On Target

Spring 2018

Aotearoa College of Diabetes Nurses Committee:

Chair: Tricha
Secretary: Anne
Treasurer: Kerrie

Accreditation Portfolio: Bryan Gibbison **Newsletter:** Andrea Rooderl

NZSSD Liaison:

Membership:

Bobbie Milne

Hazel Philips

Tricha Ball
Anne Waterman
Kerrie Skeggs
Bryan Gibbison
Andrea Rooderkerk
Bobbie Milne
Hazel Philips



From the Editor

The DHB MECA has been ratified and the dust is settling on what has been a tumultuous few months of debate and industrial action. However, the process has taken its toll and aftershocks continue. Nursing is often called the caring profession but it seems we're not very caring of each other. This was very evident on social media forums in the way which people responded to views that did not reflect their own and in the personal nature of some of the views towards NZNO bargaining team and staff. The impact of this bullying behaviour is far reaching and lingers long after. There's more on this in Hazel Phillips report from the NZNO Conference in this newsletter.

A key remit to be passed at the NZNO AGM that will be particularly relevant for Colleges & Sections is the

remit for "One member, One vote". Getting this remit across the line has taken more than 10 years. Up until now, NZNO members could potentially be represented by up to 5 different NZNO bodies with each body casting a vote on their behalf. The two largest Regional Councils (Auckland & Canterbury) have the greatest voting power

as they represent the largest number of members so this remit has the potential to change that dynamic. You'll be hearing more about this in the months ahead.

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National Committee

Tricha Ball - Chair	Auckland	trichab@adhb.govt.nz
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Bryan Gibbison - Accreditation Coordinator	Waikato	bryan.gibbison@waikatodhb.health.nz
Andrea Rooderkerk - Newsletter	Hawke's Bay	acdn.newsletter@gmail.com
Bobbie Milne – NZSSD Liaison	Counties Manukau	bmilne@middlemore.co.nz
Hazel Phillips – Membership Portfolio	Hutt Valley	acdn.membership@gmail.com



Back row left to right: Angela Clark (NZNO PNA), Hazel Phillips, Bobbie Milne, Anne Waterman, Tricha Ball, Kerri Skeggs Front row left to right: Andrea Rooderkerk, Bryan Gibbison

Vacancy

If you are thinking about expanding your horizons or looking for a challenge, please consider joining the National Committee of ACDN. The National 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 Managers for their weekday 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 a nomination form – click here

"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

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.

October 2018 Accreditation Applications

It's been a very busy accreditation round this time with 15 applications. There were 6 new applications for accreditation and 9 applications for maintenance accreditation. This is fantastic.

Assessment is on-going at the time of publication of the newsletter and so I will be able to give you the outcome in the next edition.

May 2019 Accreditation Round

Writing this makes me realise how quickly the year is passing. Applications for the May 2019 round of accreditation open on 5 November 2018 and portfolios are due to NZNO Head Office in Wellington by 12:00pm on 8 March 2019.

Funding Support

ACDN has a professional development and that may be used to help cover some of the costs of accreditation or for assessor training. Details of the grant and how to apply are on the ACDN website.

Evidence

Assessors are making comments back to me about the evidence supplied. Sometimes the evidence is simply not provided or what is provided is overwhelming. Evidence is supposed to support your application and there are suggestions as to the evidence required contained in the Handbook. Sometimes a simple case review with some reflection on how it has influenced your practice is better than supplying a range of clinical notes that are hard to follow. If you prescribe, then some reflection about your prescribing decisions should be included why you did "this" versus "that". Supplying a copy of a presentation tells the assessor what you presented, nothing more; you need to provide some context, some feedback from the audience and some reflection on what this meant for you as the presenter.

As always - 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/nzn
 publications
 and can be found under the section titled 'Practice'.

