

# Diabetes Update

## CHSA-Diabetes

### Welcome to a new year and the March issue of Diabetes Update

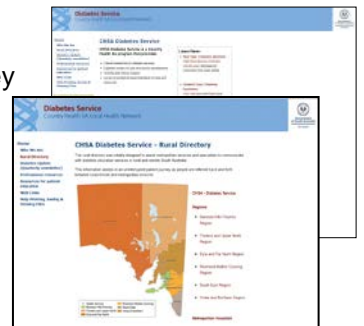
This newsletter is designed to keep our staff and partners in health up-to-date on diabetes related information, our activities and accomplishments.

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 fact sheets and evidence summaries have been updated and are available on Sharepoint and website. Click on the title to download.

1. [Continuous Glucose Monitoring and Flash Glucose Monitoring](#)
2. [3 Day Food and Physical Activity Diary](#)
3. [Insulin pump therapy in type 1 diabetes](#)
4. [SGLT2 Inhibitors - medication for type 2 diabetes](#)
5. [Understanding diabetes](#)
6. [Long term complications](#)

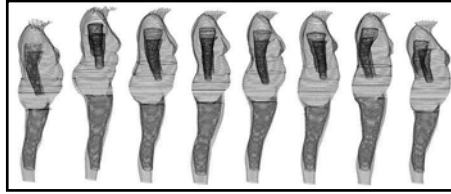
### General Information

#### Body Volume Index

The Body Volume Index is a proposed alternative to the Body Mass Index (BMI). Historically, BMI has been used as an indicator for being overweight or underweight. The BMI measure does not take into account the weight distribution (eg waist circumference. Recent studies have shown the limitations of BMI as an indicator of individual health risk.

Body Volume Index (BVI) is measured on a 3D full body scanner to determine the health risk of the person scanned. Using the scanner, the BVI measures the BMI, the circumference of the waist, and the waist-hip-ratio and can differentiate between people with the same BMI, but with a different shape or weight distribution.





The image above offers eight women with the same BMI rating (BMI =30) but with different weight distribution and shape. They therefore have different BVI values.

BVI is currently being used in different hospitals in the United States and Europe and the associated two-year research project will offer more information. To effectively prevent and manage the obesity epidemic, researchers and clinicians need to accurately monitor the population prevalence. BMI is severely underestimating the actual prevalence of obesity in the Australian population and BVI may help.

### Continuous Glucose Monitoring Product Lifespan

Since the launch of the Australian Government’s continuous glucose monitoring (CGM) initiative through the National Diabetes Services Scheme (NDSS) in April 2017, more than 7,000 children and young people aged under 21 years who are living with type 1 diabetes have accessed products.

There are alerts and limitations for the quantity and frequency of supply of CGM products which NDSS Access Points receive through the NDSS IT system for product supply. These limits are in place to ensure each young person is using their CGM system according to guidelines provided by the supplier regarding usage of CGM products. If the user exceeds these annual limits, they will be unable to order additional subsidised products until 12 months from date of first purchase elapses. As this is the case, all people accessing CGM products, and their health professionals, should understand the lifespans of the subsidised CGM products available through the NDSS. Product lifespans are listed below.

Product type	Product no. (NDSS)	Product name	Box lifespan
Sensor	910	Dexcom G4/G5 PLATINUM Sensor	28 days
Transmitter	900	Dexcom G4 PLATINUM Transmitter	6 months
Transmitter	905	Dexcom G5 Mobile Transmitter	3 months
Sensor	930	Medtronic Enlite Sensor	30 days
Transmitter	915	Medtronic Guardian 2 link Transmitter	12 months
Transmitter	920	Medtronic Minilink Transmitter	12 months
Transmitter	925	Medtronic Guardian Connect Transmitter	12 months

### Useful resources

#### Australian Paediatric Society (APS)

The APS have developed three new e-learning courses aimed to provide ready and free access for school staff to international standard education about Type 1 Diabetes and to assist skill development (but not accredit) of insulin administration throughout Australia.

Others, including extended family members and/ or friends who may be responsible for care of a child with Type 1 may also benefit from the information within the e-learning courses.

For further information and to log in and access the three modules, please visit the [APS website](#).



### **Australian Diabetes Society (ADS)**

The Australian Diabetes Society has released a position statement aimed at improving the management and health outcomes of people living with serious mental illness and type 2 diabetes. Recommendations are provided for the improvement and better monitoring of the overall cardio metabolic health, particularly diabetes and diabetes risk, of individuals with serious mental illness.

For further information and to access the position statement, please visit the [ADS website](#).

