

On Target

March 2018

Aotearoa College of Diabetes Nurses Committee:

Chair:	Tricha Ball
Secretary/Website:	Debbie Cunliffe
Accreditation Portfolio:	Bryan Gibbison
Treasurer:	Kerrie Skeggs
Workforce Development & Membership:	Andrea Rooderkerk
Study Day Organiser:	Bobbie Milne
Seconded Members:	Anne Waterman, Hazel Philips



From the Editor

By the time you all read this, some NZNO members will have voted one way or the other with regards to the revised MECA agreement and strike action may be on the cards. It is disappointing (to say the least) to discover that only a third of the 29,000 DHB nurses covered by this MECA cast a vote in the first round of ratification and that the MECA was rejected by a very slim margin. Please be informed and make an effort to participate. It would be unfortunate if national industrial action and the associated disruption was being determined by a few who bothered to participate.

We hope that this edition will be of interest to you all. Drop us a line via email (acdnewsletter@gmail.com) if you have any feedback or comments you'd like to make for the next edition.

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Annual General Meeting

*Wednesday 2nd May,
8am-10am; Distinction
Hotel, Hamilton*

National Committee

Tricha Ball - Chair	Auckland	trichab@adhb.govt.nz
Debbie Cunliffe - Secretary/Website /Communications	Bay of Plenty	acd.n.secretary@gmail.com
Kerrie Skeggs - Treasurer	Mid-Central	kerrie.skeggs@midcentraldhb.govt.nz
Bryan Gibbison - Accreditation Coordinator	Waikato	bryan.gibbison@waikatodhb.health.nz
Andrea Rooderkerk - Workforce Development and Membership Portfolio	Hawkes Bay	acd.n.membership@gmail.com
Bobbie Milne (Study Day)	Counties Manukau	bmilne@middlemore.co.nz
Anne Waterman	Waikato	Anne.Waterman@waikatodhb.health.nz
Hazel Phillips	Hutt Valley	hazel.phillips@huttvalleydhb.org.nz

Debbie Cunliffe comes to the end of her 3 year term on the ACDN National Committee at this year's AGM. Debbie has worked tirelessly in her role as Secretary for the Committee and her organisational skills will be sorely missed. Thank you Debbie for all of the work and energy you have put into your time on the National Committee.

There will be a vacancy to fill on the national committee at the ACDN AGM in Hamilton on the 2 May 2018. If you are thinking about expanding your horizons or looking for a challenge, please consider joining the National Committee.

"Joining our committee offers an excellent opportunity to be mentored by experienced committee members, to learn about the work of ACDN in promoting and supporting excellence in diabetes nursing in New Zealand." - Tricha Ball; Chairperson

The ACDN Committee meet together four times a year with regular telephone conferences at other times. Travel costs are

covered, but members are asked to seek support from their Managers to be released to attend face to face meetings if appropriate. If you are a team player who strives for excellence and would like to join our friendly team, please feel free to contact one of the National Committee listed above: For nomination form – [Click here](#) and log in.

ACDN Study day

[Click here for full programme](#)

Online registrations close on 23 April 2018, walk-ins available at additional cost. Register on the website: [Registration page](#)



Professional Development Grants

The Aotearoa College of Diabetes Nurses (ACDN) has established professional development grants to assist nurses to attend or participate in events related to diabetes nursing that will further their knowledge base in their current field of work i.e. workshops, conferences, study days and seminars. The grants can also be used to cover the cost of ACDN accreditation application.

ACDN gratefully acknowledges the contributions from Pharmaco and NovoNordisk towards diabetes nurse education, via these professional development grants. Applications are considered twice a year and the next **closing date is 31 July 2018.**

Please note, all applications must be submitted electronically on the ACDN Professional Development Grant application form which can be accessed on the ACDN webpage at NZNO website.

NZNO has a significant number of scholarships that members may also be eligible for. The NZNO website has all the relevant information about these, including criteria and the process for application. Here's the link:

http://www.nzno.org.nz/support/scholarships_and_grants



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National Diabetes Nursing Knowledge & Skills Framework

The Aotearoa College of Diabetes Nurses (ACDN) (NZNO) have recently updated the National Diabetes Nursing Knowledge and Skills Framework (the Framework) providing a contemporary platform for all nurses to demonstrate that they are competent in diabetes care appropriate to the population groups they care for. The Framework identifies best practice guidelines, continuing education resources, websites for general information and suggestions for health outcome measurement aligned with the Ministry of Health Living Well with Diabetes Plan. The Framework cross references each aspect of care and level of knowledge and skill to the Nursing Council of New Zealand (NCNZ) competencies for registration as a registered nurse.

