

Diabetes Update

RSS Diabetes Service

Welcome to the December 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.

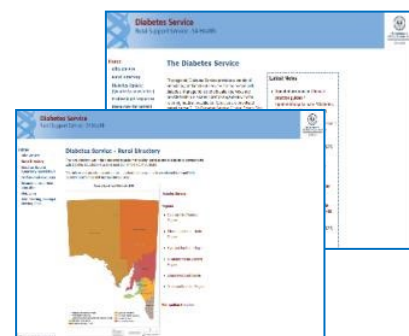
Diabetes Service patient and professional resources

Website

The [Diabetes Service](#) website offers access to a rural directory of key diabetes service contacts, policies, guidelines and patient and professional education 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.



Regional Local Health Networks

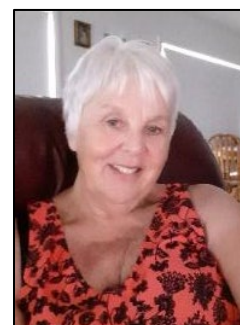
Staff Acknowledgement

Lya van Haasteren commenced her employment at Gawler Hospital and Health Services in 1997 as a Diabetes Educator. Lya brought with her knowledge, skills and experience from previous positions as a Registered Nurse (Repatriation General Hospital, Adelaide), a Psychiatric Nurse (Glenside Hospital and Modbury Hospital, Adelaide), Agency Nursing in the Private Sector and a Surgical Nurse (Adelaide Gaol, Adelaide) and as a Theatre Nurse (Hutchinson Hospital, Gawler).

Lya was recognised as an Australian Diabetes Educator Association (ADEA) Credentialed Diabetes Educator in 1997 and each subsequent year since.

Lya will retire on the 31st December 2021 and looks forward to catching up with her friends who are already retired, walking to the beach with her grandchildren in summer and volunteering with the RSPCA. Lya thinks she may miss the staff, the camaraderie and support from her fellow clinicians.....but not the alarm going off at 0545hours!

We thank Lya for her enthusiasm and expertise in diabetes education and clinical care over the past 24years. We also offer our very best wishes for her future.



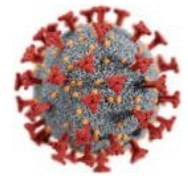
General Information

Australian National Diabetes Strategy 2021-2030

Diabetes Australia has welcomed the release of the new [Australian National Diabetes Strategy 2021-2030](#) Australian National Diabetes Strategy 2021-2030, announced on World Diabetes Day by the Minister for Health and Aged Care, the Hon. Greg Hunt MP. Diabetes is one of the most significant challenges currently facing Australia's health system and the new National Diabetes Strategy 2021-2030 outlines the key areas including prevention, early detection, management and care that must be addressed more urgently in the coming decade. In particular, the new Strategy highlights key issues that require special attention including diabetes in aged care, prevention of type 2 diabetes, and diabetes in First Nations communities.

Post COVID-19 Recovery in Diabetes Care

Data presented at the European Association for the Study of Diabetes 2021 identified the reduction in new diagnoses of diabetes by about 70% compared with previous years. Unfortunately, there has also been reduced HbA1c monitoring in people with diabetes by 77% to 84%. In addition, the frequency of monitoring retinopathy, feet, blood pressure, HbA1c, and lipids has reduced from about 58% to around 20%.



From previous studies, these delays are associated with worse outcomes. The COVID 19 Pandemic has resulted in over 18 months of delays! It is important that health professionals advocate for access to appropriate diabetes services for all people with diabetes in our [SA Health COVID Ready Plan](#).

Type 2 Diabetes in children and young adults

Type 2 diabetes is usually more common in middle-age or older adults. However, data from two new studies from the United States of America suggest the incidence of type 2 diabetes in children appears to have doubled during the COVID-19 pandemic. In addition to incidence, there was also an increase in severity of presentation.

In Australia, type 2 diabetes is also being diagnosed in children and young people, in particular among Aboriginal and Torres Strait Islander youth and children with non-European backgrounds. Type 2 diabetes can lead to long-term diabetes-related complications such as heart and kidney disease. With more children and young people developing type 2 diabetes, diabetes-related complications are likely to occur at a younger age. Appropriate clinical care is essential for preventing diabetes related long-term health problems.

The Australasian Paediatric Endocrine Group [Screening, assessment and management of type 2 diabetes mellitus in children and adolescents](#) guidelines were published in the Medical Journal of Australia and provide guidance to health care providers about screening, diagnosis, diabetes education, monitoring including targets, healthy lifestyle, pharmacotherapy, assessment and management of complications and comorbidities, and transition.

Breastfeeding may reduce T2D diabetes risk

Gestational diabetes mellitus (GDM) is well recognised for its association with adverse maternal and foetal outcomes and increased risk of type 2 diabetes. A recent study investigated the relationship between lactation duration and insulin and glucose response among women with prior GDM.

The study group comprised 144 women with a history of GDM between 2003 and 2010. Plasma insulin and glucose concentrations were obtained from a 75g oral glucose tolerance test (OGTT). Total lactation duration (exclusive breastfeeding and breast and bottle-feeding) for all infants was self-reported in months. The results suggest that longer duration of lactation is associated with improved insulin and glucose response among women with prior GDM. The full article published in the [European Journal of Endocrinology](#).

