

Diabetes Update

Diabetes Outreach

Welcome to the January issue of Diabetes Update

The year 2012 is well and truly upon us and the staff here at Outreach have been busy planning education programs and resources. The first CPD session is on the 8th February from 1pm to 2pm and the topic is footcare. For information about upcoming sessions please go to the calendar dates at the end of this newsletter

The Regional Educations Series kicks off in the Riverland on the 20th March. If you wish to find out more about this face to face workshop please contact Judy Riley Diabetes Educator on 85802500 or email judith.riley@health.sa.gov.au . The focus for the workshops this year will be type 1 diabetes. Dates for the other workshops will be provided in due course.

The 30th State Diabetes Refresher Day was hosted by The Queen Elizabeth Hospital Diabetes Centre. Both Jane and I were fortunate to be delegates and you can read a synopsis of the day on page 2. There were a number of delegates from country South Australia. See photo below.



Karen Toft (Ceduna DE), Kate Visentin (Diabetes Outreach) and Nikola Thompson (Murray Bridge DE) at the State Refresher day

The team is looking forward to an exciting year and the opportunity to work with all the country services.

Kind regards

Jane and Kate

Diabetes Education Team



Diabetes Refresher Day

9th December 2011 at AAMI Stadium West Lakes

Dr. Rick Kausman started the day with an entertaining and thought provoking session called 'If not dieting, then what? Helping our patients achieve and maintain a health weight'.

Ricks work aims to provide help and support for people to:

"Be the healthiest they can be, and as a result of that, achieve and maintain a healthy, comfortable weight without being deprived of food or losing quality of life.

To enjoy food without feeling guilty."

Rick is a medical doctor who believes in a person-centred approach to healthy weight management and uses concepts such as mindful eating and non hungry eating. To look at the wonderful resources that are available on the 'If not dieting? Then what?' website. Go to http://www.ifnotdieting.com.au/cpa/htm/htm_home.asp

Dr David Jesudason is the Director of the QEH Diabetes and Endocrine Unit gave a useful overview of diabetes targets and medications used in type 2 diabetes. The importance of individualising glycaemic targets has been demonstrated by a number of recent trials. Targets vary depending on diabetes duration, patient lifespan/age, hypoglycaemia risks and co morbidities. We also now know that there is a 'metabolic memory' which means that glucose control early in diabetes substantially influences risk 10 years later. So for people with newly diagnosed type 1 or 2 diabetes, Dr Jesudason suggests that we aim for HbA1c as close to 6% as possible. Hypoglycaemia will be a limiting factor for longstanding diabetes (10 years or more) with CVD. In these situations 7.5% is acceptable. To view the Australian Diabetes Society position statement go to

http://www.mja.com.au/public/issues/191_06_210909/che10487_fm.html.

A lot has also changed in terms of the available medication to treat type 2 diabetes and what was best then may not be best practice now. New classes such as the gliptins and the GLP1-mimetics are being used more frequently by medical practitioners. To find our more about these exciting new classes go to www.nps.org.au

Professor John Beltrame has strong clinical and research interests in coronary heart disease. He gave an interesting presentation that reflected on a clinical case from the 80s. Statistically 50% of people with diabetes will end up under the care of cardiology. It is important to first identify the at risk patient by looking at modifiable and unmodifiable risk factors.

In the afternoon Professor Timothy Skinner presented aspects of the UK DESMOND study. It was interesting to hear how a national education program began and the philosophy on which it grew from. Diabetes WA is piloting this program and so we eagerly await the results <http://www.desmond-project.org.uk/newlydiagnosedandfoundationmodules-278.html>

Wendy McInnes is a Vascular/Wound Management Nurse Practitioner working at the QEH. Two consumers spoke as part of her presentation. Their talks were thought provoking and reminded health professionals about the positives of amputation. One of the speakers was the founder of Limbs 4 Life which is a Peer Support Program <http://www.limbs4life.com/>. This organisation provides a hospital visitor program which provides people who have undergone amputation opportunities to meet with a trained peers support volunteer who has also experienced an amputation.

Our last speaker for the day was Nathan Bassett who is a former Crows football player. He talked about his experiences with type1 diabetes after he was diagnosed at age 20 just when his AFL career was starting. It was a heartfelt, funny and inspirational session.

A big thanks for a great day!