Dr Helen Snell was the lead for this project and the process of updating included:

- Review of other specialty Knowledge and Skills Frameworks (KSF) to ensure alignment where necessary.
- A new assessment tool to include a self-assessment process along with assessor assessment.
- Integration of the first two levels (Fundamental and Generalist) into one level
- Collapsing four levels from 2009 document into three levels: All Nurses, Proficient and Specialist.
- Update of all existing aspects of care based on reviewer feedback.
- Development of new aspects of care include Psychological, Steroids, Bariatric surgery, Oral health, travel health,
- Existing aspects of practice on Diabetes in hospital, pregnancy and Children and Youth have been considerably expanded.
- New content includes throughout includes an awareness of individualising targets and treatment plans for special groups, especially for

the older adult; plus reference made to the older adult in other relevant aspects of care, such as hypoglycaemia and high risk feet. Health literacy has been given more prominence throughout.

The 2018 National Diabetes Nursing Knowledge and Skills Framework provides a refreshed and contemporary guide to all nurses caring for people with diabetes and directly links with ACDN accreditation requirements. The Framework is now available to download from the [ACDN Education web page](#).

Read or download: [2018 National Diabetes Nursing Knowledge and Skills Framework](#) (PDF)

ACDN Calendar

January	
February	National Committee teleconference 28 th Feb – closing date for ACDN Professional Development grants
March	National Committee Meeting Closing date for applications for accreditation “On Target” published
April	National Committee teleconference
May	ACDN Annual General Meeting ACDN study day NZSSD ASM
June	National Committee teleconference
July	National Committee meeting 31 st July – Closing date for ACDN Professional Development grants
August	National Committee TC Closing date for applications for accreditation
September	National Committee teleconference “On Target” published NZNO Annual Colleges & Sections day NZNO Annual General Meeting
October	National Committee meeting
November	National Committee teleconference
December	“On Target” published

Accreditation news

Accreditation is a peer review process specifically for diabetes nursing where assessment is objective and against a set of nationally agreed criteria. Members of the ACDN, in primary, secondary and tertiary care sectors are encouraged to submit an application for accreditation at either Specialty or Specialist level. Accreditation is valid for 3 years. With the growing numbers of people living with diabetes, it's important that we, as a College, can assure our patients that they are receiving the very best education and support from nationally recognised accredited nurses.

Is your accreditation due in 2018?

Please check your current accreditation status and submit your portfolio. If you're not sure, please contact Bryan Gibbison: bryan.gibbison@waikatodhb.health.nz

A reminder regarding confidentiality

Maintaining confidentiality for the people you work with and your patient/client is paramount. NZNO have updated their practice guideline titled “[Privacy, Confidentiality and Consent in the Use of Exemplars of Practice, Case Studies and Journaling, 2016](#).” This can be accessed from the NZNO website in Publications at the following link. <http://www.nzno.org.nz/resources/nzno-publications> and can be found under the section titled Practice.

“Accreditation is an assurance for me and for my employer that I have met a set of criteria to demonstrate my clinical practice in diabetes nursing at expert level, regardless of my job title or where I am employed”
Andrea Rooderkerk; Hawke's Bay

Special Interest Groups

If you are interested in being involved with a SIG or have ideas regarding other possible SIG's (e.g. Pregnancy, Inpatient care etc.), ACDN would be very keen to hear these. Contact: acdnmembership@gmail.com.

Indigenous Diabetes Nurse SIG (as part of ACDN)

The aim of this group, which falls under the umbrella of the Aotearoa College of Diabetes Nurses (ACDN), is to offer indigenous nurses the opportunity to meet, share information and discuss cultural activities that may assist with improving engagement, delivery and management for people living with diabetes. ACDN encourages its members to get involved and inform other indigenous nurses working in diabetes to consider how they might be able to link into this SIG. To learn more about this special interest group, or to get involved please contact: Gina Berghan (MN, DNS); Nurse Specialist-Diabetes
T: 09-3074949 E: gina@adhb.govt.nz

The Indigenous Diabetes Nurse SIG will be meeting in Hamilton on Tuesday, 1st May 2018. Further details will be circulated via email. Contact Gina directly for further information.

Paediatrics: (as part of the Paediatric Society of NZ – National Diabetes Clinical Network for Child & Youth)

I will be stepping down as Lead of the Paediatric Nursing Work stream for the Network on 31 March, 2018. This work stream will continue to explore innovation and initiatives that can be shared nationally but will now be known as the Paediatric Diabetes Allied health stream. Dr Jo McClintock (Clinical Psychologist) and Shelley Mitchell (Diabetes Dietitian) will be sharing the role of work-stream lead. Dr Philippa Carter (Starship Child Health) has taken over as Chair. Expressions of Interest

for the CRG Facilitator role close at 5pm, 29 March, 2018.