Accreditation Review

A consistent feature coming back from assessors is around confidentiality. There are frequent minor breaches of both patient and colleague confidentiality in evidence supplied. This is not acceptable. In the past the College has taken a pragmatic approach to managing this but from the next round forwards, any breach in confidentiality will result in the portfolio not being assessed and it being returned to the applicant.

I appreciate that this seems severe, but we can no longer accept this practice. Maintaining confidentiality for the people you work with and your patient/client is NZNO have updated their paramount. guideline titled Privacy, practice 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 http://www.nzno.org.nz/resources/n zno publications and can be found under the section titled 'Practice'



Are you...

An accredited diabetes nurse?
Looking for a new challenge?
Wanting to develop new skills?
Looking to help 'grow' diabetes
nursing in NZ?

Perhaps you are already a PDRP assessor?

Then we want to hear from you.....

The College is seeking to grow the pool of approved assessors to assist with assessing accreditation portfolios.

The College would like to hear from anyone with the following skills:

- accredited as either a Specialty (level 3) of Specialist (level 4) Diabetes Nurse,
- ♥ an approved PDRP assessor, or
- have completed the NZQA assessment module 4098 or other approved assessment programme, or willing to undertake relevant training (funding support available),
- interested and willing to be an assessor.

Assessment of portfolios occurs twice a year. The time it takes to complete an assessment varies but in general you should allow at least 2 hours. Assessors are paid an honorarium for each portfolio assessed.

This is a wonderful opportunity to develop new skills that contribute to your own professional development, to network nationally with other members of the College, and to contribute to the professional development of your colleagues.

Expressions of interest can be directed at any time to Bryan Gibbison, Coordinator for the Accreditation Programme, by email – bryan.gibbison@waikatodhb.health.nz

Please include:

- ♥ your level of accreditation,
- whether you are willing to undertake the appropriate training, or,
- ▼ if you are already an approved assessor, evidence of completion of a relevant course (a copy of your 4098 certificate or other approved course).

Accreditation Review

The revised accreditation process is currently being trialled by a few volunteers. These will be assessed and revised, and any final changes made to the process based on feedback. It is anticipated that that new process will be in place, possibly for the next round but definitely for the August 2019 round.

Bryan Gibbison

Coordinator - ACDN (NZNO)

Accreditation Programme
bryan.gibbison@waikatodhb.health.nz

ACDN Professional Development Grant

The Aotearoa College of Diabetes Nurses (ACDN) has established a fund 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, seminars, post graduate study. This professional development grant can also be used to cover the cost of the Aotearoa College of Diabetes Nurses accreditation application.

ACDN gratefully acknowledges the contribution from Pharmaco towards

diabetes nurse education, via the ACDN Professional Development Grant. Applications are considered twice a year and the next closing date is **28 February 2019.**

Please note, all grant applications must be submitted electronically on the NZNO Aotearoa College of Diabetes Nurses Professional Development Grant Application Form which can be accessed on the College 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/sc holarships and grants

Kerrie Skeggs reports from the American Diabetes Association Conference – June 2018

The American Diabetes Association (ADA) 78th Scientific Meeting Scientific Meeting was held in Orlando, Florida from the 22-26 June 2018, with an estimated attendance of 14,000 people (researchers, clinicians, and educators). The programme was comprehensive and varied with eight streams running concurrently over the five days as well as poster presentations and industry exhibits.

The Eight streams were:

- 1. Acute and Chronic Complications
- 2. Behavioural Medicine, Clinical Nutrition, Education and Exercise
- 3. Clinical Diabetes/Therapeutics
- 4. Epidemiology/Genetics
- 5. Immunology/Transplantation
- 6. Insulin Action/Molecular Metabolism
- 7. Integrated Physiology/Obesity
- 8. Islet Biology/Insulin Secretion

ADA provides a unique forum for knowledge exchange, with the most up to date research and clinical trials, best practice, education, treatment, and prevention. It provides opportunity for diabetes professionals to make important connections that advance science. The programme provided a lot of learning opportunities and reflection on my clinical practice as a Clinical Nurse Specialist in Diabetes.

