

On Target

September 2020



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

- ♥ National Committee Update
- ♥ A Maori Perspective on Covid
- ♥ ACDN Study day November
- ♥ Accreditation
- ♥ Help to remember if you took an insulin dose
- ♥ World diabetes day
- ♥ Great dementia resources
- ♥ Pregnancy Special Interest Group
- ♥ 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 Update

Now that Auckland has cautiously come out to Covid level 2.5 I'm reminded how lucky we felt having a face to face committee meeting recently in the freedom of level 1 before the sad news that we had community transmission again.

During the meeting we met up with diabetes educators from around the country on zoom (using some of the lessons learned from the lockdown) to discuss the availability of diabetes nursing courses around the country. A listing of currently available level 7 and level 8 courses will become available on the ACDN website. The health mentor online course is going to be supported by NZSSD and will become available again soon.

We have written to the Nursing Council to find out if there is any progress on the updating of the designating prescribing medicines list which they commenced last year. They said work is in progress but have not given us a timeline yet.

Have you heard the great podcast series on National Radio – Getting Better – A Year in the Life of a Maori Medical Student by Emma Espiner? Highly recommended. We're very interested in hearing your positive stories of work trying to reduce inequity for Maori and Pacifica patients.

A Maori Perspective on Covid

Kia ora to Gina Berghan from ADHB who has kindly allowed us to share details from a recent presentation she did. She reported that Maori were highly worried about Covid as the Maori fatality rate for the H1N1 epidemic in 2009 was 2.6 times that of non-Maori. Hence the need for roadblocks to protect vulnerable communities.

The gap between Maori and non-Maori life expectancy is about 7.3 years. Most of that difference comes because of a higher death

rate in the ages between age 50 and 79. This immediately raised concerns about the one size fits all advice and instructions being made by the Government. For example, when people aged 70 and over were advised to stay at home, should a younger age level for Maori have been suggested given the inequity in life expectancy?

The Ministry of Health Maori Covid-19 plan didn't come out until four weeks into lockdown. It was heavily criticised for lack of detail and devolving almost all responsibility for Maori health care to whanau, hapu and iwi instead of providing for equitable health care through mainstream methods.

The Maori response included voluntary checkpoints alongside councils and police to try to protect more vulnerable populations, treaty settlement assistance, marae meals, iwi care packages and PPE purchases.

On 24 April the Government did announce almost \$50 million to enable a Maori community Covid 19 response. A funding boost for 132 Maori health providers was made for outreach and testing. 86,000 care and hygiene packages were delivered by Whanau Ora agencies.

Gina pointed out that to stop mass Pakeha unemployment the Covid-19 wage subsidy paid out in the first week more money than has been spent in the entire 25 years of the Treaty Settlement programme. If successive Governments had been this generous to Maori in the past maybe there wouldn't be the inequity there is now.

ACDN Study Day November

We are hoping to be able to go ahead with the ACDN study day. This year is focused on Diabetes in the Older Adult especially those who are frail and on insulin. It is designed for practice nurses, district

nurses and those working in aged care. It will be held in Christchurch on Saturday 6 November 2020 at the Rydges Latimer Christchurch, 30 Latimer Square, Christchurch. Registration will start from 8:30 and the programme from 0900. Speakers will cover disability and aging, aging at home, dietetics and workshops on meters and insulin pens. To register your interest please email info.nz@atlantishealthcare.com. Atlantis will send out a registration form to any health care professional interested in attending. Places will be limited due to physical distancing requirements. Thanks to Belinda Gordge and Sue Talbot for organising this study day.

Accreditation News

August 2020 Accreditation Round

Eleven applications were received for the round that closed 7th August. Assessment is on-going at the time of publication of the newsletter so I will be able to give you the outcome in the next edition. Please note GST receipts are now being generated on receipt of the portfolio so there should no longer be delays with receiving these.

We currently have 53 accredited nurses - 43 Specialist RNs, 6 Specialist NPs, and 4 Proficient RNs.

Assessors

Many thanks to Karen Zhang from Waikato District Health Board for joining the pool of assessors; we now have 15 active accreditation assessors.

Funding Support

ACDN has a grants fund that may be used to help cover some of the costs of accreditation or for assessor training. Details of the fund and how to apply are on the ACDN website. The fees for accreditation have reduced.

Confidentiality

There are still breaches of both patient and colleague confidentiality in evidence supplied within accreditation applications. These may be unconsented photographs, using vivid/twink to partially block out patient identifiers that remain visible, including patient email addresses, and listing colleague's names without consent. Any breach in confidentiality will result in the portfolio not being assessed and it being returned to the applicant for review.

Maintaining confidentiality for the people you work with and your patient/client is paramount and is legislatively required. 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/resource/s/nzno_publications and can be found under the section titled 'Practice'

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

Help to remember if you took an insulin dose



Insulcheck and Timesulin are digital counters which can be attached to your insulin pen and automatically start timing immediately after you administer the dose. They are available for all the different pens including Savio, Flexpens,

and Solar star. Helen Ashton, diabetes CNS from Waikato reports good success with these for a couple of her patients. They have to be bought from overseas websites but could be a great investment if they help older patients stay at home for a bit longer.



The International Diabetes Federation (IDF) and the World Health Organisation (WHO) started world diabetes day in the early 90s because of the threat from the international tsunami of diabetes. This year it's about nurses and the differences we can and do make. The website has a great tool kit of resources and ideas here:

<https://worlddiabetesday.org/about/>

Are you doing an event this year in the week leading up to world diabetes day? Please send us your ideas and photos.

Great dementia resources

[Health Navigator NZ](#) is a New Zealand-based website with a lot of very useful clinical information for clinicians,

patients and carers. It's up to date and all the information is clinically reviewed. Below are some helpful resources links:

[Mate wareware: Understanding 'dementia' from a Māori perspective](#)

Resources for clinicians include information on driving assessments, clinical pathways, distinguishing depression, from delirium from dementia

<https://www.healthnavigator.org.nz/health-a-z/d/dementia/#Clinicians>

Caring for a family member with dementia can be very stressful

<https://www.healthnavigator.org.nz/health-a-z/d/dementia/#Forcarers>

Unfortunately users now have to pay to use the MoCA (Montreal cognitive assessment) so health care professionals are having to turn to other alternatives.

Pregnancy Special Interest Group (SIG)

Kia ora koutou,

The diabetes in pregnancy special interest group (DiPSIG) are a newly established group individuals with a common interest in all things DiP established under NZSSD.

We plan to share information and resources with possible future nationwide collaborations. We plan to meet at the 2021 NZSSD conference.

Please note this group is open to all health professionals such as Nurses, Midwives, Obstetricians, Diabetologists, General Practitioners etc. Nau mai Haere mai!

If you are interested in joining our DiPSIG please email Liz Lewis-Hills for more details Elizabeth.lewis-hills@waikatodhb.health.nz

With thanks to our sponsors:



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