

Diabetes quick guides

INTRODUCTION FOR GPs, NPs, NURSES AND ALLIED HEALTH PROFESSIONALS

Self-management resources for adults with diabetes

The *Diabetes quick guides* have been developed to support people to self-manage their diabetes. Any health professional can access the guides, and share them with their patients or clients.

The *Diabetes quick guides* can be used as a learning tool during a consult or as a simple reference for people to use at home or at their next diabetes educator appointment.

Each guide introduces a topic in diabetes self-management and provides links to further resources.

3 steps to primary care of diabetes

- 1 Register:** All people with a Medicare number diagnosed with diabetes can be registered online with the National Diabetes Services Scheme (NDSS) (ndss.com.au/health-professionals/hp-portal/). An [information booklet](#) is included with the registration pack.
- 2 Resources:** Provide the appropriate *Diabetes quick guides* (print or electronic). Highlight the links to further resources.
- 3 Refer:** Diabetes Tasmania's range of services are free and accessible across the state via telehealth, video consult or face-to-face.

Diabetes Tasmania services

We provide multidisciplinary care for adults with diabetes or at risk of diabetes across the state.

- ✓ diabetes educators
- ✓ nurse practitioner
- ✓ dietitians
- ✓ social worker



Video



Telehealth



Face-to-face

The [COACH program](#) provides care for:
 gestational diabetes
 prediabetes
 type 2 diabetes

[OzDAFNE](#) group for type 1 diabetes
[DESMOND](#) group for type 2 diabetes
[SMART](#) programs for type 1 & 2 diabetes

Referring to Diabetes Tasmania

Referral forms are available on our website or via Primary Health Tasmania.

Or contact us via mailtas@diabetesaustralia.com.au or phone **6215 9000** during working hours.

- **Self-referral** (for any person with diabetes or at risk of diabetes) – see diabetestas.org.au/book-an-appointment
- **Pharmacy and allied health referral** – see diabetestas.org.au/pharmacy-and-allied-health-referral
- **General Practice referral** – see diabetestas.org.au/gp-referral

Further resources for health professionals

RACGP (Royal Australian College of General Practitioners)

racgp.org.au

- [General practice management of type 2 diabetes](#)
- [Type 2 diabetes: Goals of optimum management](#)

ADS (Australian Diabetes Society)

diabetessociety.com.au/

- [Emergency management of hyperglycaemia in primary care](#)
- [Australian type 2 diabetes glycaemic management algorithm](#)
- [Living evidence guidelines in diabetes](#)

ADEA (Australian Diabetes Educators Association)

adea.com.au

- [Managing sick days: guidelines and templates for type 1 and type 2 diabetes](#)

NDSS (National Diabetes Services Scheme)

ndss.com.au

- [NDSS health professional portal](#)
- [Information in your language \(translated fact sheets\)](#)

Need help? Phone 6215 9000 or visit diabetestas.org.au