

Diabetes Referral Pathways

A resource toolkit for GPs

- Understand the role and value of working with a Credentialed Diabetes Educator (CDE)
- Improve patient outcomes with a clear referral pathway
- Pathway diagrams for patients to take away



These diabetes pathways provide guidance for the care of people with diabetes. Diabetes pathways show the milestones on a person's journey from diagnosis through the lifespan of diabetes management, which includes input and advice from a range of diabetes health professionals to ensure the person is supported through self-management education and evidence-based diabetes management principles.

The resources in this kit will help GPs, health professionals and people with diabetes navigate diabetes education and management services from the time of diagnosis, including when to talk to a Credentialed Diabetes Educator (CDE).

A CDE is a health professional who is recognised by the Australian Diabetes Educators Association (ADEA) for their specialist knowledge and professional development in the field of diabetes education, which is vital for teaching patients to successfully self-manage their condition.

Complementing the clinical and health care support provided by GPs, CDEs bring specialised holistic expertise in diabetes care and management, and the ability to tailor advice to the person with diabetes' situation.

Understanding the CDE's role and when to refer to a CDE creates more opportunities to help your patients progress towards diabetes

self-management through ongoing education, skills development and reinforcement of positive behaviours at key points in time as their health needs change.

CDEs work closely with people with diabetes to:

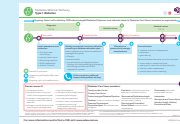
- listen to and understand their priorities, knowledge and needs
- tailor education and clinical advice to their situation, their culture and where they are on their diabetes pathway
- provide in-depth knowledge across all key areas of diabetes care and management
- recommend other specialists and allied health professionals where needed.

Resources provided in this kit:

- Detailed diagrams outlining the pathways for GP information
- Simplified diagrams you can print and give to people with diabetes

GP Resources

Better patient care with diabetes referral pathways



Type 1 diabetes



Type 2 diabetes



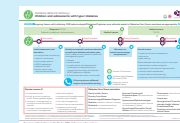
Type 2 diabetes – insulin initiation and stabilisation



Gestational diabetes (GDM)



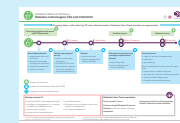
Pregnancy with pre-existing diabetes from pre-conception to post partum



Children and adolescents with type 1 diabetes



Children and adolescents with type 2 diabetes



Diabetes technologies: CSII and CGM/FGM

Patient Resources

Your diabetes care pathway - from your GP and CDE



For people with type 1 diabetes



For people with type 2 diabetes



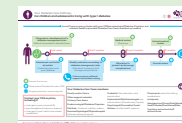
For people with type 2 diabetes – starting insulin



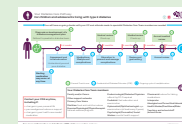
For people with gestational diabetes



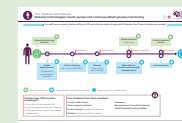
For pregnancy with pre-existing diabetes



