

The Diabetes Update

A bi-monthly newsletter introducing new people, projects and progress in the world of diabetes health.

No. 1 December 2014

Welcome to the first issue of *The Diabetes Update*. This newsletter will be available bi-monthly to update you on the national direction for diabetes, the work programme and to share innovative stories from around New Zealand.

Please feel free to share the newsletter far and wide and if you would like to receive an email when each new issue is released, send an email to cvddiabetes@moh.govt.nz putting 'subscribe me' in the subject line.

We would like to take this opportunity to wish everybody a very happy and restful holiday season. We look forward to continuing to work with you all in the New Year.

Diabetes toolkit and quality standards

The Ministry of Health has been working on a variety of tools to better support DHBs and other service providers. As part of this we have developed 20 Quality Standards and a Diabetes Toolkit.

Based on international evidence, the Standards sit alongside the Primary Care Handbook and offer funders and planners advice about the specific diabetes support services that need to be in place in each community.

In addition to the Standards, a Diabetes Toolkit has been developed. The Quality Standards for Diabetes Care Toolkit provides the rationale behind the recommendations in the 20 quality standards, as well as implementation advice, examples of excellence, assessment tools and resources for each standard.

You can view the Quality Standards and the Toolkit at www.health.govt.nz

Diabetes Day

The Ministry held a diabetes workshop on 6 November 2014.

The main purpose of this workshop was to bring DHB and PHO funders and planners, and clinical leaders together to hear from national experts involved in recent guideline development and improved consistency in purchasing and



Dr Tom Mulholland

providing diabetes services across New Zealand.

We were lucky to have an energising keynote speaker, Dr Tom Mulholland, who talked about change management and the power of healthy thinking. We would like to thank all of you who participated in this day for making it such a success.

Annual Planning Guidance 2015/16

Annual Planning Guidance for 2015/16 has been released.

There is both a Long Term Conditions (LTC) and a Diabetes Care Improvement Packages (DCIPs) section in the guidance for 2015/16.

These sections will be structured around the key principles of Prevention, Identification, Management and Enablers.

The full guidance document is available on the National Service Framework Library www.nsfl.health.govt.nz/apps/nsfl.nsf/pagesmh/524

Retinal screening and self-management guidelines

Retinal screening

Thank you for your feedback to date on the retinal screening guidelines introduced at the Diabetes Day. The Retinal Screening Guidelines Group is meeting early in February to finalise the document.

Self-Management

The Self-Management Support for Long Term Conditions factsheet has been completed and is now available on the Ministry of Health website www.health.govt.nz

The factsheet provides a range of guidance and principles to support and encourage more

effective self-management. It also includes an appendix with specific guidelines to support self-management among people with diabetes. Thanks to those who provided input and feedback in the earlier stages of development, it's great to have this resource available.

Clinical Governance

Advice on Clinical Governance was also provided at the Diabetes Day, for your feedback. Could you please provide any feedback you have on this document to sam_kemp-milham@moh.govt.nz by 31 January 2015. If you need further copies of this document please let us know.

Type 1 diabetes – connecting over Facebook

Gemma Comrie was diagnosed with type 1 diabetes when she was around 12 months old. It's all she's known.



We spent some time talking with Gemma about her journey through pregnancy with type 1 and finding just how hard it often was to get the support she needed during those critical times.

Not one to sit still or feel sorry for herself, Gemma created the Wanganui Type 1 Parents Facebook page to ensure others going through the same thing had exactly the sort of support that was missing for her.

Read our full interview with Gemma and an overview of the page at www.hiirc.org.nz



Thanks for reading. We look forward to keeping you in touch.

On behalf of the Diabetes Team at the Ministry of Health:

Sam Kemp-Milham, Vicky Shuker, Dr Paul Drury and Dr Helen Rodenburg.

Feedback/suggestions to: cvddiabetes@moh.govt.nz