
- > population, demographic, and future population projection data
- > fertility, socioeconomic, and chronic disease numbers.

Australian Digital Health Agency

Digital Health has the potential to help people overcome healthcare challenges such as equitable access, chronic condition management and prevention and the increasing costs of healthcare. The [National Digital Health Strategy](#) and accompanied [Delivery Roadmap](#) provides the vision, priority areas and initiatives. Webinars focusing on Digital Health and using My Health Record or Electronic Prescriptions are available via the [Digital Health](#) website.

Calendar dates

Australian College Nurse Practitioners National Conference will be held from the 6th – 8th November 2024 in Cairns, Queensland. For further information, visit the [ACNP](#) website.

Pacific Region Indigenous Doctors Congress will be held from the 2nd – 6th December 2024 in Kurna Country, Adelaide. For further information, visit the [PRIDoC 2024](#) website.

International Diabetes Federation Congress will be held from the 7th – 10th April 2025 in Bangkok. For further information, visit the [IDF](#) website.

4th International Indigenous Health and Wellbeing Conference will be held from the 16th – 19th June 2025 in Kurna Country, Adelaide. For further information, visit the [Lowitja Institute](#) website.

Australian and New Zealand Society for Paediatric Endocrinology and Diabetes Annual Scientific Meeting will be from the 3rd – 6th August 2025 in Port Douglas, Queensland. Website will be available late 2024.

9th Australasian Diabetes Advancements and Technologies Summit (ADATS) will be held on the 19th August 2025 in the Gold Coast, Queensland. For further information, visit the [NADC](#) website.

Australasian Diabetes Congress (ADC) will be held from the 20th – 22nd August 2025 in the Gold Coast, Queensland. For further information, visit the [ADC](#) website.

18th National Rural Health Conference – details for 2025 to be announced, monitor the [Rural Health](#) website.

The Society of Obstetric Medicine of Australia and New Zealand (SOMANZ) in conjunction with the **Australasian Diabetes in Pregnancy Society (ADIPS)** will hold a Joint Scientific Meeting from 10th -12th October 2025 in Auckland, New Zealand. For further information, visit the [ADIPS](#) 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 [SA Health Nursing and Midwifery](#) 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.

Australian Diabetes Educator's Association (ADEA) Micro credentialling



Micro credentials are succinct, targeted certifications that validate specific competencies or skills. Two such courses are available for ADEA members looking to update their knowledge about diabetes technologies.

Both courses are delivered online, one is focused on insulin pump therapy, the other on continuous glucose monitoring systems. For further information, log into the ADEA Learning Management System on the [ADEA](#) website.

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

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