

# DIABETES RESOURCE GUIDE - COVID-19

## 1. COVID-19 specific information and diabetes

You told us in May 2020 that as a result of the **COVID-19 pandemic** you have **concerns** regarding clients not accessing healthcare. Media reports indicate that there had been a **marked drop in appointment attendances and routine screening** since March 2020.



Specifically, 61% of health care professionals in our survey said that they were experiencing **challenges with clients delaying or not attending appointments; and clients expressing COVID-19 related anxiety related to attendance.**

### Your peak bodies

- ADEA
- DAA
- ESSA
- APNA
- RACGP & MORE

### Talk to your clients

Let your clients and your community know that your health service is conducting **'business as usual'** and to ensure their health and safety you are offering **services in a new way** e.g. telehealth, social distancing, screening, cleaning etc. This will **help people with diabetes feel confident** in keeping up their health checks, screening and attending for review when their health is not quite right.

**We encourage you to stay connected to your peak body and read their updates - they actively address member needs and concerns; and provide timely, evidence informed resources and updates.**

### Changed practice guidelines

Some diabetes guidelines have **changed** including the **RACGP Guidelines** and **GDM testing**:

[https://www.racgp.org.au/getmedia/97a5abb4-1290-42cb-91c0-eabcaa8ca590/Diabetes-management-during-coronavirus-pandemic\\_1.pdf.aspx](https://www.racgp.org.au/getmedia/97a5abb4-1290-42cb-91c0-eabcaa8ca590/Diabetes-management-during-coronavirus-pandemic_1.pdf.aspx)

<https://www.diabetesaustralia.com.au/covid-19-updates-for-health-professionals>.

### Resources for delayed attendance

For concerns about **delayed presentations** for those with **newly diagnosed Type 1 diabetes** see the resources available at **Diabetes Australia for the 4T's campaign**:

<https://www.diabetesaustralia.com.au/the-4-ts>.

<https://www.diabetesaustralia.com.au/4-ts-digital-resources>.

You may be interested in this news article on the **Continuity of Care Collaborative**:

<https://www.healthindustryhub.com.au/pharmaceutical-news-trends/medicines-australia-joins-forces-with-15-healthcare-organisations-to-bring-focus-to-continuity-of-medical-care/>.

### Resources for diabetes self care

<https://www.diabetesaustralia.com.au/diabetes-healthy>.



## 2. Resources for using Telehealth

Whilst some medical professions have a long history of utilising **telehealth**, for others it is very new. We have found some great resources for both health professionals and people with diabetes to help everyone **get the best out of telehealth**.

**Free online course** for health professionals telehealth:  
<https://threerivers.csu.edu.au/telehealth>.

**Quick guides** for health professionals and the community on telehealth:  
<https://coh.centre.uq.edu.au/quick-guides-telehealth>.



## 3. General diabetes management information

People with diabetes **taking care of themselves** during the pandemic can be helped by encouraging everyone to **keep their usual health related appointments** and to **check in** with their diabetes health professionals if they have not recently done so.

**It is important that people with diabetes understand what to do if unwell and how to follow sick day guidelines.**

**Diabetes 'Be Prepared' from Diabetes Australia** have a range of presentations and great ideas for diabetes self care including shareable videos:  
<https://www.diabetesaustralia.com.au/be-prepared>.

### Is your client's registration with NDSS up to date?

Encourage anyone with diabetes to add their email address to their NDSS account to receive regular updates.



### Resources for people with diabetes

For an **extensive range of resources for people with diabetes** on just about every topic you can think of go to the **National Diabetes Services Scheme (NDSS)** website. It has printable resources and so much more.

<https://www.ndss.com.au/about-diabetes/resources/>.

For **NDSS registration forms**:  
<https://www.ndss.com.au/about-the-ndss/ndss-forms/>.

The **Baker Institute** for also has a great range of resources:  
<https://baker.edu.au/health-hub/fact-sheets>.

### Resources for preventing diabetes

For information about **preventing diabetes**, this link includes the **Life! Diabetes and Cardiovascular Disease Prevention Program** and the **Australian Diabetes Risk Assessment Tool (AUSDRISK)**:

<https://www.diabetesvic.org.au/diabetes-and-me?tags=Left-Mega-Nav%2FDiabetes%20Prevention%2F>.

**Better Health** offer the **top 10 tips for prevention of type 2 diabetes**:  
<https://www.betterhealth.vic.gov.au/health/ten-tips/10-tips-to-help-prevent-type-2-diabetes>.

For more **printable diabetes prevention resources** go to:  
<https://www.ndss.com.au/about-diabetes/resources/>.

## 4. Mental health for the health workforce during COVID-19

Health workers are facing unprecedented changes and pressure during the COVID-19 pandemic. This includes **changes within the work environment, practice and service delivery** which can be **overwhelming and exhausting**.

Coupled with this are the concerns for ones own health, the family's health and questions about the future regarding employment, income and practice considerations.

This can all take a toll on **mental health and wellbeing**. Below are some resources we like.

