

# Diabetes Update

## Diabetes Outreach

### Welcome to the October issue of the Diabetes Outreach Newsletter

#### **Congratulations to Vicki Hewett and Michelle Kuerschner**

Firstly, we would like to take the opportunity to say congratulations to Michelle Kuerschner and Vicki Hewett for becoming Credentialed Diabetes Educators in the last couple of months. This is a fantastic achievement for Pt Augusta.

#### **Congratulations to Dr Elaine Pretorius**

On behalf of Diabetes Outreach we would like to congratulate Dr Elaine Pretorius, who has been named as the 2011 South Australian Clinical Educator of the Year.

Dr Pretorius was recognised for her significant contribution to teaching junior doctors (beyond bedside teaching) and the mentoring she offered these young practitioners.

Dr Pretorius was also acknowledged for her record as an advocate for junior doctor education and training in the workplace, and her innovative approaches to teaching & learning. Dr Pretorius' commitment to supporting the wellbeing of junior doctors has rightly earned her this prestigious award.

#### **Online professional development opportunities**

Are you interested in learning more about what it's like to live with type 1 diabetes. Go to page 2 for information about an online (free) professional development program recently launched by the Type 1 Diabetes Network.

All people with diabetes need information about managing sick days. To access information about the Diabetes Outreach's newly launched sick day online program go to page 2.

#### **New resources**

Diabetes counselling online has launched its Farmhouse program which is a wonderful initiative for farming families with diabetes to learn, connect and get support. For more information go to page 3 of the newsletter.

Lastly, a group of metropolitan dietitians have made their newly developed 'Carb Counting' factsheets available via the Diabetes Outreach website (page3).

Regards,

Jane and Kate, Education Team, Diabetes Outreach

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**Diabetes Outreach is a Country Health SA program that provides training and support to rural and remote health professionals, supports networks, develops professional and consumer resources and facilitates access to information about population health needs.**





## Professional development

### Online learning module: Living with Type 1 Diabetes

With the goal of improving quality of care and patient–health professional relationships, the Type 1 Diabetes Network conducted a survey to identify what people with type 1 wish health professionals understood about living with type 1. Using the survey results and collaborating with a panel of health professionals, they have developed an online learning module, ‘Living with Type 1 Diabetes’.

Their survey identified eight key themes that people with type 1 diabetes wanted communicated to health professionals. Case studies of people’s experiences addressing these key themes were developed with ten members of the Type 1 Diabetes Network. Then three fictional characters were developed from the case studies to describe some of the key challenges of living with type 1 diabetes: these characters formed the basis for the narrative of the module.

The continuing professional development requirements of eight key professional organisations have been reviewed and incorporated into the module design. Throughout development the module was reviewed for clinical accuracy by a panel of ten health professionals expert in type 1 diabetes.

The one-hour module is now freely available to health professionals and others: it’s online so you can access it any time, from anywhere. Visit [www.d1.org.au](http://www.d1.org.au) and go to the Health Professionals section.

### Sick day online module

The module has been designed for health professionals who want to learn more about the education for people with type 2 diabetes and is based around 2 separate case studies. The sick days online module is now available and can be found at <http://www.diabetesoutreach.org.au/profesional/ProfessionalDevelopment.asp>

## General Information

### National Lead Clinicians Group

The National Lead Clinicians Group has been established to improve clinical engagement in Australia and will provide high level strategic oversight and leadership on clinical issues, including complementing the role of other national bodies by prioritising the development and implementation of evidence-based clinical practices.

Members are expected to contribute independent advice and engage in discussions that will assist in the prioritisation and implementation of evidence-based clinical practices. Members are also expected to act in accordance with recognised principles of good governance. For more information go to <http://www.health.gov.au/internet/ministers/publishing.nsf/Content/mr-yr11-nr-nr194.htm>


### The Australian Centre for Behavioural Research in Diabetes

The Australian Centre for Behavioural Research in Diabetes provides a strong national focus in Australia for applied psychosocial research in diabetes, and provides leadership and support in the design and implementation of education, training and service innovations in diabetes. The centre exists to raise awareness of the role of behavioural and psychosocial factors and to inform best practice and policy in diabetes awareness, prevention and management.

Contact details:  
570 Elizabeth Street, Melbourne VIC 3000  
Ph: (03) 8648 1844  
Email: [info@acbrd.org.au](mailto:info@acbrd.org.au)  
Website: [www.acbrd.org.au](http://www.acbrd.org.au)

### Chronic kidney disease in Aboriginal and Torres Strait Islander people

This report presents the first detailed analysis of chronic kidney disease in Aboriginal and Torres Strait Islander people and how it compares to non-



Indigenous Australians. Indigenous Australians have a greater burden of disease for many health conditions, and chronic kidney disease is no exception. Indigenous Australians were found to be more likely to have end-stage kidney disease, and be hospitalised or die with chronic kidney disease than non-Indigenous Australians. Indigenous Australians are almost 4 times as likely to die with CKD as a cause of death than non-Indigenous Australians.

