

On Target

December 2019



Aotearoa College of Diabetes Nurses Committee:

Chair:	Bobbie Milne
Secretary:	Anne Waterman
Treasurer:	Nana Tweneboah-Mensah
Accreditation Coordinator:	Amanda De Hoop
Committee Member:	Helen Ashton
Newsletter:	Pip Cresswell
Committee Member:	Belinda Gordge
Committee Member:	Sue Talbot

Inside this issue

- ♥ Contact Us
- ♥ National Committee Update
- ♥ Nurse Prescribing News
- ♥ Accreditation News
- ♥ Remember to apply for Professional Development Grants
- ♥ Mental health Support
- ♥ Want to Work in the Wonderful Wairarapa?
- ♥ Special Interest Groups
- ♥ Sponsors

Contact Us:		
Bobbie Milne - Chair	Counties Manukau	Bobbie.milne@middlemore.co.nz
Anne Waterman – Secretary	Waikato	acd.secretary@gmail.com
Nana Tweneboah-Mensah - Treasurer	Auckland	acd.treasurer@gmail.com
Amanda De Hoop - Accreditation Coordinator	Manawatu	Amanda.deHoop@midcentraldhb.govt.nz
Newsletter		acdnewsletter@gmail.com
Membership		acd.membership@gmail.com

Committee News

Just a quick update from us before the end of the year. ACDN will be holding a study day for specialist diabetes nurses on Tuesday 5 May prior to NZSSD in wonderful Wellington. We'll have a harbour view from Te Papa. In addition to hearing from Rayez Malik, international guru on diabetic neuropathy, the programme will include an update from Professor Jim Mann on what not to eat and Dr Jeremy Krebs will talk about some of the newer diets in people with diabetes and low carb and protein ratios in people with T1DM. Look forward to seeing you there!

Please let us know if you have done any research or introduced a new initiative in your clinic that you think other diabetes nurses would like to know about so we can publish it here.

Nurse Prescribing News

The addition of vildagliptin to the NZ Formulary last year highlighted that the list which registered nurses prescribe from has become out of date. This takes away some of our ability to increase equity of access to care. We reported last time that Nursing Council (NCNZ) had advised us that work on updating the list would commence early in 2020. This involves a consultation process. We have written to NCNZ asking for an update on start date and the projected time frame and will let you know when we hear back. We encourage members to email the council to let them know how the outdated list is impacting on your work and your patients - Ana Shanks - Ana@nursingcouncil.org.nz

We understand several other DHB nurse prescribing groups are planning to go through the JERC process in the next round – kia kaha everyone and let us know how you get on.

Accreditation News

Accreditation is a voluntary peer reviewed process where objective assessment is made of your diabetes nursing knowledge and skills against nationally agreed criteria. It is an opportunity for you to reflect on how your practice has developed in the last three years and what makes your work so valuable. See the ACDN NZNO website for details of what is involved and how to apply: [ACDN Accreditation](#). The closing date for the next round is 6 March 2020.

The documents for the new process will be up on the website by the end of the year. After the next round in March 2020 we will be shortening the length of time between opening and closing of the application dates. This is partly because people can find it a long wait if they apply early.

October 2019 Accreditation Round

All applications for accreditation were achieved for this round - 2 new, 5 maintenance accreditation, and 1 nurse practitioner application. Two applications are currently being moderated.

The professional development grant mentioned below may be used to cover some costs of accreditation or assessor training.

Any breach in patient confidentiality will result in the portfolio not being assessed.

Amanda de Hoop,
Coordinator - ACDN (NZNO)
Accreditation Programme
Email:
amanda.dehoop@midcentraldhb.govt.nz

ACDN Professional Development Grant

Twice a year ACDN makes grants to assist nurses to attend events related to diabetes nursing which will further their knowledge i.e. workshops, conferences, study days, seminars and post graduate study. Grants can be used to cover part of the cost of accreditation. See the ACDN website for more detail: [ACDN Grant](#)

ACDN gratefully acknowledges the contribution from Mediray and Pharmaco towards these funds. The next closing date is 28 February 2020. Applications for funding to attend NZSSD 2020 should be received by then.

NZNO also has a number of scholarships that members may also be eligible for. The NZNO website has all the relevant information about these. Here's the link: [NZNO Scholarships and Grants](#)

Research Review

In September this year Spanakis et al published data in the Journal of Clinical Endocrinology & Metabolism, suggesting an association between glucose levels on the day of discharge from hospital and increased readmissions and mortality. The team evaluated the minimum blood glucose in the last 24 hours of hospitalisation

and 30 day readmission and post discharge mortality rates in people with DM. 843,978 admissions in Veteran Affairs Hospitals over 14 years to 31/12/14 were assessed. Bgls under 5.2 were associated with higher readmission rate within 30 days. Patients who had hypoglycaemia during the last day of their admission also had a higher rate of dying within 180 days after discharge. This adds to the body of evidence encouraging us to try to protect our inpatients from hypoglycaemia.