Remission of type 2 diabetes

[Diabetes Australia's position statement on type 2 diabetes remission](#) was jointly developed by a working group from representatives of the Australian Diabetes Society (ADS) and the Australian Diabetes Educators Association

(ADEA) provides up-to-date, practical advice and information to people with diabetes and the community about possible remission of type 2 diabetes.

People with type 2 diabetes who want to attempt diabetes remission are advised to do so in close consultation with their diabetes healthcare team, as intensive dietary and weight changes need careful management, monitoring and support.

People who do not achieve or sustain remission should not feel that they have 'failed'. The health benefits of weight loss and a reduction in HbA1c are significant even if remission does not occur, as these reduce the risk of developing diabetes-related complications and may lead to reducing or stopping glucose-lowering medications.

Useful resources

NDSS Disaster Management

With the bushfire season almost upon us, being prepared is crucial. The National Diabetes Services Scheme has updated a series of Disaster Management resources aimed to support people living with diabetes including:

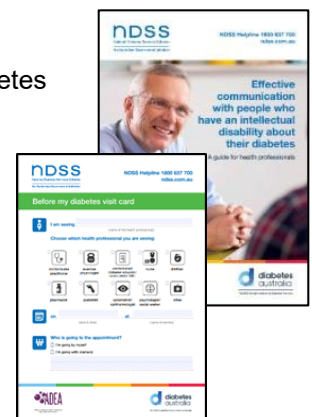
- [Managing your diabetes in an emergency - Flyer](#)
- [Manage your diabetes in a emergency - Poster](#)
- [My natural disasters and emergency action plan](#)

The [emergency guide for emergency services, local councils, and the not-for-profit](#) aims to reduce morbidity and mortality of those with diabetes and other chronic conditions in natural disasters and emergencies, and, at the same time, minimise the strain on hospital resources.

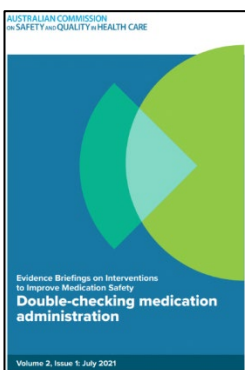
NDSS People with diabetes and an intellectual disability

New resources are now available to assist health professionals and people living with diabetes and an intellectual disability (ID). The ['Effective communication with people who have an intellectual disability about their diabetes'](#) guideline aims to provide practice recommendations to health professionals to better support people living with an ID and diabetes, as well as their families, carers and support workers.

A series of [low-literacy videos](#) are available and cover the diabetes team, preventing other health problems, medication, and more. There is also a [Choosing healthy foods](#) information sheet and [Diabetes visit cards](#) to make visiting a health professional easier.



Improving Medication Safety



The Australian Commission on Safety and Quality in Health Care has recently undertaken a review and update of the 'Interventions to improve medication safety – evidence briefs'. The 2021 briefs summarise the evidence on the effectiveness of safety interventions that aim to improve medication and include:

- [Double-checking medication administration](#)
- [Reducing interruptions during medication prescribing, preparation and administration](#)
- [Electronic medication administration records](#)
- [Closed-loop medication management systems](#)
- [Electronic prescribing systems and their impact on patient safety in hospitals](#)
- [Scanning medication administration systems.](#)

Smoking and Vaping

The Heart Foundation identifies smoking as the single leading cause of preventable mortality and morbidity as well as increasing the risk of cardiovascular disease, cancer, respiratory disease, chronic kidney disease and diabetes. Vaping nicotine is associated with increased blood pressure, heart rate and arterial stiffness that can potentially

increase the risk of developing cardiovascular disease and compromised lung function. Vaping products can also potentially cause accidental and intentional poisonings (including deaths), seizures, burns and injuries.

Smoking cessation reduces the risk of non-communicable diseases, prevents a wide variety of other chronic and acute health conditions and improves quality and safety indicators in health care, including improved treatment outcomes. Cessation of nicotine and/or non-nicotine vaping should be strongly encouraged as there are inherent health risks in repeatedly inhaling the aerosol (with and without nicotine). Together with Quit, the Heart Foundation have developed a [position statement on smoking and vaping cessation](#).

Calendar dates

16th National Rural Health Conference will be held from the 30th May - 1st June 2022 at the Perth Convention Centre, Perth, WA. Further information available on the [National Rural Health](#) website.

SOMANZ Annual Scientific Meeting will be held from the 14th - 16th October 2022 at the Hotel Grand Chancellor, Hobart. More information will follow.

Australasian Diabetes Congress will be held in Brisbane in August 2022. More information to follow.

Australian Paediatric Endocrine Group Annual Scientific Meeting will be held from the 3rd - 16th November 2022 in Christchurch, New Zealand. More information to follow.

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.

Merry Christmas – A Happy & Safe New Year to You

To our partners in health who have made our progress this year possible, we extend our warmest wishes for the Holiday Season and a prosperous and peaceful New Year.

The Diabetes Staff will take leave over the festive season however will return to work on Tuesday 4th January 2022.



For more information

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www.chsa-diabetes.org.au

www.sahealth.sa.gov.au/regionalhealth

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