

Media release

Perth dietitian won prestigious title for Australia's best Credentialed Diabetes Educator

Credentialed Diabetes Educator and Accredited Practising Dietitian Amy Rush from Western Australia was awarded the prestigious title Jan Baldwin National Credentialed Diabetes Educator (CDE) of the Year 2018 for her excellence in diabetes education and being an inspirational role model for other diabetes educators.

Amy's work is entirely dedicated to improving the lives of people with type 1 diabetes and their families. Amy develops and delivers innovative programs, including 'Diabetes Detective', where she remotely monitors her clients' continuous glucose monitors (CGMS) and provides around-the-clock real-time advice through phone, messenger and email correspondences. Amy employs cutting edge technology and insulin adjustment advice with a critical food focus, and achieves outcomes clients describe as 'life-changing'.

At the Type 1 Diabetes Family Centre, Amy has developed flagship programs such as Babysitters Education which has trained more than 250 babysitters, Schools/Daycare Education program, Carbohydrate Counting workshops, Teen Cooking, Kids in the Kitchen, and the new online carbohydrate counting course, Cyber Carbs. Amy leads a team on Teen Camp, a camp for 30 adolescents with type 1 diabetes, where she develops menus, catering, managing blood glucose levels overnight, and rocking the Talent Night with a solo rap performance each year.

Amy's creativity, work ethic and commitment to people with type 1 diabetes is unsurpassed. Her deep and genuine empathy for people living with type 1 diabetes, developed through her personal experience with her younger brother who has type 1, allowed her to develop rapport with clients of all ages and backgrounds – including one little girl who is delighted at each appointment when Amy dresses up as a 'Diabetes Ninja' just for her.

Truly committed to person-centred care, Amy works closely with her referring endocrinologists to educate people with diabetes to make decisions around food, which has an equally powerful impact on their blood glucose. In the past year, a number of people have approached Amy for support to transition to a reduced carbohydrate approach to managing their diabetes. Instead of advising against reducing carbohydrate, Amy listens carefully to their goals and works with them to construct meal plans and insulin adjustment advice designed to meet agreed carbohydrate targets safely and effectively, whilst ensuring their diet meets their nutritional needs.

'I am honoured and humbled to have received this prestigious award. I am extremely thankful to my clients, from whom I learn so much! They let me so intimately into their lives in order to help them with their type 1 diabetes struggles, and it is so rewarding to help them reach their management goals' said Amy.

'The Board and team at the Type 1 Diabetes Family Centre are extremely proud of Amy. She's taken out the most prestigious award for her profession in the country and deserves every bit of it – her creativity and commitment to her clients is unsurpassed' said Bec Johnson, Type 1 Family Centre CEO.

'Lilly and the ADEA have a common purpose of helping to make life better for people living with Diabetes, which has been the foundation for a strong partnership between the two organisations. As the partner on the CDE of the Year Award, we'd like to give a heartfelt congratulations to Amy Rush, her work in type 1 diabetes is inspirational and shines a light on what it is possible to achieve when you mix boundless passion with genuine care' said Byron Muntz, Director of Marketing at Eli Lilly and Company. -end-



Media contact

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Key facts

CDE of the Year Award is a program designed to recognise and honour outstanding achievement and contribution of leading CDEs in the provision of high-quality diabetes education and expert support for people living with diabetes. Since 2015 every year, eight of Australia's best Credentialed Diabetes Educators were presented with a CDE of the Year award within their branch. Among these eight, one was selected for the prestigious 'Jan Baldwin National CDE of the Year' title. This award program is financially supported by Eli Lilly.

Credentialed Diabetes Educator is a health practitioner who is qualified to provide people with diabetes with consistent high quality diabetes education and care. The Credentialed Diabetes Educator status is recognised by Medicare Australia, the Department of Veterans Affairs and Private Health Insurance funds. This recognition allows people living with diabetes to claim rebates for their CDE consultation/s following a referral from their General Practitioner. There are more than 1,200 CDEs working with people with diabetes in private practices, communities and hospitals in Australia. To find a CDE, visit <https://www.adea.com.au/find-a-cde>.

ADEA is the leading Australian organisation for health professionals who provide diabetes education and care.

Type 1 Diabetes Family Centre is an Australia-first centre for people with type 1 diabetes of all ages in Western Australia. It offers unique education programs, supportive connections, inspirational role-models, friendly clinical care and action-packed camps and events designed to help people with type 1 diabetes to live without limits.