Welcome to the June issue of Diabetes Update

This newsletter is designed to keep our staff and partners in health up-to-date on diabetes related information, our activities and accomplishments.

The CHSALHN 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.

CHSA Diabetes Service patient and professional resources

Website

The CHSA-Diabetes 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 CHSA Diabetes Service are available on the CHSA Intranet and our CHSA-Diabetes website.

The following factsheets have been updated and are available on SharePoint and website. Click on the title to download.

1. Insulin in type 1 diabetes - Basal bolus
2. Basal bolus insulin in type 1 diabetes - Calculations

CHSA Diabetes Educators 2 Day Workshop

The CHSA Diabetes Educators Workshop was held on the 2nd and 3rd May 2019 at the Education Development Centre, Hindmarsh. This continuous professional development activity was well attended by our rural and remote Credentialled Diabetes Educators and Diabetes Educators.

The program offered presentations on the Royal Commission and Aged Care Quality Standards, Health Worker Training, Residential Aged Care, Home Support Services, Peripheral Vascular Disease and Ankle Brachial Index and Toe Brachial Index Assessments.

Discussions with Ann-Marie Hoskin, Advanced Nurse Manager – Aged Care, Fiona Murray, Podiatry Lead and Michelle Schilling, Dietetic Lead offered an update of current services and collaborative work ahead.

The workshop also offered the opportunity for Barbie Sawyer, Nurse Practitioner – Diabetes to present a case study which highlighted that chronic kidney disease (CKD) is common, harmful but treatable. Early management of CKD (lifestyle changes, prescription of ACE inhibitors or ARBs) includes cardiovascular disease risk reduction. If CKD is detected early and managed appropriately, the otherwise inevitable deterioration in kidney function can be reduced by as much as 50% and may even be reversible.

The evaluation identified that the program was well received and highly relevant to clinical practice. This is the only opportunity for our rural and remote staff to be together each year and as such, the networking, lively discussion and thought provoking debates were invaluable!
General Information

SA Health Perinatal Practice Guide for Diabetes Mellitus and Gestational Diabetes Mellitus

This PPG has undergone a complete review and update (including references). Major changes include the addition of:

- flowcharts for screening and diagnosis of diabetes in pregnancy, intrapartum management for women with type 1 diabetes, intrapartum management for women with type 2 diabetes requiring medication in pregnancy, intrapartum management for women with GDM requiring medication in pregnancy and postnatal management for women with GDM
- information when women have insulin infusion pumps
- ketone testing information
- information on oral medications suitable for pregnancy and breast feeding
- inclusion of parameters for diagnosis of overt diabetes from OGTT or HbA1c
- the Insulin Infusion Regimen.

Clarity is also now offered in:

- referral and what level facility women should birth at dependent on diabetes type and control
- morphology ultrasound +/- fetal echocardiogram and general fetal surveillance
- risk factors for overt diabetes and early screening with OGTT
- post-natal management of GDM.

This PPG has been published on both the SA Health website and the web-based app.
Chronic Kidney Disease and Referral to a Specialist Renal Service

The Chronic Kidney Disease (CKD) Management in General Practice provides guidance and clinical practice recommendations to identify, manage and initiate referral.

This guideline recommends referral to a Specialist Renal Service or Nephrologist in the following situations:

- eGFR < 30 mL/min/1.73m² (Stage 4 or 5 CKD of any cause)
- Persistent significant albuminuria (urine ACR ≥30 mg/mmol)
- A sustained decrease in eGFR of 25% or more OR a sustained decrease in eGFR of 15 mL/min/1.73m² within 12 months.

For further information visit the Kidney Health Australia website.

Removal of 12.7mm Syringes from National Diabetes Service Scheme

The National Diabetes Services Scheme (NDSS) has removed 12.7mm insulin syringes and added 6mm insulin syringes to its Product Schedule. These changes now align with the Australian Diabetes Educators (ADEA) Clinical Guiding Principles for Subcutaneous Injection Technique.

Whatever the individual patient preference, the ADEA recommendation is to use the shortest needle length available so there is less risk of penetrating the muscle layer which can be painful and affect insulin absorption.

The shortest needle length currently available on the NDSS is 6mm for syringes and 4mm for pen needles.

Hypoglycaemia - Fear or Risk?

Hypoglycaemia is a common side effect of insulin and sulphonylureas. Health Care Professionals (HCP) need to be aware that individuals may be unlikely to report hypoglycaemic events and/or be reluctant to discuss their fear of hypoglycaemia due to concerns about keeping their driver’s licence and/or employment and/or feeling that their HCPs expect them to know more about how to prevent hypoglycaemia.

All experiences of hypoglycaemia, from self-treated ‘mild’ hypoglycaemia to severe events, can have a profound psychological impact and may contribute to fear of hypoglycaemia. Fear of hypoglycaemia can drive people with diabetes to take risks with their self-care, increasing their risk of long-term complications and/or diminishing their quality of life. Care is needed to differentiate between the risk and fear of hypoglycaemia, and manage each with appropriately targeted strategies.

A Research Review titled ‘Fear of hypoglycaemia: an unmet clinical challenge’ is offered via this link.
Useful resources

NDSS Continuous Glucose Monitoring Compatibility Advice Chart

NDSS has developed and regularly reviews and updates the compatibility advice chart on the NDSS website. This information is helpful to all health professionals assisting people with CGM queries. The information offered includes:

- advice on NDSS CGM subsidised devices including product lifespan
- what the device works with
- the elements that are fully subsidised
- advice of elements that are not funded
- other features
- pump interaction
- ARTG link
- vendor product information link.

For further information and to access the advice chart, visit the Diabetes Australia website.

Calendar dates

Australasian Diabetes Congress (ADC) 2019
The ADC is planned for the Wednesday 21st - Friday 23rd August 2019 in Sydney, New South Wales. For more information visit the Diabetes Congress website.

ADIPS 2019
The 2019 ADIPS conference will again follow the ADC and will be from Friday 23rd – Sunday 25th August 2019 in Sydney. For more information visit the ADIPS ASM website.

APEG ASM 2019
The Australasian Paediatric Endocrine Group (APEG) Annual Scientific Meeting (ASM) is will be held from Sunday 1st – Wednesday 4th September 2019 at Adelaide Convention Centre, Adelaide. For more information visit the APEG web.

Professional development and scholarships

National Diabetes Services Scheme
NDSS has developed an online learning module covering the topic of continuous glucose monitoring (CGM). These modules provide HCPs with an understanding of CGM in the management of children and young people living with type 1 diabetes and how to access the necessary supplies and support from the National Diabetes Services Scheme (NDSS). To access the modules, please visit the NDSS website.

Country Health SA Local Health Network (CHSALHN) Scholarships
CHSALHN Scholarships are available to applicants residing in country areas who demonstrate a strong commitment to continued professional practice in country and regional areas of SA. Undergraduate and Employee scholarships will once again be offered for the 2020 intake with closing date of applications in August 2019.

Click here to join the mailing list and to be kept informed on scholarship updates.

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