Useful resources

Healthy eating & diabetes: A guide for aged care facilities

This publication provides information and recommendations about healthy eating and diabetes management in aged care. It highlights the differences between the approach needed for healthy individuals living in the community as compared with the needs of the frail aged. To download the resource go to

http://www.diabetesoutreach.org.au/education/Aged%20Care%20Manual_Jan2012.pdf

Diet factsheet now in Cambodian

The Diabetes and Healthy Eating factsheet is now available in Cambodian. Go to

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

Diabetes Education Modules

The IDF Diabetes Education Modules have been recently updated. The presentations include detailed speaker notes and can be used for health professional training. Go to <http://www.idf.org/node/23548> to view the modules.

General Information

Keeping up to date in 2012

Subscribe to Diabetes & Obesity Research

Trying to keep abreast of medical research is extremely difficult. Diabetes & Obesity Research Review makes it easy by bringing the most important studies to your inbox. To subscribe free to Diabetes & Obesity Research Review go to http://researchreview.com.au/research_review_catalogue.cfm?ID=37 and fill in the subscription box online and you will receive your copy by email.

Subscribe to Endocrinology Update

Another useful subscription is the Endocrinology Update which is produced

by the publishers of Australian Doctor. All you have to do is log on to the link below and register for FREE.

www.endocrinologyupdate.com.au/Newsletter-Sign-Up.aspx.

Subscribe to Diabetes Educator Update

Diabetes Educators Update offers the latest news and opinion on a wide range of clinical and political issues relevant to Australian diabetes educators, as well as coverage of the leading national and international conferences

<http://www.diabeteseducatorsupdate.com.au/home>

Insulin pump 24 hour help lines

There are a number of different insulin pumps available in Australia. All companies provide a free 24 hour help line. The phone numbers and websites are listed below. It is important that patients are aware of this important service.

Medtronic

Medtronic diabetes insulin pump and CGMS

Phone 1800 777 808

<http://www.medtronic.com.au/your-health/diabetes/device/index.htm>

Roche Diagnostics

Accu-Chek insulin combo system and pump

Phone 1800 633 457

<http://www.accu-chek.com.au/au/products/insulinpumps/index.html>

Animas

Animas insulin pump

Phone 1300 851 056

<http://www.amsl.com.au/site/cms/diabetes/insulin-pump-therapy>

Medical Specialities

Cozmo Insulin pump

Phone (02) 9417 7955

Online health portfolio

The online health portfolio is an online portal that gives access to up-to-date patient data, assisting health professionals to provide better care for their patients, safely and conveniently.

The iHealth program for Windows™ allows automatic downloads of data from patients. The following brands are supported:

- > Accu-Check™ Integra, Performa, Go and others
- > FreeStyle Lite™ and Optium Xceed™
- > TrueTrak™.

For more information visit

<https://www.onlinehealthportfolio.com/>

Calendar dates

Diabetes Outreach programs

Introductory programs

7 week course conducted by telephone

For a basic introduction to diabetes education and care there is a 7 week course run via audioconference (telephone) for health professionals working in country South Australia. The first course commences in May 2012.

<http://www.diabetesoutreach.org.au/professional/ProfessionalDevelopment.asp>

Online learning modules

If you like learning at your own pace you could consider the Diabetes Fundamentals program which consist of 11 modules that can be completed online. There is also an online program on sick day management in type 2 diabetes. Go to <http://www.diabetesoutreach.org.au/professional/ProfessionalDevelopment.asp> and click on Diabetes Fundamentals and/or Sick Days.

Continuing professional development

For ongoing CPD there is a monthly education program (2nd Wednesday of the month from 1-2pm). The sessions are available via audioconference.

8th February 1- 2pm Footcare for people with diabetes: Implications of the

2011 NHMRC Foot care guidelines

14 March 1-2pm Insulin as a high risk medication: The insulin toolkit

11 April 1-2pm Working with Aboriginal people: what works in Pt Lincoln

For more information go to

<http://www.diabetesoutreach.org.au/professional/ProfessionalDevelopment.asp>

OR contact Kate or Jane on 8222 6775 or kate.visentin@health.sa.gov.au

Health Professional Seminar

Diabetes SA is hosting a free seminar for health professionals.

Diabetes from head to toe

When: Friday 2nd March 8.45-12.30

Where: Education Development Centre
Hindmarsh

Speakers:

- > Dr Don Tustin, Clinical Psychologist
- > Dr Elaine Pretorius, Endocrinologist
- > Dr Sara Jones, Podiatrist

RSVP by calling 83545800 or education@diabetessa.com.au

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