The Sessions I attended were:

- **▼** Tech and teens
- ♥ Challenging times for youth with Type 1 Diabetes – how do we approach them?
- Mental health disorders and diabetes distress among adults with diabetes
- ♥ Using continuous glucose monitoring and smart devices to control glucose when it matters most.
- ▼ Monogenic diabetes testing is ready for prime time – integrating genetics into your practice.
- ▼ It's not too late, baby outcomes in gestational diabetes
- ♥ Unrecognised (occult) metabolic conditions in women with gestational diabetes which predict metabolic complications later in life
- ♥ Beyond HbA1c in Paediatrics is it time to look at other outcomes.
- Addressing unique challenges in diabetes management
- ▼ Type 2 diabetes in Youth update on the current state of knowledge and complications
- ▼ Should all pregnant women with Type
 1 use CGM from planning pregnancy
 until after breastfeeding
- Management of Diabetes in a surgical patient

HbA1c/Blood glucose levels — Having learned to talk HbA1c in mmol/mol instead of % it was a challenge to go to a conference and again have to readjust my thinking. Also speakers were often talking about blood glucose levels in milligrams per decilitre (mg/dL) not millimole per litre (mmol/L) as we do in New Zealand.

Industry Exhibits - Coming from New Zealand I found visiting the industry/trade

stands interesting as a lot of the drugs and technology is not available in New Zealand.

Diabetes Medications - As a diabetes nurse prescriber I enjoyed learning about the different expanded range of medications that are available in other parts of the world. They have a much larger range of funded diabetes medications than are used in New Zealand (DPP-4 inhibitor, SGLT2 inhibitors and GLP1 receptor agonists), as well as combinations of these drugs that are funded and regularly used in clinical practice.

Diabetes Technology - It was amazing to see the advances in technology available: an implantable CGM sensor that was inserted in the arm and lasted 3 months (Eversense), a Novopen 6 which was able to be downloaded with all the data to review, inhaled insulin (Afressa), a small wearable disposable insulin pump (Eoflow), and an insulin pump that predicts and helps prevents hypos by stopping pump therapy when blood glucose levels fall (t:slimX2 insulin pump).

Reflection - This conference has allowed me to stop and reflect on my own clinical practice. Although in New Zealand we do not have all the diabetes drugs and up to technology that are available worldwide. The issues of diabetes seem to be similar no matter what health care system you work in, and what drugs and technology are available. Diabetes remains a major global crisis with not enough resource both in personnel and finance. Diabetes continues to be hard work for all members of the MDT (Doctor, Nurse, Dietitian, Podiatrist, Psychologist, and Researcher) and the patient. While drugs and technology are improving diabetes care and management there is still a long way to go yet before diabetes becomes an easy disease to manage and live with. It still requires a lot of input from the person with diabetes and their health professional team to maintain ongoing excellent diabetes control not matter what drugs and/or technology they are using.

It seems New Zealand are ahead of a lot of countries with Diabetes Nurse prescribing and I think we can be proud of this achievement, both for our profession as Diabetes Nurses and also for the access it provides for the people with diabetes we see.

Thanks - I would like to take this opportunity to thank Sanofi for their generous sponsorship for ADA and MidCentral DHB for the ongoing commitment to my professional development as a CNS –Diabetes.

If you would like more information on any of the sessions I attended please email me on kerrie.skeggs@midcentraldhb.govt.nz

Hazel Phillips reports from the NZNO Colleges and Sections Day and AGM – September 2018

The above conference was held between the 18th and 19th September, hosted at Te Papa in Wellington. Wellington put on a great show with the weather and was gleaming in the sunshine.

The 18th was the Colleges and Sections Day which as always is a great opportunity to network and meet other committee members across New Zealand. With each college doing a three minute presentation we were able to hear about all the great work going on out there. It was great to hear that other colleges are using a knowledge and skills framework for education accreditation. For me the issue which seems to resonate through all groups was the ability to recruit members to committees. This is my first year on the ACDN committee and I am finding it challenging, enlightening and rewarding and would urge everyone to consider becoming more active in their college by becoming a committee member and having a say in nursing development and client care in New Zealand.