### **Australian Institute of Health and Welfare (AIHW)**

The Incidence of insulin-treated diabetes in Australia report presents the latest available data on new cases of type 1 diabetes, insulin-treated type 2 diabetes and insulin-treated gestational diabetes, and is part of the ongoing national reporting using the 2016 National (insulin-treated) Diabetes Register. To download the web report, please visit [Incidence of insulin-treated diabetes in Australia](#).

### **Pregnancy Outcome in South Australia and the Maternal and Perinatal Mortality in South Australia Reports**

The [Pregnancy Outcome in South Australia](#) and the [Maternal and Perinatal Mortality in South Australia](#) reports have been released provide a snapshot of pregnancy outcomes across South Australia in 2015.

### **Australian Diabetes Educator Association**

The Australian Diabetes Educator (ADE) is a quarterly online publication produced for members of the Australian Diabetes Educators Association. It is now available in digital format and the latest edition is on the [ADE](#) website.

## **Calendar dates**

### **National Close the Gap Day 15th March 2018**

Most Australians enjoy one of the highest life expectancies of any country in the world - but this is not true for Aboriginal and Torres Strait Islander (ATSI) people. ATSI people can expect to live 10-17 years less than other Australians and ATSI people experience higher rates of preventable illness such as diabetes, heart disease and kidney disease.

The 'Close the Gap' campaign has achieved a tremendous amount since its launch by Cathy Freeman and Ian Thorpe in 2006 with outcomes which include a commitment by government and all major political parties to take action, allocation of additional health funding through COAG and a stated intention to work in partnership with Indigenous health organisations and communities. For more information on how you could participate, please visit the [Oxfam website](#).

### **Australian Diabetes Educators Association – SA Branch Seminar 2018**

The ADEA – SA Branch Seminar will be held Saturday 28<sup>th</sup> April 2018, Education Development Centre, Hindmarsh. For more information, please visit the [ADEA](#) website.



### **Australasian Diabetes Congress 2018**

The next Australasian Diabetes Congress (previously known as ADS & ADEA Annual Scientific Meeting) will be held Wednesday 22<sup>nd</sup> August – Friday 24<sup>th</sup> August, 2018, Adelaide Convention Centre, Adelaide. For more information visit the [Diabetes Congress](#) website.



## Staff Recognition



Congratulations to **Belinda Reddaway** who recently completed a graduate certificate in Diabetes Education and Management at Deakin University, Melbourne. She attended her graduation ceremony on the 14th February 2018 accompanied by her husband and valentine.

Belinda is currently employment as the diabetes nurse educator at Orroroo, Booleroo, and Jamestown Hospitals and Health Services. Belinda has also provided diabetes nurse educator cover for the Port Pirie Hospital and Health Service.

Belinda's area of interest is broad and she is keen to expand her knowledge and experience in diabetes in pregnancy, type 1 diabetes, paediatrics and, technology (eg insulin pumps, continuous glucose monitoring, flash glucose monitoring). Belinda is working towards ADEA initial recredentiaing and as a short term goal, is keen to complete her application.

## Professional development and scholarships

### ADEA Podcast Series

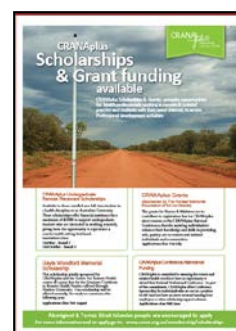
The ADEA podcast series highlights latest updates and research in the areas that are relevant to best practice in diabetes management, diabetes care and diabetes education.

The topics include gestational diabetes, secondary causes of diabetes (interactions of other hormones in diabetes), diabetes education program and service needs of young adults with type 1 diabetes, continuous glucose monitoring, older people with diabetes and glucose-lowering medicines, the role of weight loss surgery in people with diabetes and early life nutrition. For more information, please visit the [ADEA](#) website.

### CRANaplus

Scholarships and Grants to support the ongoing development of remote health care professionals and students are offered by CRANaplus.

For more information and to register online, please visit the [CRANA website](#).



### Australian College of Nursing

The Australian College of Nursing (ACN) funds and administers a number of scholarships and travel grants. Funding has been made available from benefactors, some of whom have nominated selection criteria for their awards. For more information and to register online, please visit the [ACN website](#).

### ADEA

ADEA awards and grants programs are provided in collaboration with, and with the assistance of business partners and sustaining members. For more information on Credentialed Diabetes Educator of the Year Awards, Abstract Awards and Travel Grants, please visit the [ADEA](#) website.

## Contact us

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