

# The Diabetes Update

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

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**Welcome** to the second issue of *The Diabetes Update*. The newsletter tells you about the national direction for diabetes, the work programme and shares innovative stories from around New Zealand.

Please feel free to share the newsletter far and wide. If you would like to receive an email when each new issue is released, or if you want to share a story in the newsletter, email [cvddiabetes@moh.govt.nz](mailto:cvddiabetes@moh.govt.nz) putting 'subscribe me' in the subject line.

## Diabetes strategy

The Ministry has been asked by the Minister of Health, Hon Dr Jonathan Coleman, to develop a five-year diabetes strategy. This strategy will cover the full continuum of care for people with diabetes, from diabetes risk to tertiary care.

As a part of the strategy's development, workshops have been held in Auckland, Christchurch and Wellington with clinicians, people with diabetes, NGOs, sports trusts, planners and funders, and service managers. The workshops have given us the opportunity to understand what is important to the diabetes community.

There will be wider consultation when the draft strategy has been developed.

We would like to take this opportunity to thank those of you who participated in the workshops for your time and enthusiasm.

## Retinal screening

The retinal screening guidance is currently being revised by a steering group. Feedback from stakeholders was aggregated over the holidays along with a systematic literature review.

The steering group met in Wellington on 6 March 2015 to revise and finalise the retinal screening guidance document. The group also explored dissemination and implementation for the updated document. Final revisions to the guidance document is planned for release during April or May 2015.

## Regional self-management workshops

The Ministry is currently organising regional workshops on self-management and service planning. This is a result of feedback from the Diabetes Day, held by the Ministry on 6 November 2014. These workshops will be held in May and June 2015 and will be for both planning and funding staff and clinicians.

The purpose of the workshops will be to learn about innovations in self-management, how self-management services can be developed and how to identify opportunities for further learning on self-management support.

Further details will be made available in the next few weeks about meeting dates so please keep an eye on your inbox for them.

## CVD patient stories

We have recently posted some really inspiring stories about CVD assessments on the Ministry website. These stories tell about the experiences, fears and successes of staff from Auckland DHB as they attend CVD checks.

We want to thank those who have shared their stories with us and encourage others to share them with their friends and families.

The stories can be read at [www.health.govt.nz/our-work/diseases-and-conditions/cardiovascular-disease/auckland-dhb-staff-assessments-cardiovascular-disease](http://www.health.govt.nz/our-work/diseases-and-conditions/cardiovascular-disease/auckland-dhb-staff-assessments-cardiovascular-disease)

## DESMOND

Each issue of *Diabetes Update* includes a story about the excellent work being done in diabetes services across New Zealand. In this issue we highlight the self-management programme under way in the South Island.

The WellSouth Primary Health Network started introducing a structured group education programme for people with type 2 diabetes in November and the first training sessions have already been filled.

WellSouth Nursing Director Wendy Findlay said the DESMOND (Diabetes Education and Self-Management for Ongoing and Newly Diagnosed) programme has been the standardised diabetes care pathway in the UK for many years, and is now in Western Australia. It is well researched and is very evidence based.

‘Based on this, and the interest in the sessions already, we’re optimistic about the long-term benefits for patients’ health outcomes following attendance at the sessions. We are really excited and supportive of being involved in an education programme that assists people to manage their own health condition,’ says Wendy.

This programme supports WellSouth’s focus to help keep communities well, and is part of a wider diabetes support services for health providers and for patients in Otago and Southland that includes dieticians, clinical pharmacy facilitators and long-term condition community nurses.

More information on the DESMOND programme in the UK can be found at [www.desmond-project.org.uk/whatisthedesmondprogramme-271.html](http://www.desmond-project.org.uk/whatisthedesmondprogramme-271.html)

## **Resources on their way**

The Clinical Governance advice and the Chronic Kidney Disease consensus statement that were shared at the Diabetes Day in November 2014 have been finalised. Thank you for providing feedback on these papers. The final versions will soon be shared with you. Keep an eye on the diabetes resources page of the Ministry's website for them at [www.health.govt.nz/our-work/diseases-and-conditions/diabetes/diabetes-publications](http://www.health.govt.nz/our-work/diseases-and-conditions/diabetes/diabetes-publications)

Don't forget to check out other resources available, including self-management support for people with long-term conditions advice, the 20 Quality Standards for Diabetes Care and the Toolkit to support the standards.

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

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

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