### Resources for mental health self care

You can access a **professional and confidential** counselling service through the **Employee Assistance Program (EAP)** offered through your workplace. **Please check with your employer who your provider is and services available.**

You can **read about looking after your mental health and wellbeing** with some simple tips to coping with COVID-19 related anxiety and how to protect yourself as a health care worker here:

<https://www.health.gov.au/news/health-alerts/novel-coronavirus-2019-ncov-health-alert/coronavirus-covid-19-advice-for-the-health-and-aged-care-sector/mental-health-for-the-health-workforce-during-covid-19#how-health-workers-might-be-feeling>.



### Employee Assistance Program (EAP)

Your organisation's EAP provider is there to help. It's free, private and confidential.

### Resources for managing anxiety

Resources for **managing stress, worry, anxiety**:  
<https://www.ramsayhealth.com.au/News/Novel-Coronavirus/Stress-worry-and-anxiety-during-coronavirus-COVID-19-situation>.

The **Black Dog Institute** has **factsheets** and a series of **webinars** that are also useful:  
<https://www.blackdoginstitute.org.au/resources-support/coronavirus-resources-for-anxiety-stress>.

### Resources for managing stress

Tips for managing **financial stress, parenting, fatigue, working at home and future uncertainty**:  
<https://www.blackdoginstitute.org.au/resources-support/coronavirus-resources-for-anxiety-stress/coronavirus-resources-for-health-professionals>.

### Need more local supports?

If you need further information regarding your **local services**, please contact your local **PCP, local Health Services** or access **Health Pathways** on <https://www.healthpathwayscommunity.org/>.

## 5. Diabetes websites and support numbers

Diabetes Australia (contains links to all states)	<a href="https://www.diabetesaustralia.com.au">https://www.diabetesaustralia.com.au</a>
Diabetes Victoria	<a href="https://www.diabetesvic.org.au">https://www.diabetesvic.org.au</a> <b>Helpline:</b> 1300 437 386
National Diabetes Services Scheme	<a href="https://www.ndss.com.au">https://www.ndss.com.au</a> <b>NDSS Helpline:</b> 1800 637 700
National Association of Diabetes Centres	<a href="https://nadc.net.au">https://nadc.net.au</a>
The Juvenile Diabetes Research Foundation	<a href="https://jdrf.org.au">https://jdrf.org.au</a>
The Australian Centre for Behavioural Research in Diabetes	<a href="https://acbrd.org.au">https://acbrd.org.au</a>
Baker Institute	<a href="https://baker.edu.au">https://baker.edu.au</a>

### Peak profession bodies

Australian Diabetes Educators Association (ADEA)	<a href="https://www.adea.com.au/Home">https://www.adea.com.au/Home</a>
Dieticians Australia (DAA)	<a href="https://dietitiansaustralia.org.au/">https://dietitiansaustralia.org.au/</a>
Australian Primary Health Care Nurse Association (APNA)	<a href="https://www.apna.asn.au/">https://www.apna.asn.au/</a>
Royal Australian College of General Practitioners (RACGP)	<a href="https://www.racgp.org.au/">https://www.racgp.org.au/</a>
Exercise and Sports Science Australia (ESSA)	<a href="https://www.essa.org.au/">https://www.essa.org.au/</a>
Australian Podiatry Association (APodA)	<a href="https://www.podiatry.org.au/">https://www.podiatry.org.au/</a>
Australia Diabetes Society (ADS)	<a href="https://diabetessociety.com.au/">https://diabetessociety.com.au/</a>

### Mental health websites and support numbers

SANE Australia		1800 18 7263
<a href="https://www.sane.org/information-stories/facts-and-guides/diabetes-and-mental-illness">https://www.sane.org/information-stories/facts-and-guides/diabetes-and-mental-illness</a>		
Lifeline	<a href="https://www.lifeline.org.au/">https://www.lifeline.org.au/</a>	13 11 14
Headspace	<a href="https://headspace.org.au/">https://headspace.org.au/</a>	1800 650 890
Kids Helpline	<a href="https://kidshelpline.com.au/">https://kidshelpline.com.au/</a>	1800 551 800
Beyondblue	<a href="https://www.beyondblue.org.au/">https://www.beyondblue.org.au/</a>	1300 22 4636
Black Dog Institute	<a href="https://www.blackdoginstitute.org.au/">https://www.blackdoginstitute.org.au/</a>	02 9382 2991
ReachOut	<a href="https://au.reachout.com/">https://au.reachout.com/</a>	
MensLine Australia	<a href="https://mensline.org.au/">https://mensline.org.au/</a>	1300 789 978
Suicide Call Back Service	<a href="https://www.suicidecallbackservice.org.au/">https://www.suicidecallbackservice.org.au/</a>	1300 659 467
Care Leavers Australasia Network (CLAN)	<a href="https://clan.org.au/">https://clan.org.au/</a>	1800 008 774

**OR TALK TO YOUR GP ABOUT A MENTAL HEALTH CARE PLAN**



A Partnership  
Platform