For children and adolescents with type 1 diabetes



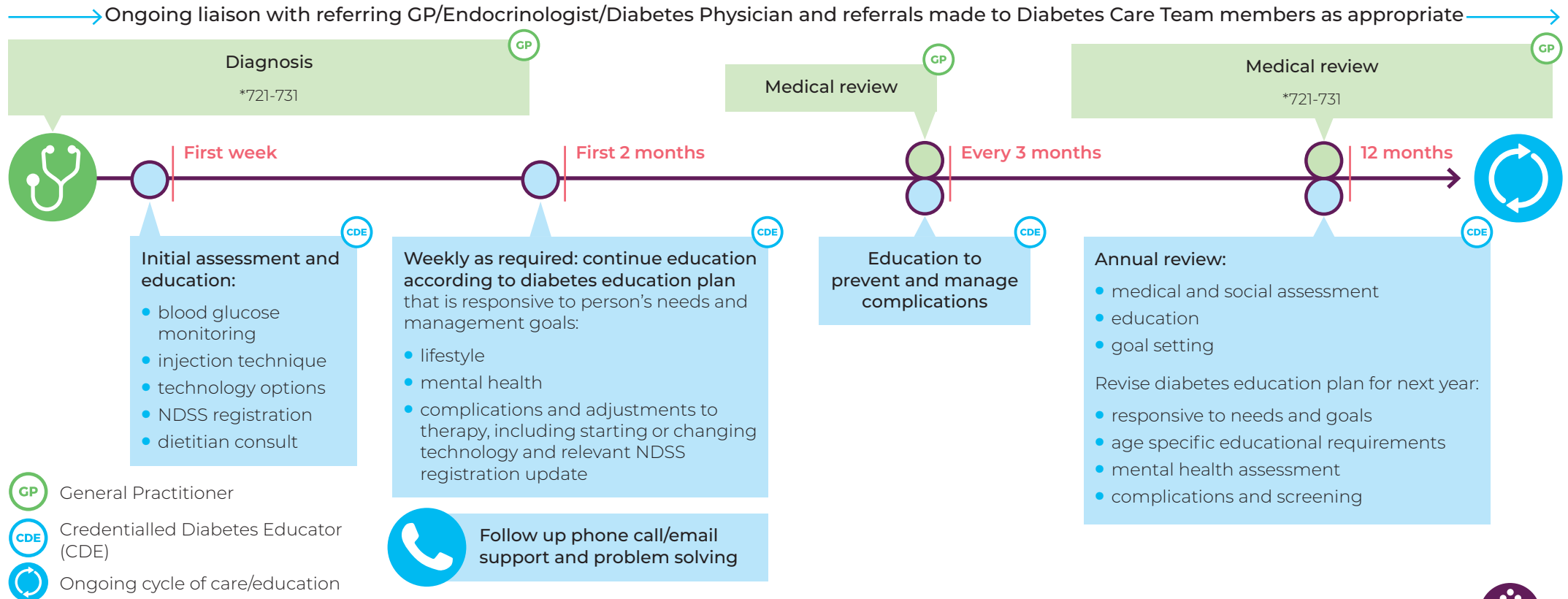
For children and adolescents with type 2 diabetes



Diabetes technologies: insulin pumps and continuous/flash glucose monitoring



Diabetes Referral Pathway Type 1 diabetes



Review sooner if:

- unresolved issues
- blood glucose or previous HbA1c above agreed targets.
- change in management i.e. change to medication/diet/exercise
- change in social situation that may impact management
- key life transitions
- symptoms of hypoglycaemia
- preparing for surgery
- sick day management
- drivers licence requirements
- pregnancy planning/contraception needs (refer to pregnancy pathway)

Diabetes Care Team members

Family and/or Carers

Primary Care Nurse

Endocrinologist/Diabetes Physician

Dietitian: medical nutrition therapy

**Exercise Physiologist/
Physiotherapist:** tailored exercise program

Podiatrist: comprehensive foot education and examination

Optometrist/Ophthalmologist: comprehensive eye examinations (at least every 2 years)

**Psychologist/Counsellor/
Social Worker:** mental health consultation

Pharmacist: advice for taking medications

Interpreter

**Aboriginal and Torres Strait Islander Health Worker/
Practitioner/Elder**

• Craig ME, Twigg SM, Donaghue KC, Cheung NW, Cameron FJ, Conn J, Jenkins AJ, Silink M, for the Australian Type 1 Diabetes Guidelines Expert Advisory Group. *National evidence-based clinical care guidelines for type 1 diabetes in children, adolescents and adults*, Australian Government Department of Health and Aged Care, Canberra 2011.

• ADA. *Standards of Medical Care in Diabetes 2020*. Diabetes Care. 2020;43 (Supplement 1)
• Overland J, Sluis M, Reyna R. *Straight to the Point: A guide for adults living with type 1 diabetes*. (3rd Ed). St Leonards, NSW. JDRF (Australia) 2019.

