2. MONITORING

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

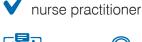
- Register: All people with a medicare number diagnosed with diabetes can be registered online with the National Diabetes Services Scheme (NDSS) (ndss.com.au/health-professionals/hpportal/). An information booklet is included with the registration pack.
- **Resources**: Provide the appropriate *Diabetes*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

Diahetes Tasmania services

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











The COACH program 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-anappointment
- Pharmacy and allied health referral see diabetestas.org.au/pharmacy-and-allied-health-<u>referral</u>
- 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 <u>diabetes</u>
- 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