There was a fun session on personality types and communication by Amy Scott on YouTube, entitled 'Build don't break relationships with communication - connect the dots' TEDxQueenstown

https://www.youtube.com/watch?v=Jp9b 2Hf7QWg

There was also a session on nursing leadership and governance presented by Eldred Gilbert, NZNO Project Lead. This session looked at what is required to develop and grow our nursing leaders. Support was identified as an essential element, not just from our peers, but also IT, human resources, clinical supervision, and finance and budget departments to name a few.

We are nurses, by nature we are leaders, let's utilise our knowledge, skills and abilities and be trail blazers for our profession.

NZNO AGM on the 19th was a more formal day, but nonetheless informative. The initial session was entitled 'Visibility of Nursing' and highlighted the availability of the Strategy for Nursing document which is now available on the NZNO website and can be easily downloaded for future reference. As expected this is a lengthy document, but can be easily read section by section with easy quick one page summary sheets also available on each section. This is a document developed from nurses' requests, with topics chosen by nurses, produced by nurses for nurses. Why not take a look!

There was an interesting session on 'Respectful Workplaces' which discussed the taboo subject of bullying in nursing. Horizontal bullying is historical and well known in nursing, but it does not mean we should continue to let it happen. I was appalled to learn that 10 nurse suicide in New Zealand have been directly attributed to workplace bullying. I was reminded that not all bullying is easily visible, it's not just those nasty remarks directed at someone but also the discrediting of one person to another, the taking credit from someone else's work, the withholding of information, the isolating from others, setting unrealistic goals, setting meaningless tasks spreading malicious rumors.

Five principles were recommended as a guideline to assure a respectful workplace and the absence of bullying:

- 1. Maintain the self-respect and motivation of others
- 2. Criticize others actions and ideas, NOT the person
- 3. Support others rather than undermining them
- 4. Set realistic and attainable goals (for self and others)
- 5. Act assertively, not passively or aggressively

Bullying is the <u>repeated disrespectful</u> <u>behaviour</u> towards an individual or group. Managing it is not about challenging the person, but about challenging their behavior and helping them to recognise the effects of that behaviour and supporting them to make positive changes.

Overall it was an interesting and informative few days meeting with likeminded people. It is great to see how many proactive, enthusiastic and awesome nurses we have in New Zealand, Kate Shepherd would be proud!

Hazel Phillips
Diabetes Nurse Specialist/Designated
Prescriber
ACDN Committee Member

Upcoming Events

ACDN Regional Study Day

Here is an invitation to attend a regional study day for nursing professionals from the Midland Region. The content has been developed and will be delivered by Aotearoa College of Diabetes Nurses members, experienced in the management of patients living with diabetes.

Date: 10 November at 9:00am Venue: Novotel Rotorua Lakeside

Registration and Programme: <u>CLICK HERE</u>

or visit

https://www.nzno.org.nz/groups/colleges_sec_tions/colleges/aotearoa_college_of_diabetes_nurses/conferences_events

Registrations close on Friday 1 November.

This event is sponsored by Sanofi



Digital Health Event

Health Informatics NZ have their conference coming up –

21 November – eHealth NursingThe oneday registration pass for eHealth Nursing **(\$198)** includes:

- eHealth Nursing sessions (9am to 2pm) - includes morning tea and lunch
- HiNZ plenary sessions (2.30pm to 5.30pm)
- HiNZ welcome function (5.30pm to 7.30pm) - includes free beverages & canapes

Or you can attend just the morning sessions for **only \$98**.

Full programme: <u>click here</u>

Poster for your workplace: click here

Conference organised by



In collaboration with



For Nurse Prescribers

Research

Are you a Nurse Prescriber? You are being invited to take part in a study designed to:

▶ Provide an overview of nurse prescribing in diabetes care in NZ

- Explore and compare barriers and facilitators of the role and
- Measure the impact on team functioning and service efficiencies.