The Memorandum of Understanding (MOU) between Aotearoa College of Diabetes Nurses (NZNO) and the Paediatric Society Clinical Network continues to facilitate collaboration and sharing of information. The Network will continue to keep ACDN updated of all Network activities via quarterly reporting. MOU review date: 2019.

The School and Kindergarten Action and Management plans for National use remain available for download via the CN website <https://www.starship.org.nz> 2018 versions of these resources are in review process. There has been some delay with the review of these due to the need to incorporate changes in the resources based on feedback received by the Network. National feedback within NZ has resulted in significant proposed changes to better suit a NZ context. After much negotiation it has been agreed that from 2018 the resources will no longer bear the logos of Diabetes Australia, The Royal Children's Hospital and Monash Medical Centre but will acknowledge these agencies as original source agencies with versions from this point forward to be created specifically by the Clinical Network for NZ populations. The 2018 versions will include appendices relating to continuous blood glucose monitoring. Release of reviewed documentation is anticipated to be available by April 2018 via the Network website.

The "Streetwise" collection of educational resources for teens adapted from the Royal College of Nursing, UK, and inclusive of the NZ specific resource regarding Management of Type 2 diabetes have undergone CRG review in March 2018. These resources continue to be available for download via the CN network website.

NZQA/Cambridge medical certificate templates and associated information sheets for both type 1 diabetes mellitus and type 2 diabetes mellitus treated with insulin, that are used to support 'special assessment

condition' applications for students with diabetes, have undergone CRG review in March 2018. Feedback received by the Network has resulted in some changes to the documents and revised documents are anticipated to be available via the website from April.

In 2016-2017, a needs analysis survey for health care professionals was undertaken alongside a consumer survey to collect data on current transition practices throughout NZ as the first phase of the National Transition Project. The second phase developing a National Consensus Statement and associated transition toolbox has been completed and is available via the CN website. This work will be presented at the NZSSD Paediatric Study Day in May 2018.

Network projects in the area of camp planning consumer resources and consumer guidelines for CGM are top priorities for the Network in 2018. Please let us know if you would like to be involved in project work in either of these areas. If anybody has any feedback or would like to propose changes to any of the existing Network resources or have ideas about other areas in which resources are needed for Paediatric populations in your local area please do contact the Network. All resources are reviewed bi-annually in response to feedback received.

Can I please take this opportunity to thank everybody who has supported the Clinical Network and the development of projects throughout my tenure as CRG Nursing Work stream Lead and more recently as CRG Facilitator? It has been my absolute pleasure to work with you all and I feel privileged to have had the opportunity to do so.

Rosalie Hornung

BSc, MN, NP Child & Youth Clinical Nurse Specialist | Starship Paediatric Endocrinology

Young People with Diabetes {15-25 years} (as part of NZSSD)

For those who are already members of the Special Interest Group (DiabetesYoungPeople), we are holding our first official meeting at NZSSD conference May 2018. This will be a breakfast meeting 7-8am Wednesday 2nd May at the conference centre (room to be advised). Please email me if you intend to go to NZSSD to assist with catering. An agenda will be sent out in April 2018 through the Google Group email tree. This meeting gives us an opportunity to discuss future directions and to have a presence within NZSSD, alongside other SIGs.

***Vickie Corbett, Nurse Practitioner,
Waikato Regional Diabetes Service.***

If you work with young people aged 15-25 years with diabetes and you would like to join the DiabetesYoungPeople SIG, please contact Vickie via the following email address: diabetesyoungpeople@googlegroups.com



Pumping SIG (as part of NZSSD) are meeting in Hamilton on 2nd May 10am-12pm. Agenda for this meeting below:

NZSSD 2018 Kingsgate Hotel, Hamilton: PACSIG meeting		
TIME:	TOPIC:	SPEAKER:
10:00	- Introduction - "the story of now" - Update on SIG general business	Sarah Price
10:05	PHARMAC Discussion To discuss an update on the future of pump/CGMS and other technology used in diabetes funding in NZ.	Brian Betty
10:45	Guest Speaker- Endocrinologist	TBC
11:20	- 10 minute presentation from pump companies - Intermed - NZMS	Chantelle Summerton Trish Snegirev
11:40	Medi-Ray Presentation General discussion on Libre + Q and A session	Mediray team
12:00	Finish	Sarah Price

Regional Networks

All of us understand the value of collegial networking and support. Some of us are fortunate to work in large teams where that support comes from within the team. For those members who work in isolation, either geographically and/or on their own, it becomes vital to be able to travel to meetings where this networking and support is available. This is often done at a cost to the individual in terms of their time and money. Nowadays, meeting opportunities are becoming more scarce and difficult for people to attend due to changes in the way pharmaceutical companies are able to support meetings, travel costs and time and meetings having limited capacity.

