

# On Target

## March 2021



### Aotearoa College of Diabetes Nurses Committee:

<b>Chair:</b>	Bobbie Milne
<b>Secretary:</b>	Anne Waterman
<b>Treasurer:</b>	Nana Tweneboah-Mensah
<b>Accreditation Coordinator:</b>	Amanda de Hoop
<b>Newsletter:</b>	Pip Cresswell
<b>Committee Member:</b>	Belinda Gordge
<b>Committee Member:</b>	Sue Talbot
<b>Committee Member:</b>	Vicki McKay

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## Committee Update

Wow what a big year for diabetes and its only March! SGLT2 inhibitors finally funded (for many people) in New Zealand from 1 February. They have been flying off the shelves around the country.

Also comprehensively updated T2DM management guidelines available on the NZSSD website. Between these and the SGLT2is we'll soon be out of a job.

We also celebrate 10 years of diabetes nurse prescribing – such a pioneering step for nurses. Our thanks to Helen Snell, NP, and Drs Paul Drury and Tim Cundy for driving this big step for us and nursing in general. Please let us know if you have made any progress with getting paid in your area for using this additional valuable skill.

Please join us for the zui (zoom hui) for the ACDN AGM is next week. Details further on in the newsletter.

The committee is looking for new members. If you are interested in being active in diabetes nursing at a national level or know someone who would like to be please use the nomination form from the ACDN website:

[https://www.nzno.org.nz/groups/colleges/sections/colleges/aotearoa\\_college\\_of\\_diabetes\\_nurses/upcoming\\_events](https://www.nzno.org.nz/groups/colleges/sections/colleges/aotearoa_college_of_diabetes_nurses/upcoming_events)



Waka Kotahi/New Zealand Transport Agency is reviewing their publication Medical Aspects of Fitness to Drive: A Guide for Health Practitioners. The ACDN committee is getting involved to make sure it captures the role of nurses in ensuring safety with driving with diabetes, as well as improving its diabetes content.

## ACDN AGM

As you know with the cancellation of the ACDN study day and NZSSD meeting last year the AGM was also postponed. It's on next week at 4 pm on Thursday 25 March. Please join the Zoom Meeting:

<https://us02web.zoom.us/j/85122884331?pwd=VjQvaVEyMTFYNDJhTW1QaDlIZXk2UT09>

Meeting ID: 851 2288 4331  
Passcode: 335452

## NZSSD Annual Scientific Meeting & Special Interest Group (SIG) study days

The NZSSD scientific meeting is on 14 and 15 May this year. It is shorter because of the possibility of a change in Covid alert level which obviously can impact attendance and finances adversely. It is also on over a Friday/Saturday too in response to previous feedback.

The SIG study days are being split into virtual webinars on the first Wednesday of the month. The first one will be in May and will cover the new T2 guidelines and medications. Timing will be decided based on feedback from an email you will have received asking for your preference.

This will be a great opportunity for us to attend presentations from the other disciplines such as registrars,

psychologists and dietitians. And fabulously these will be free for NZSSD members. For non-members the cost will be the same as an NZSSD membership fee so people can join and get good bang for their buck.

## **T2DM Guidelines Updated**

The days of advice to call a specialist if the patient needs to start mixed insulin are over. The new T2DM guidelines from the Ministry of Health and NZSSD are hosted by NZSSD at <https://t2dm.nzssd.org.nz/>

There is a wealth of information which is easy to find. One of the biggest changes is the addition of the SGLT2is and GLP-RAs as 2<sup>nd</sup> line treatment and a recommendation to encourage use of the other as 3<sup>rd</sup> line treatment even though one of them wouldn't be funded.

Other big changes include weight based starting doses for basal insulin which leads to much bigger initial doses and starting meal time insulin when the patient is on a basal dose of 0.5 units/kg. Most of us have seen patients on way higher basal doses without bolus insulin. There is also a suggested correctional scale.

Maybe with the new medications people won't need to move onto bolus insulin any more...

## **Prescribing in Diabetes and Related Conditions Meeting**

Thanks to Vicki McKay, long term conditions nurse at THINK Hauora in the Manawatu for this report:

The Diabetes and Related Conditions Prescribers Conference was held in Wellington on 10 & 11 March. Over 85 delegates attended the conference – 2021 marks 10 years since the first Nurse Prescribing in Diabetes program.

There were a variety of speakers and topics, from hypertension, thyroid disorders, women's health to drug funding, and the new NZSSD Type 2 guidance.

Take home messages included annual thyroid function testing for PWD due to increased likelihood of thyroid disorders; the use of weight-based calculations for T2DM starting doses; although SGLTi & GLPRA are not funded together, if indicated patients could self-fund the SGLTi (approx. \$85 per month).

Many thanks to the sponsors and organisers for a thoroughly relevant, interesting and enjoyable conference.

## **Accreditation News**

We have 55 accredited nurses - 44 Specialist RNs, 7 Specialist NPs, and 4 Proficient RNs and 15 active assessors – thank you! The latest round closed on 12 March and applications are currently being assessed.

### **August 2021 Round**

Please send your applications to NZNO between 4 July and noon on 6 August.

### **Funding Support**

ACDN has a grants fund that can help cover some of the costs of accreditation. Details of the fund and how to apply are on the ACDN website.

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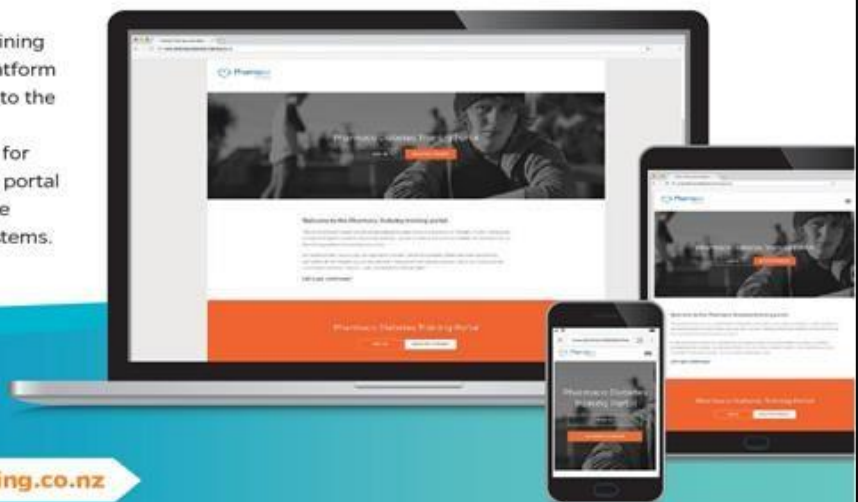
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