Clinical Guiding Principles for Sick Day Management of Adults with Type 1 and Type 2 Diabetes

The ADEA Clinical Guiding Principles for Sick Day Management of Adults with Type 1 and Type 2 Diabetes are now available.

These guidelines will promote best practice in diabetes education for all health professionals including Endocrinologists, General Practitioners, Primary Health Care Nurses, diabetes educators, Dietitians, Pharmacists and Exercise Physiologists.

The clinical guiding principles will:

- Improve the lives of adults with type 1 and type 2 diabetes when they experience an intercurrent illness¹
- Articulate the roles and responsibilities of health care professionals, people with diabetes and their carers
- Reduce the risk of acute deterioration of glucose control resulting from ineffective management of illness

“All people with diabetes need to have a sick day management plan that is individualised to their needs and is regularly updated to meet changing circumstances,” Michelle Robins, Chair of the ADEA Clinical Practice Committee commented.

“The importance of these guidelines is that they will empower people with diabetes to recognise the signs and symptoms of illness, the impact illness can have on blood glucose (and blood ketone) levels, the self-management interventions that can minimise the effects of illness on glucose control and the ability to recognise when medical assistance is required.

The primary purpose of diabetes education is to ensure people with diabetes can self-manage their condition safely, while providing support as required. These guidelines do that,” Dr Joanne Ramadge, the ADEA CEO, said.

The development of this document has been undertaken by the ADEA Clinical Practice Committee with funding from Abbott Diabetes Care.

¹ Intercurrent illness in people with diabetes, if not managed appropriately and expediently, can result in hyperglycaemia, diabetic ketoacidosis (DKA), hyperosmolar hyperglycaemic state (HHS), hypoglycaemia or other adverse outcomes.
“Monitoring plays an integral part of diabetes self-management. Monitoring of glucose levels and blood ketones (for those with type 1), becomes even more crucial when people with diabetes have to deal with the added burden of dealing with stress and illness,” said Bruce Passingham, Abbott Diabetes Care’s Scientific Manager.

“Abbott Diabetes Care Unit recognises the importance of the implementation of ADEA’s sick day guidelines, giving people with diabetes the ability to work with their health care professionals to tailor individualised sick day management plans to meet their needs. We applaud those involved in reviewing and updating this important information,” he added.


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Media contact: Dr Joanne Ramadge
CEO, Australian Diabetes Educators Association
P. 02 6173 1002 | M. 0402 897 300 | E. Joanne.Ramadge@adea.com.au

About the Australian Diabetes Educators Association
The ADEA is the leading Australian organisation for health professionals who provide diabetes education and care. There are more than 1000 Credentialled Diabetes Educators working within communities, private practices and hospitals in Australia.

The Association actively promotes evidence-based diabetes education to ensure optimal health and wellbeing for those affected by and/or at risk of diabetes and sets standards and develops guidelines for the practice of diabetes education.

The ADEA also offers professional development programs and accredits those programs developed by other organisations.

For further information about the ADEA visit www.adea.com.au.