This study is supported by the New Zealand Society for the Study of Diabetes, the College of Diabetes Nurses Aotearoa, NZNO and the New Zealand Nurses Organisation, the College of Nurses Aotearoa, the Nursing Council of New Zealand and the Office of the Chief Nurse, Ministry of Health.

Drs Helen Snell and Claire Budge are collaborating with Professor Molly Courtenay from Cardiff University in the UK collecting similar information to allow comparison across the two countries. Gathering this information will provide strong evidence to support health care services with regards to planning and implementing the prescribing role and thereby improving patient access to care.

The information sheet provides further information on the study. We would be grateful if you could complete the questionnaire via survey monkey by clicking on the links below:

Survey:

www.surveymonkey.com/r/DNPrescribersNZ Information sheet: <u>click here</u>

This questionnaire may take you around half an hour to complete. As a thank you for completion you will be given the opportunity at the end of the survey to go into the draw to win one of five Amazon gift youchers.

Please do not hesitate to contact Dr Helen Snell for further information.

Newly Subsidised Medicines

It's not clear yet how these medications will be added to the medicines list for designated nurse prescribing. Nursing Council advise they are working with the Ministry of Health to resolve this and will advise all designated RN prescribers once there is an outcome.

Members request your help

The CNS team at Lakes DHB are wanting to find out from other DHB's what their policy is for multi-dose use of 3ml insulin cartridges in the ward situation. There is a question regarding the safety of 3ml cartridges for multi-dosing with insulin syringes as they are preservative free. Please contact Lewese Hicks if your DHB has a policy regarding this.

Lewese.Hicks@lakesdhb.govt.nz

Aotearoa College of Diabetes Nurses is currently working on producing a national contact list for Diabetes Services throughout New Zealand. This list once completed will be located on our website for ease of access. The aim of this list is to provide phone, fax and email details for use communicating between teams nationally and providing information regarding patients transferring from one area to another. The committee would like to hear from all services in New Zealand with details of:

- Location/address
- Contact phone number
- ▼ Fax number
- **♥** Generic email address (if available)

We would be grateful if you could send this information to Hazel Phillips at hazel.phillips@huttvalleydhb.org.nz



Pharmaco (N.Z.) Ltd 4 Fisher Crescent, Mt Wellington, Auckland, New Zealand Tel: 09 377 3336 There are a number of key dates throughout the year for ACDN and these have been assembled in a calendar which you may find useful to keep as a reference. If you have ideas about other things to add to the calendar, please send them to acdn.secretary@gmail.com.

January	
February	National Committee teleconference (TC) 28 February – closing date for ACDN Professional Development grants
March	National Committee Meeting Closing date for accreditation applications, "On Target" published.
April	National Committee TC
May	ACDN Annual General Meeting, ACDN study day, NZSSD ASM
June	National Committee TC
July	National Committee meeting 31 July – Closing date for ACDN Professional Development grants
August	National Committee TC 12:00pm 10 August - Closing date for accreditation applications
September	National Committee TC, "On Target" published, NZNO Annual Colleges & Sections Day, NZNO Annual General Meeting.
October	National Committee meeting
November	National Committee TC, 10 November ACDN Regional Study Day - Rotorua
December	"On Target" published

New Resources

Free Diabetes NZ Resources for Young People with Newly Diagnosed Type 1 Diabetes

Diabetes NZ have a pack full of resources to support the training provided, when someone is first diagnosed with Type 1 diabetes and admitted to hospital. Each pack becomes a fantastic reference tool for young people with diabetes and their families when they return home.

Newly Diagnosed Packs are provided free of charge to health care providers that support young people with Type 1 diabetes when they are first diagnosed.

Each Newly Diagnosed Pack includes resources to help people:

1. Learn more about managing Type 1 diabetes.

The diabetes educator may refer to specific sections during your training.