Go to <http://www.aihw.gov.au/publication-detail/?id=10737419983> .

### **Closing the Health Gap in SA – Meet the Mob Doing the Job”**

COAG Aboriginal and Torres Strait Islander Health Expo was held in June. You can view the presentations and photos by clicking on the following link <http://www.ahcsa.org.au/events/> this will take you directly to the new events page on the Aboriginal Health Council of South Australia’s website.

## **Useful resources**

### **The farmhouse**

Diabetes Counselling Online, in partnership with the National Centre for Farmer Health (NCFH) [www.farmerhealth.org.au](http://www.farmerhealth.org.au) and Flinders University have recently launched The Farmhouse program.

They have set up a regular fortnightly time for farming families to connect and chat in the "Lounge" at the chat rooms. The person will need to register to use the site before they can access the chat rooms. The Farmhouse Chat will be on fortnightly Monday nights commencing 24th October 2011 at 8 .30 pm AEST. The website also includes factsheets that are specific to people with diabetes who live on farms.

<http://www.diabetescounselling.com.au/initiatives/the-farmhouse>

## **Carbohydrate Counting factsheets**

There are three new carbohydrate counting factsheets available on the Diabetes Outreach website. The factsheets have been developed by the QEH, RAH, LMH and Modbury dietitians. The factsheets are aimed at people with type 1 diabetes who are doing carbohydrate counting. You could also use the factsheets for people with type 2 diabetes who are on basal bolus insulin regimes.

- > Advanced insulin management - Using insulin-to-carbohydrate ratios and correction factors
- > Advanced insulin management - Counting carbohydrates (meals and recipes)
- > Advanced insulin management - Counting carbohydrates

Go to

<http://www.diabetesoutreach.org.au/consulmer/default.asp>

## **Country Health SA Dietitians Wiki**

This Wiki site provides access to key dietetic documents including nutrition guidelines and standards. It also includes information about continuing professional development and key contacts for country. Go to [Dietetics - Collaboration Portal](#)

## **Heart Foundation – absolute cardiovascular risk assessment**

The National Vascular Disease Prevention Alliance (NVDPA)\* has developed five short videos to help you use an absolute risk approach in your practice.

Each only a few minutes long, the videos feature leading absolute risk experts Dr Tim Leahy, Professor Rod Jackson and Professor Mark Harris.

The videos are:

- > Absolute risk and what it means in practice
- > Reducing barriers to using an absolute risk approach
- > Engaging patients to think about absolute risk
- > Absolute risk assessment in Aboriginal

- and Torres Strait
- > Islander populations
- > Other issues in absolute risk assessment.

To view the videos visit  
[www.heartfoundation.org.au/information-for-professionals/Clinical-Information/Pages/absolute-risk.aspx](http://www.heartfoundation.org.au/information-for-professionals/Clinical-Information/Pages/absolute-risk.aspx).

## Scholarships

### Nurse Practitioner scholarship and support scheme for 2012

The Nurse Practitioner Scholarship and Support Scheme is an initiative of the South Australia's Government's Every Patient – Every Service Policy which aims to support registered nurses to undertake additional study required to become Nurse Practitioners.

Applications close on 25 November 2011.

The application form, eligibility criteria and guidelines are available to download from the nursing and midwifery website  
[www.nursingsa.com](http://www.nursingsa.com).

## Calendar dates

### Flinders University diabetes programs

Applications are open with SATAC Grad Start and close November 21, 2011. Teaching commences on February 6, 2012.

The Intensive dates for 2012 are

- > February 6 – 10
- > June 25 - 29
- > November 26 - 30

Plus a 40 hour clinical placement between Feb and November intensive.

The course is Commonwealth supported.

Applicants for the Graduate Certificate and Graduate Diploma must:

- > hold a nursing degree or equivalent qualification, and
- > be registered nurses, and
- > hold a current practising certificate.

Aboriginal Health Workers and/or other health professionals are eligible to apply for admission into the Graduate Certificate.

Applicants for the Master of Nursing must meet the above requirements and have a minimum of two years' post-registration experience.  
[http://www.flinders.edu.au/courses/postgrad/ng-dia/ng-dia\\_home.cfm](http://www.flinders.edu.au/courses/postgrad/ng-dia/ng-dia_home.cfm)

### Emergency Mental Health, Alcohol & Drug (EMHAD) program

For all nurses, midwives, doctors, Aboriginal health workers, paramedics & allied health staff working in emergency settings.

The aim of the EMHAD program is to increase the knowledge, confidence and clinical practice skills of clinicians and Aboriginal health care workers, working in emergency settings to effectively assess, manage and care for people presenting with diverse mental health, alcohol and other drug conditions, medical and co morbidity issues. The program is held as an intensive 30 hour course presented via flexible learning of 8 hours plus 2 contact days.

For further information contact Dee Travers, EMHAD Program Coordinator, Flinders Medical Centre on 8204 5080 or 8204 4341, fax 8204 5907 or email  
[dee.travers@health.sa.gov.au](mailto:dee.travers@health.sa.gov.au).

## Contact us

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