

Diabetes Services Update

Rural Support Service

Welcome to our June 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](#) (the intranet for SA Health, regional LHNs and the RSS) and our [Diabetes Service](#) website.

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

1. [Diabetic Ketoacidosis Management \(DKA\) in Adults - Protocol](#)
2. [Hyperglycaemic Hyperosmolar State \(HHS\) in Adults with Type 2 Diabetes - Protocol](#)
3. [Intravenous Insulin Infusion in adults with diabetes who are fasting, receiving perioperative or intrapartum care or who have hyperglycaemia - Protocol](#)
4. [Intravenous Insulin Infusion Preparation and Setup - Work Instruction](#)
5. [Intravenous Insulin Infusion Type 1 Diabetes Chart - Adult \(MR-INF-T1D\)](#)
6. [Intravenous Insulin Infusion Type 2 Diabetes Chart - Adult \(MR-INF-T2D\)](#)
7. [Hypoglycaemia 'Hypo' Action Plan - type 1 diabetes](#)
8. [Hypoglycaemia 'Hypo' Action Plan - type 2 diabetes](#)
9. [Hypoglycaemia 'Hypo' Action Plan - gestational diabetes mellitus](#)



RSS and regional LHN Diabetes Educator Workshop 2024



The regional LHN Diabetes Educator's Workshop was held on the 20th and 21st June 2024 at the Education Development Centre, Hindmarsh. This face to face event was well attended by 34 rural and remote Credentialed Diabetes Educators (CDE) and Diabetes Educators (DE).

The program offered various speakers and presentations on pathology on diagnosis and on clinical review, diabetes and disability, health care worker training, type 2 diabetes glycaemic management algorithm, weight management options, diabetes distress - assessment and management, correctional services and diabetes management, insulin titration and the national diabetes nursing education framework.

The regional LHN CDEs and DEs (*pictured left*) also utilised the opportunity to present a case study or project report. Initial evaluation has identified that the program was well received, highly relevant to clinical practice and that a number of aspects of practice will be actioned as a result of attendance.

Latest News

Australian Government ban on compounded replica type 2 diabetes and weight-loss drugs

The Australian Government is acting to protect Australians from the risks posed by injecting potentially unsafe and dangerous compounded replicas of weight loss products. Compounded glucagon-like peptide-1 receptor agonists (GLP-1RA) products are not identical to the Therapeutic Goods Administration (TGA) approved products Ozempic® (semaglutide) or Mounjaro® (tirazapetide). Unlike TGA approved products, pharmacy-compounded products are not clinically evaluated by the independent regulator for safety, quality or efficacy. At least 20,000 Australians are injecting these compounded replica weight loss products. The majority do not have diabetes and are using these medications for weight loss management.

This change will take effect from 1st October 2024, to allow people time to consult with their doctor and prepare alternative management plans appropriately, including, where necessary, sourcing a safer, regulated alternative. Further further in available on the information [Department of Health and Aged Care](#) website.

Medicine Shortages

The TGA identifies the following medication shortages:

- > Humulin 30/70 biosynthetic human 30% neutral 70% isophane insulin 100IU/mL injection 10mL vial
- > Humulin R insulin 100IU/mL injection vial
- > Fiasp insulin aspart (rys) 100 units/mL solution for injection 10 mL vial.
- > Ryzodeg 70/30 Flextouch 70% insulin degludec (rys) / 30% insulin aspart (rys) 100 U/mL solution for injection cartridge
- > Diaformin XR metformin hydrochloride 500mg extended release tablet blister pack
- > Glicazide MR 30mg tablets blister pack.

These products have limited availability due to manufacturing and/or transport, logistic issues and storage capacity issues. More information about medicine shortages and how to access alternative medicines is available at the [TGA](#) website.

Screening for type 1 diabetes

The risk of type 1 diabetes in someone with a first-degree relative with type 1 diabetes (e.g. biological parent, sibling or child) is around fifteen times higher than for the general population. The only way to detect type 1 diabetes early is through population-wide screening. International guidelines support screening in both family members and the general population for improved health outcomes, and while it is still largely offered through research trials, it is expected to become the standard of care.

The [Type 1 Diabetes National Screening Pilot](#) funded by the Juvenile Diabetes Research Foundation, aims to find the best way to offer screening for type 1 diabetes to children in Australia. The final results of the pilot study are expected at the end of 2024.

The [Type 1 Screen](#) offers free screening for family members aged 2 years and older and consenting participants will be asked to arrange the blood test, either through a local pathology collection centre or by ordering a finger prick test kit sent to their home to do themselves. Participants are informed of their results within two months of the sample being received. If diabetes antibodies are identified, a second (venous) blood sample will be used to confirm the finding and the participant will be linked to the closest participating diabetes centre to learn about symptoms of diabetes and will be offered opportunities to participate in studies that aim to prevent or delay the onset of diabetes.