New free online therapy tool to improve access to mental health support for New Zealanders

A new free online therapy tool makes effective mental health support more accessible for New Zealanders. Developed by the Wise Group, [Just a Thought](#) offers Cognitive Behavioural Therapy (CBT) courses to support people across the country experiencing anxiety and depression. People using the tool can choose to complete courses using the self-care option, or their clinician can prescribe them a course and monitor their progress via secure login to a dedicated clinician dashboard. The Wise Group has committed to making it available for free to all New Zealanders.

To find out more and register as a clinician, go to:

www.justathought.co.nz



Special Interest Groups (SIGs) Contacts

Indigenous Diabetes Nurse SIG as part of ACDN

If you'd like to join please contact:
Gina Berghan (MN, DNS)
Nurse Specialist-Diabetes
T: 09-3074949
E: gina@adhb.govt.nz

Diabetes In Pregnancy SIG

If you'd like to join please contact:
Elizabeth.Lewis-Hills@waikatodhb.health.nz or
Bridget.Lydon@huttvalleydhb.org.nz

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

If you have any feedback or ideas about resources needed for paediatrics please contact Gilli Lewis at Gilli.Lewis@ccdhb.org.nz.
Resources are reviewed bi-annually in response to feedback.

Diabetes Young People SIG (15-25 years) as part of NZSSD

If you work with this age group and would like to join the group, please contact Vickie via the following email address:
diabetesyoungpeople@googlegroups.com

For your interest



Wairarapa DHB

Wairarapa District Health Board

Te Poari Hauora a-rohe o Wairarapa

CLINICAL NURSE SPECIALIST – DIABETES Community Nursing & Support Services

An exciting opportunity has arisen to expand our Diabetes Nursing Team to enable increased linkages and support for primary care in a community-based integration approach with Tū Ora Compass Health, our local Primary Health Organisation (PHO).

The diabetes nursing team will work primarily within the Wairarapa community and general practice to provide assessment, support, assistance with treatment and follow-up of patients/clients requiring complex diabetes care. The nurses also work closely with the inpatient MDT and consult with lead clinicians in both adult and paediatric care.

Diabetes nurses work closely with other providers to deliver education and support nursing workforce development in the delivery of quality and safe patient care to people living with diabetes.

We have a 0.8 FTE vacancy within the team. Our preference is for an experienced nurse working at Clinical Nurse Specialist (CNS) level, preferably with prescribing (or working towards). The successful

candidate will work alongside another 0.8 FTE Diabetes CNS. This is a Monday to Friday role.

Please note that the job description for this role is to be reviewed as part of continuing service development.

For enquiries regarding this role, please contact Olivia Bailey-Rotman - Charge Nurse Manager Community Nursing & Support Services on (06) 946-9827 or (021) 308-495.

Vacancy Ref # 4962557

Closing Date: 4pm, Sunday 15th December 2019

To apply for this role, please visit www.wairarapadhbjobs.co.nz where you can also obtain a copy of the job description for this role.



NOW INDICATED FOR AGES 4 AND UP.†

FREE TO BE A KID WITHOUT LANCETS*

MR

MEDIRAY+

Order Online at
FreeStyleLibre.co.nz

Free Call 0800 106 100

*Scanning the sensor to obtain glucose values does not require lancets.

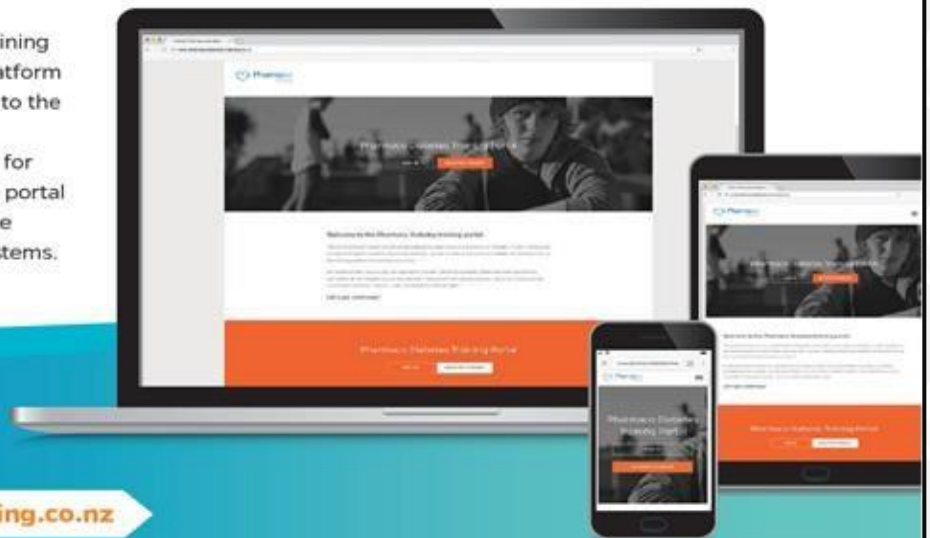
†The indication for children (age 4 - 17) is limited to those who are supervised by a caregiver who is at least 18 years of age.



FreeStyle Libre
FLASH GLUCOSE MONITORING SYSTEM

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.



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.

 **Pharmaco**
Diabetes