
Other ADEA Projects

CDE of the Year

supported by



CDE of the Year award presentation (L-R): Ole Kleivenes (Medical Director Diabetes, Lilly Australia), Gregory Solomon, aka SoLi (NT), Kate Marsh (NSW), Marianne Lambert (SA), Rene Hinton (QLD), Lynelle Boisseau (ACT), Anna Ottenfeld (VIC), Rachel McKeown on behalf of Rebecca McPhee (WA), Tracy Aylen (President, ADEA)

2015 CDE of the Year

Among the eight national finalists of 2015 CDE of the Year, Kate Marsh was selected to receive the prestigious title 'Jan Baldwin National CDE of the Year'. Kate's story was presented through a documentary 'A life journey with diabetes' via <https://youtu.be/8YiG805tV44>.

2016 CDE of the Year

We congratulated the following CDEs who received CDE of the Year in branches in 2016:

- CDE of the Year in the ACT:
Vicki Mahood
- CDE of the Year in NSW:
Marion Hawker
- CDE of the Year in the NT:
Jan Stevenson
- CDE of the Year in Queensland:
Kate Mundy
- CDE of the Year in SA:
Kirrily Chambers
- CDE of the Year in Tasmania:
Louise Taylor
- CDE of the Year in Victoria:
Ann Morris
- CDE of the Year in WA:
Sandra Burges

The above 8 recipients became the national finalists and went into the second round to find one recipient for the 'Jan Baldwin National CDE of the Year', which will be announced at the 2016 ADS-ADEA Annual Scientific Meeting.

The award recipients were selected by a Panel of Judges included:

- Dr Zena Burgess, CEO, Royal Australian College of General Practitioners
- Dr Lance Emerson, CEO, Pharmaceutical Society of Australia
- Professor Greg Johnson, CEO, Diabetes Australia
- Tania Passingham, Professional Services Manager, Dietitians Association of Australia
- Dr Joanne Ramadge, CEO, Australian Diabetes Educators Association

The Panel gave consideration to the following selection criteria when reviewing nominations:

- Demonstrated excellence in diabetes education
- Leadership and an inspirational role model for diabetes educators

2017 CDE of the Year

People with diabetes and health professionals can nominate your CDEs for the 2017 award program from February 2017.

Useful links

- A life journey with diabetes:
<https://youtu.be/8YiG805tV44>
- CDE of the Year:
<https://www.adea.com.au/?p=8985>
- Jan Baldwin Alumni:
<https://www.adea.com.au/?p=12386110>

Celebrating 35 years of achievement

Established in 1981, ADEA will celebrate its 35th year of service in diabetes and diabetes education in November 2016. It is a great opportunity to document the past 35 years of ADEA's history and also to preserve memories from its members.

The ADEA's history project team have been producing various resources to celebrate this milestone. We invite ADEA members to contribute:

- Documentary
- Photographs
- Oral history
- Written recollections
- Memorabilia

We have been inviting members to share with us how ADEA has had an impact on you, your career, your networks and your knowledge of diabetes and diabetes education.

Some of these materials will be launched at the ADS-ADEA Annual Scientific Meeting and in November this year.

Useful links:

- Celebrating 35 years of achievement: <https://www.adea.com.au/about-us/our-organisation/celebrating-35-years-of-achievement>
- Survey: How ADEA has had an impact on you, your career, your network and your knowledge of diabetes and diabetes education: <https://www.surveymonkey.com/r/35adea>



Chronic Disease and Mental Health Symposium

This year, in February, ADEA partnered with the Australian College of Mental Health Nurses (ACMHN) and the Australian Primary Health Care Nurses Association (APNA) to hold a symposium on the management of chronic disease and mental health in Sydney in February.

Chronic disease and mental health pose an enormous burden on the health of Australians. This symposium brought together specialist nurses working together to explore opportunities to take the lead in providing collaborative integrated chronic disease and mental health management.

The program was also being developed in collaboration with the Thoracic Society of Australia and New Zealand and Congress of Aboriginal and Torres Strait Islander Nurses and Midwives (CATSINaM).

The symposium was attended by over 120 participants, both in person and online.

The following topics were discussed:

- *Psychological impact of chronic disease: Normal adjustment or pathological?* – presented by Associate Professor Rosemary Higgins, Health Psychologist, Cabrini Health and Senior Research Fellow, Heart Research Centre
- *Putting people first: responding to the burden of disease associated with chronic conditions and mental health in the 21st century* – presented by Ms Leanne Wells, CEO, Consumers Health Forum of Australia
- *Beyond completion of cancer treatment: Integrated cancer survivorship care* – presented by Associate Professor Raymond Chan, NHMRC Health Professional Research Fellow, Queensland University of Technology and Royal Brisbane and Women's Hospital