ADEA CDE of the Year

The Australian Diabetes Educators Association (ADEA) Credentialed Diabetes Educator (CDE) of the Year Award is a prestigious recognition given to individuals who have demonstrated outstanding commitment, innovation and impact in the field of diabetes education and support. This year, ADEA is pleased to announce the inclusion of three new categories to the [ADEA CDE of the Year 2024](#) awards:

- > [Aboriginal and/or Torres Strait Islander CDE of the Year](#)
- > [Early Career CDE of the Year](#)
- > [People's Choice CDE of the Year.](#)



Useful resources

ATAGI Statement on the Seasonal Influenza Vaccines in 2024

The Australian Technical Advisory Group on Immunisation (ATAGI) has released a statement the administration of 2024 seasonal influenza vaccines. For further information, visit [ATAGI Clinical Advice](#).

SA Health High Risk Medicines Management Policy

The SA Health [High Risk Medicines Management Policy](#) was approved in May 2024 and provides the mandatory requirements for the management of high-risk medicines across SA Health services to ensure compliance with the Australian Commission on Safety and Quality in Health Care (ACSQHC) National Safety and Quality Health Service Standards.

Australian Type 2 Diabetes Glycaemic Management Algorithm

The Australian Type 2 Diabetes Glycaemic Management Algorithm was reviewed in June 2024 and outlines the risks, benefits and costs of available therapies and provides an approach for how to incorporate older and newer agents.

Control of blood glucose levels in people with type 2 diabetes has clear benefits for preventing microvascular complications and potential benefits for reducing macrovascular complications and death.



ADS Managing Type 2 Diabetes with Therapeutic Carbohydrate Reduction Statement



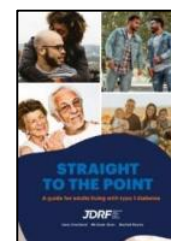
Therapeutic carbohydrate reduction (TCR) is one of a number of options for the management and potential remission of type 2 diabetes. Improvement in glycaemic control, weight loss and the reduction in the need for glucose lowering medications and in blood pressure can be achieved by treating type 2 diabetes with TCR.

The Australian Diabetes Society (ADS) Clinical Advisory Committee Statement is designed to aid medical management of individuals who have decided to undertake TCR and offers information on goals of TCR, clinical considerations, absolute contraindications, antihypertensive medication and lipid management.

JDRF Straight to the Point

Straight to the Point is a helpful guide to living with type 1 diabetes as an adult. The 2024 edition has been updated with new information including: tech & devices, travelling, work, financial assistance, mental health, body image and social life & relationships.

For more information and to access an electronic version, visit the [JDRF](#) website.



National Disability Insurance Scheme diabetes management supports

All NDIS funded supports must meet the [NDIS Funding Criteria](#). If a person with diabetes and a disability cannot their diabetes because of their disability, NDIS may fund:



- > a nurse to create a disability-related diabetes management plan
- > training for support workers in the person's diabetes management needs
- > a support worker or nurse to monitor glucose levels and administer diabetes medication
- > [assistive technology](#) (e.g. continuous glucose monitoring system, continuous subcutaneous insulin infusion).

Health care professionals (HCP) are often the first people a person with diabetes and a disability turns to for support with connecting to disability supports. A HCP can support a person and/or their carer to complete an [access request form](#), providing the [supporting evidence](#) and encouraging them to contact their local NDIS office on 1800 800 110.

The State of the Nation 2024

Recently released, the Diabetes Australia [The State of a Nation Report 2024](#) lays bare a sobering reality: Australia is in the grips of a diabetes epidemic. At the heart of this epidemic are 2 million Australians living with diagnosed and undiagnosed diabetes, and many more at high risk.

The Report presents comprehensive information about which Australians are most at risk, the severity of diabetes complications for individuals as well as the health system and economy. 25 Key Recommendations call for urgent action on a national level pertaining to prevention and screening, care and treatment, vulnerable communities and research.



Calendar dates

2024 Indigenous Health, Public Health Research and Chronic Diseases Conferences will be held on the 22nd – 22th July 2024 in Perth. For further information, visit the [Indigenous Conference Services](#) website.

8th Australasian Diabetes Advancements and Technologies Summit (ADATS) will be held on the 20th August 2024 in Perth. For further information, visit the [NADC](#) website.

Australasian Diabetes Congress (ADC) will be held from the 21st – 23rd August 2024 in Perth. For further information, visit the [ADC](#) website.

Australian Diabetes in Pregnancy Society (ADIPS) Annual Scientific Meeting will be held from the 23rd – 25th August 2024 in Perth. For further information, visit the [ADIPS](#) website.

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

Diabetes Connekt

[Diabetes Connekt](#) is an online platform that facilitates a connection between health care professionals and the sharing of information, knowledge and learn.

Primary Care Nursing and Midwifery Scholarships

1850 Primary Care Nursing and Midwifery scholarships aim to support nurses and midwives to complete postgraduate study to support working in primary care. Funding is provided by the Australian Government and the scholarships will be administered by the Australian College of Nurse Practitioners. Applications are welcome from the 17th June 2024 via the [ACNP](#) 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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