



# Resources Catalogue

## Health Professional

We have a number of publications designed to assist health professionals in achieving best practice in diabetes care. Information is comprehensive and practical and a range of topics is covered.



### Diabetes manual: A guide to diabetes management (7th edition - 2009)

16 sections in a folder, A4

A comprehensive manual which documents nationally accepted guidelines for diabetes management in health care settings.

The manual is divided into the following sections:

- Introduction
- Understanding diabetes
- Diabetes education
- Hospitalisation
- Monitoring diabetes control
- Footcare
- Community groups with specific needs
- Healthy eating and diabetes
- Maintaining a healthy lifestyle
- Medication
- Unstable diabetes
- Long term complications
- Pregnancy and diabetes
- Residential care
- Resources
- Reference.

Price: \$42.00

### Group education: A training kit for health educators

84 page, A4 workbook plus DVD

This package is designed to assist diabetes educators to develop skills in group education. It provides resources and guidance for the assessment, planning, implementation and evaluation of group education programs.

The workbook contains 4 main sections:

- Getting started
- Pulling it all together
- Doing it
- So how did we go?

Each section has the following components:

- Introduction
- Topics to consider
- Review of the section
- Examples and templates.

A number of examples and templates are provided on the accompanying DVD.

Price: \$18.50

### Diabetes education: An update for registered nurses

44 page, A4 workbook

This workbook is designed as an update to the basic principles of diabetes education and care for registered nurses. It also introduces the reader to a range of teaching resources, tools and organisations.

The sections have been divided into various topics in diabetes management. Each section includes:

- An introduction to the topic
- Reference links to your Diabetes Manual
- Suggested client evaluation questions
- Suggested teaching tools and resources
- Peer education
- Further reading
- A case study.

Price: \$15.00



### Diabetes management portfolio

A CD package of template forms and checklists that enables appropriate care, documentation and referral.

Price: \$15.00  
Also available free on  
[www.diabetesoutreach.org.au](http://www.diabetesoutreach.org.au)

**Please note:** all prices and information were correct at the time of printing, and are subject to change at any time.



### Dealing with diabetes (4th edition)

Dealing with diabetes is a PowerPoint presentation, and CD presenters notes.

An education package that enables diabetes educators to provide staff development within their health units.

There are overheads for 16 sessions with each session approximately 30 minutes.

Available free on  
[www.diabetesoutreach.org.au](http://www.diabetesoutreach.org.au)

### Impaired glucose tolerance teaching pack

The Impaired glucose tolerance teaching pack is a PowerPoint presentation, and includes presenters notes.

A package designed to enable health professionals and health workers to provide community group education.

Available free on  
[www.diabetesoutreach.org.au](http://www.diabetesoutreach.org.au)

### Diabetes self care program (DSCP)

The DSCP is based on the 'Diabetes self care - 7 steps to success' framework.

There are 8 modules to choose from, all of which can be either used for group or one-to-one education.

The DSCP is outcomes-focused whereby self care behaviour, not information, is the primary goal.

Available free on  
[www.diabetesoutreach.org.au](http://www.diabetesoutreach.org.au)



### Diabetes network news

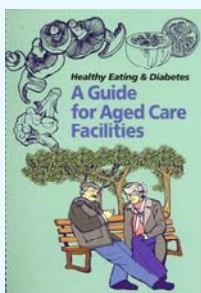
20 page, A4 journal

This quarterly journal is distributed free to health professionals in South Australia. It aims to keep professionals in rural areas in touch with each other and the latest developments in diabetes care.

Articles cover the interest of GPs, dietitians, diabetes educators and Aboriginal health workers.

Price: If outside South Australia, a fee may be charged.

Available free on  
[www.diabetesoutreach.org.au](http://www.diabetesoutreach.org.au)



### Healthy eating and diabetes: A guide for aged care facilities

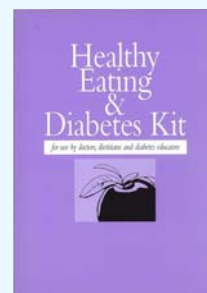
40 page, A4 manual

This manual provides guidelines for healthy eating and diabetes management in aged care.

Topics include:

- *Diabetes information*
- *Goals of diabetes management in aged care*
- *Healthy eating guidelines*
- *Specific nutritional issues for the elderly*
- *Menu planning*
- *Sample meal plans*
- *Nourishing diets*
- *Management of overweight or underweight residents*
- *Food hygiene*
- *Recipes.*

Price: \$22.00



### Healthy eating and diabetes kit (4th edition)

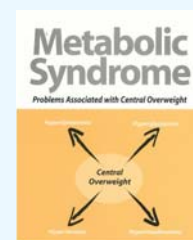
This resource includes a user-guide for health professionals as well as fact sheets for client education.

A CD containing files of each of the fact sheets is also included.

Topics covered include:

- *Healthy eating*
- *Major nutrient groups*
- *Carbohydrate serves*
- *Label reading*
- *Fat facts*
- *Alcohol*
- *Glycaemic index*
- *Goal setting*
- *Sweeteners*
- *Healthy takeaways and eating out*
- *Hints for reducing fats, sugar and salt.*

Price: \$24.20



### Metabolic syndrome (2nd edition)

16 page, A5 booklet

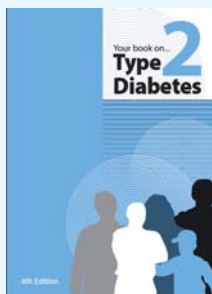
This booklet outlines the physiology and medical consequences of the metabolic syndrome, otherwise known as syndrome X, central overweight or the 'Deadly quartet'.

Basic information for health professionals on a topic which draws a lot of public attention.