- "Caring for Diabetes in Children and Adolescents" Parents manual
- "Understanding Type 1 Diabetes" graphic novel
- ◆ "Type 1 Diabetes in the family" graphic novel

2. Share key diabetes information with their school or childcare centre.

- ♥ Flipchart
- ◆ Diabetes Action Plan (Early childhood education and care setting – Multiple daily injections)
- Diabetes Action Plan (School Settings Multiple daily injections)

Diabetes Action plans for twice daily injections and insulin pumps can be found at www.diabetes.org.nz

3. Record their blood glucose levels.

The diabetes team may use this information to tweak insulin doses.

- **♥** Blood glucose logbook
- ♥ 4 colour pen
- 4. Keep daily diabetes supplies all in one place.

▼ An Ezi-Fit Carry case

Ordering Newly Diagnosed Packs

Simply complete the online ordering form at www.diabetes.org.nz/type-1-diabetes-newly-diganosed-packs/

Diabetes NZ will post Newly Diagnosed Packs at the beginning of each month. They are distributed in multiples of five.

NOTE: For urgent orders please complete the order form online and email <u>youth@diabetes.org.nz</u> with the date required. We will do our best to accommodate these requests.



DESMOND (Diabetes Education Self-Management for Ongoing and Newly diagnosed type 2 Diabetes)

Is now available free of charge from the following providers:

- ◆ Diabetes Help Tauranga Western Bay of Plenty - 07 5713422
- ♥ Hauraki Primary Health Organisation -07-868 9686
- ♥ Rotorua Area Primary Health Service -07-349 3563
- ♥ WellSouth Primary Health Network -Otago/Southland 03-477 1163

Special Interest Groups (SIGs)

In addition to the SIGs below, there's been some interest in forming a SIG for:

- 1. Pregnancy
- 2. Nurse Managers

Please register your interest about either group with Hazel Phillips acdn.membership@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

Paediatrics - as part of the Paediatric Society of NZ - National Diabetes Clinical Network for Child & Youth

If anybody has any feedback or would like to propose changes to any of the Network resources or have ideas about areas in which resources are needed for Paediatric populations in 2018 please do contact Gilli at Gilli.Lewis@ccdhb.org.nz

All resources are reviewed bi-annually in response to feedback received by the Network.

Young People with Diabetes (15-25 yrs) as part of NZSSD

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

If you are aware of any young person with diabetes who will be moving to Dunedin in 2019 to attend the University of Otago, please contact:

Angella Alexander
Practice Nurse at University of Otago
Student Health Services
PO Box 56, Dunedin

T: 0800479821

E: angella.alexander@otago.ac.nz

For your interest

Diabetes patients on SGLT-2 inhibitors at increased risk for amputation

Researchers who studied 953,906 patients with type 2 diabetes and a mean age of 51.8 found a higher risk of lower extremity amputation among new users of SGLT-2 inhibitors, compared with new users of GLP-1 agonists and DPP-4 inhibitors after propensity score weighting and adjusting for severity of diabetes, medications, demographics and comorbidities.

The findings in <u>JAMA Internal Medicine</u> revealed that new SGLT-2 inhibitor users were at a significant amputation risk compared with new users of metformin, sulfonylureas or thiazolidinediones.

More information here:

https://www.healio.com/internalmedicine/diabetes/news

With thanks to our sponsors:

Learn about the new CareSens meters when it suits you!

Introducing the Pharmaco Diabetes Training Portal – a convenient online training platform for healthcare professionals. Simply go to the portal, register your interest and start learning at a time and place that works for you. Full of information and videos, the portal will help you become expert in using the CareSens blood glucose monitoring systems.

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To register your interest and start learning go to

www.pharmacodiabetes-training.co.nz

Pharmaco (NZ) Ltd, Auckland. Always read the label and follow the instructions. 0318CS03. TAPS DA 1807FA.