- *Helping people to thrive in the face of co-occurring illness: strategies that work* – presented by Professor Kim Foster, Head, Disciplines of Nursing & Midwifery, University of Canberra
- *Leading through collaboration: Improving self-management through practitioner to practitioner relationships* – presented by Professor Dawn Freshwater, Senior Vice Chancellor and Registrar, University of Western Australia
- *Putting diabetes distress on the clinical agenda* – presented by Dr Christel Hendrieckx, Research Fellow, The Australian Centre for Behavioural Research in Diabetes
- *Self-management of chronic respiratory disease* – individualised management approaches – presented by Associate Professor Vanessa McDonald, Academic Clinician, School of Nursing and Midwifery, The University of Newcastle
- *Chronic disease, mental health, socioeconomic disadvantage, where do we begin?* – presented by Ms Lesley Salem, Conjoint Senior Lecturer, School of Nursing and Midwifery, The University of Newcastle
- *How partnership and clinical supervision can support nurses to improve patient outcomes and improve practice* – presented by Ms Julie Sharrock, Credentialed Mental Health Nurse, Coordinator Consultation-Liaison Psychiatry, St Vincent's Mental Health
- *All about you: renewal, compassion, satisfaction & career longevity* – presented by Ms Ruth Tarrant, Mental Health Nurse and Compassion Fatigue Educator

Useful link

Recordings of the symposium are available for free for ADEA members via the ADEA E-learning Management System:
<https://learning.adea.com.au>

Thought Leadership Lecture series



Thought Leadership Lecture series, Victoria session on Tuesday 10 November at Deakin University
Left to right: Bodil Rasmussen, William H. Polonsky, Tracy Ayles, Trisha Dunning



In November 2015, ADEA hosted the inaugural Thought Leadership Lecture series on 'Emotion, behaviour and applied psychology in diabetes education'.

Internationally recognised Associate Clinical Professor William H. Polonsky at the University of California, San Diego, was invited to discuss issues on the psychological aspects of diabetes education and how health professionals and diabetes educators can address them.

Dr Polonsky is well known for his work in the field of behavioural diabetes. He is also President and Founder of the Behavioral Diabetes Institute in the US.

The event was attended by over 220 participants, both in person and online, throughout three sessions delivered in Brisbane, Melbourne and Sydney:

- *The psychological side of diabetes – What healthcare professionals need to know:* an overview of the many psychosocial obstacles to managing diabetes effectively that patients face, followed by practical suggestions for how busy health providers can help their patients to address and overcome these critical barriers and thereby promote more successful self-management.
- *Understanding depression and diabetes burnout:* though frequently contributing to poor metabolic control, critical

emotional issues such as depression and diabetes burnout have often been underappreciated, ignored, mislabeled and/or inappropriately addressed in clinical care. This presentation will re-examine this large body of data and propose a new way to understand these two phenomena, concluding with several key strategies for identifying and addressing these important issues.

- *Engaging the disengaged – Behavioural strategies for promoting successful diabetes self-management:* how do we reach those patients who seem unreachable or who just don't seem to care? This presentation will review our new understanding of motivation in diabetes and illustrate how the proper framing of diabetes messages and more appropriate ways of sharing personalized metabolic data can overcome the shame, hopelessness and discouragement that so many of our patients feel.

If you were unable to attend the event, you can still register to watch the recordings of all three lectures and workshops in the series. This program was financially supported by AstraZeneca.

Useful link

- Thought Leadership Lecture series: <https://www.adea.com.au/?p=12359144>

Webinars

This year, ADEA provide more structured webinar series for members covering a range of scope and topics:

- Person-centred care webinar
- Scope of practice webinar series
- Sick day management webinar series

The Webinar Team received positive feedback and observed an increase in number of participants over time. With the introduction of the new Educational Reference Group, the ADEA Webinar Team will be able to provide members with more CPD opportunities through the facility.

Useful links

- Person-centred care webinar:
<https://www.adea.com.au/events/webinar/person-centred-care>
- Scope of practice webinar series:
<https://www.adea.com.au/events/webinar/scope-of-practice>
- Sick day management webinar series:
<https://www.adea.com.au/events/webinar/sick-day-management>

Workforce in Diabetes Education

The workforce in diabetes education survey was designed to provide ADEA with the first comprehensive national compilation of information and statistics related to the employment status of diabetes educators in Australia.

The survey collected detailed information about the diabetes education workforce to identify:

- Employment of diabetes educators by geographical location and profession
- Education level and diabetes education experience
- Emerging workforce trends, including private practice
- Workforce challenges of members

The survey was opened from April to July and received nearly 600 responses. The results will be communicated to members in November.

In line with ADEA's strategic themes to increase member value and to increase the value of the CDEs and diabetes education, the information from this survey will be used to understand the diabetes education employment profile. We will also develop projects and resources to support members' employment opportunities and career development. Collected data will also be used to monitor workforce trends, both generally and specifically in practice.

Useful link

Workforce in diabetes education:
<https://www.adea.com.au/?p=12378692>