ACDN is considering how it might provide regional opportunities for professional development, networking and support. We are planning what is hoped will be the first of ongoing regional meetings. This first meeting will be held in Rotorua later this year with a view to replicating the format in other regions if it is successful in meeting the needs of members. Details are still forthcoming and we will keep you posted.

For your interest

The evidence for using a weight based method for treating hypoglycaemia – Lindsay McTavish (CCDHB)

To read or download, click here:
[Hypoglycaemia Studies](#)

Some “Gems” from the Goodfellow Unit

Cold cabbage leaves may be as good as cold gel packs for breast engorgement, and better than nothing at all

A randomised trial of cold cabbage leaves versus cold gel packs versus control¹ reported that cabbage leaves were as good as the gel packs at reduction in pain at three time points after application compared with a no treatment control group. Additionally, cabbage leaves were superior to gel packs at all three time points following application for hardness of breasts. Both intervention groups were better than the control group for hardness of breasts.

The study had some methodological flaws in the design. For example, the cabbage leaves were applied to both breasts in the leaf group and it is unclear if the application was to one or both breasts for the gel pack.

There was high satisfaction with the cabbage leaves. The leaf intervention used 3 large leaves over each breast. The leaves were rinsed in cold water and chilled in a zip-lock bag in the freezer for 15 minutes, or the fridge for one hour. The cold gel packs were chilled like the leaves. A Cochrane review had reported cabbage leaves as a promising intervention but more research needed. There was no difference in duration of breast feeding at 3 and 6 months.² This Gem has been checked by Dr Karen Hoare Associate-Professor, Massey University.

References:

1. Application of cabbage leaves compared to gel packs for mothers with breast engorgement: Randomised controlled trial. *Int J Nurse studies* 2017. [Click here](#)
2. Treatments for breast engorgement during lactation. *Cochrane Database of Systematic Reviews* 2016. [Click here](#)

Two screening questions can rule out depression

A recent Alberta Tools for Practice¹ notes that two questions can be used to rule out depression when the answer is no to both questions (this is similar to a negative brain natriuretic peptide (BNP) to rule out congestive heart failure). If the patient scores positive on either question a more detailed assessment to confirm or refute depression needs to be made (e.g. using the PHQ-9). The two questions are "During the past month have you often been bothered by:

1. Feeling down, depressed or hopeless?
2. Having little interest or pleasure in doing things?"

Whether screening alters outcomes is debatable, but the 2-question screen may be reasonable for case-finding or screening higher risk patients.

Reference:

1. Alberta Tools for Practice #203. [Click here](#)

To subscribe to the Goodfellow unit for further "Gems", go to www.goodfellowunit.org

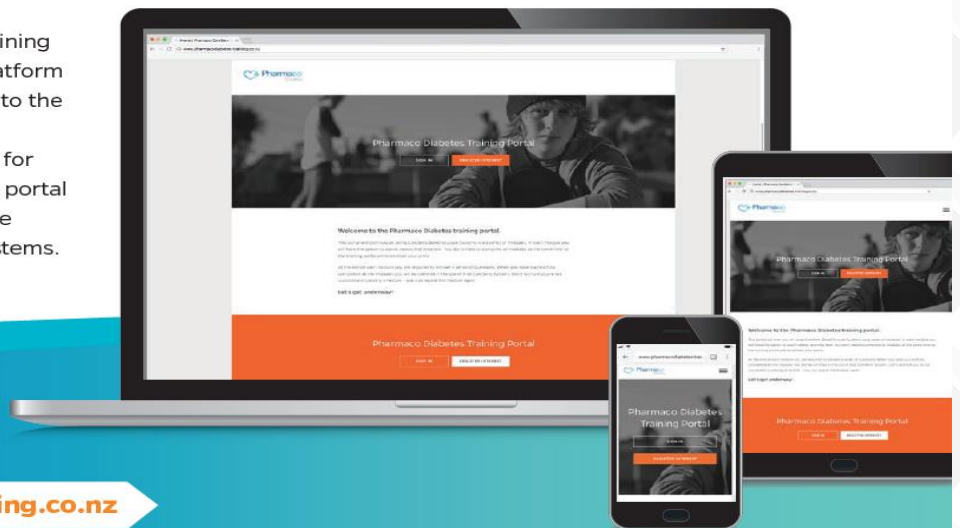
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