Price: \$2.20

# Living with Diabetes

Living with diabetes is not easy! These publications aim to equip clients with the knowledge needed to empower them to manage their diabetes successfully.



## Your book on type 2 diabetes (4th edition)

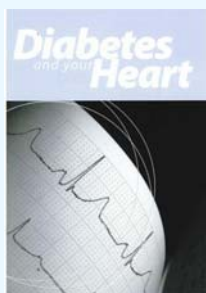
52 page, A5 booklet

An illustrated book covering aspects of type 2 diabetes. Topics are divided into two categories:

**A. Information on diabetes:** What is diabetes; symptoms/who develops type 2 diabetes; what the researchers are doing; treatment; healthy eating/ alcohol; activity; oral medicine; insulin; keeping track of glucose levels; out of balance - low and high blood glucose; potential long term problems of diabetes; illness and diabetes; foot care; oral hygiene.

**B. General Information:** shared responsibility; smoking; sex and contraception; employment; travel; medicine and supplies; insurance and legal obligations; diabetes dictionary; bibliography and resources.

Price: \$4.40

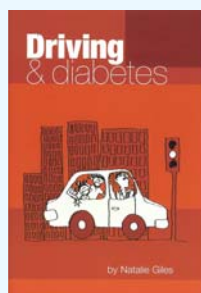


## Diabetes and your heart

8 page, A5 booklet

Topics covered are: Diabetes and your heart; what is heart or cardiovascular disease?; what to do if you have a heart attack; risk factors; advice on how to improve lifestyle; and medical risk factors.

Price: \$2.20

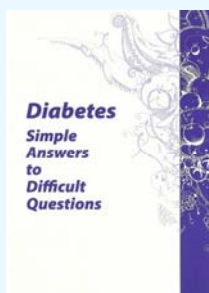


## Diabetes and driving

8 page, A5 booklet

The rules and legal requirements for driving with diabetes are varied. This booklet sets out the legal requirements in each category of diabetes: diet, tablets and insulin. There are also tips on how to keep safe when driving.

Price: \$1.65



## Diabetes: Simple answers to difficult questions

10 page, A5 booklet

This booklet aims to answer many of the questions a person may ask if they are newly diagnosed with diabetes.

Topics covered include:

- Lifestyle
- Food
- Education
- Management
- Medication
- Support and support groups.

Price: \$1.10

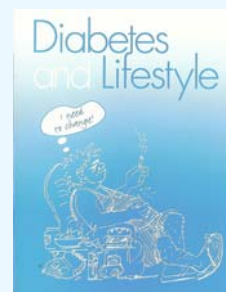


## Working the swing-shift

28 page, A5 booklet

If a person has type 1 diabetes and works shiftwork it is important to know how to manage the changing needs. This is not always easy to do. This booklet aims to help prevent problems resulting from sleep disruption and interference with circadian rhythms of people with type 1 diabetes. The booklet covers monitoring, insulin, eating for shift work, hyperglycaemia and ketoacidosis.

Price: \$4.40



## Diabetes and lifestyle

12 page, A5 booklet

Lifestyle changes for diabetes self care can be challenging for many people. This booklet provides some down to earth ideas on lifestyle issues and how they can be approached. Topics include: healthy diet, stress and exercise.

Price: \$1.65

**Please note:** all prices and information were correct at the time of printing, and subject to change at any time.



**Your ABCss card**

Your ABCss Card is a consumer resource that can help people with diabetes keep track of their numbers. The card is 'credit card' size and therefore can fit easily into the wallet or purse. The card also offers a checklist of activities to assist in self care.

Price: 10 for \$3.30



**Your diabetes record book**

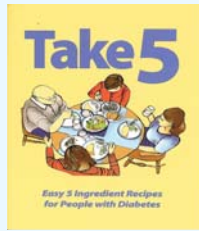
72 page, pocket booklet

This book provides a year's supply of pages designed for the client to keep a record of self-monitoring, tests, results and appointments. It also contains explanations of the various tests, a diabetes knowledge checklist and useful action plans for emergencies.

Price: \$1.10

# Healthy Eating

One of the most difficult areas of diabetes management is healthy eating. These publications aim to encourage people with diabetes to eat healthily without dictating to them. Healthy eating is presented as simple, enjoyable and easy to do.



**Take 5: Easy 5 ingredient recipes for people with diabetes (2nd edition)**

40 page, A5 booklet

A handy book with quick and easy to prepare recipes with up to 5 main ingredients. The ingredients are generally inexpensive, easy to find and healthy. Nutrition information is provided for each recipe.

Recipes include:

- *Appetisers and dips*
- *Soups and salads*
- *Mains*
- *Pasta, noodles and rice*
- *On the BBQ*
- *Deserts.*

Price: \$2.20



**Read the label**

Fridge magnet and wallet card

These handy label reading guides will assist people with diabetes to make healthy food choices for themselves and the whole family.

Prices: Wallet card 20 for \$4.40  
Fridge magnet 10 for \$5.50

# Diabetes Education Series

A series of diabetes information leaflets for clients on various aspects of diabetes care. A useful addition to education sessions for diabetes clients. Leaflets are illustrated and fold to A5 size, varying from a 2 fold to 3 fold to 4 fold.



**General diabetes - Blue**

- Are you at risk of diabetes?
- Gestational diabetes
- Pre-diabetes
- What is diabetes?

**Self-management - Green**

- Blood glucose monitoring
- Exercise
- Insulin
- Long term management
- Menopause
- Stress
- Tablets
- Travel
- Troubleshooting

**Complications - Red**

- Eye care
- Foot care
- High blood pressure
- Kidneys
- Nerve damage
- Oral health
- Sexual health
- Smoking
- Thrush

Price: 22 cents per leaflet - \$4.84 per set of the complete series.

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