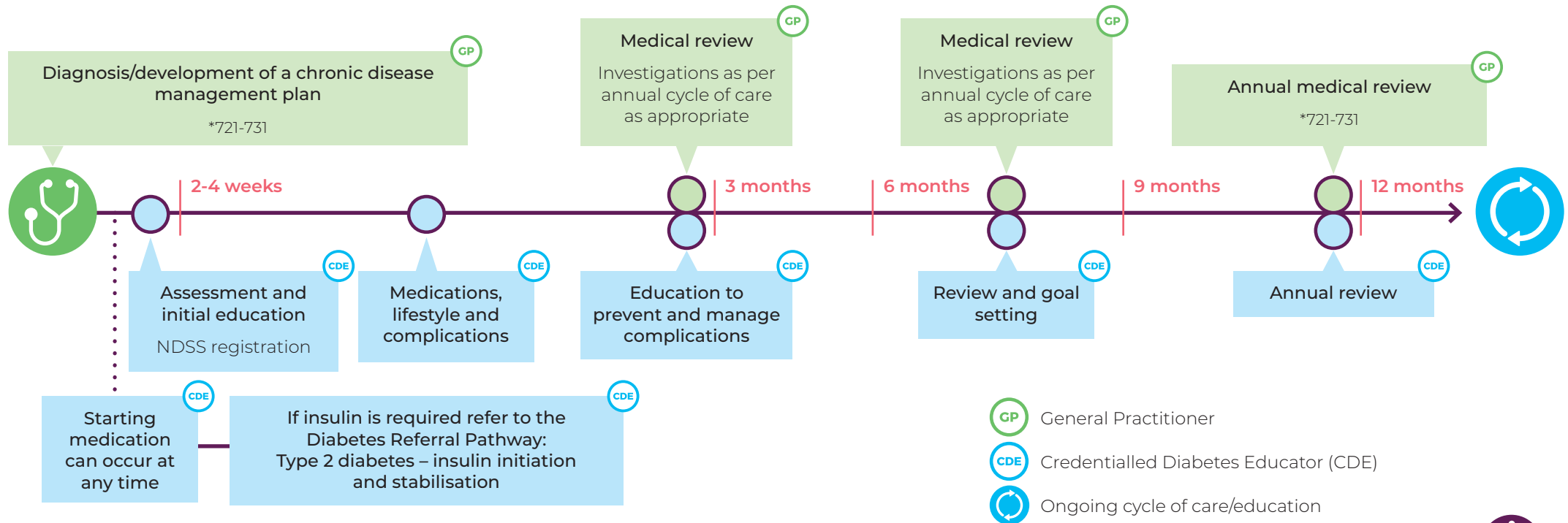
*MBS item numbers



Diabetes Referral Pathway Type 2 diabetes



→ Ongoing liaison with referring GP and referrals made to Diabetes Care Team members as appropriate →



Review sooner if:

- unresolved issues regarding diabetes care
- patient requires blood glucose monitoring (technology options)
- glucose levels or previous HbA1c above target
- change in management i.e. change to medication/diet/exercise
- key life transitions
- change in social situation that may impact management
- symptoms of hypoglycaemia
- preparing for surgery
- sick day management
- driving requirements for those using insulin
- pregnancy planning/contraception needs (refer to pregnancy pathway)

Diabetes Care Team members

Family and/or Carers

Primary Care Nurse

Dietitian: medical nutrition therapy

Exercise Physiologist/Physiotherapist: tailored exercise program

Podiatrist: comprehensive foot education and examination

Endocrinologist/Diabetes Physician: referral when patient not responding to therapy

Optometrist/Ophthalmologist: comprehensive eye examinations (at least every 2 years)

Psychologist/Counsellor/Social Worker: mental health consultation

Pharmacist: advice for taking medications

Interpreter

Aboriginal and Torres Strait Islander Health Worker/Practitioner/Elder

Group education: if appropriate

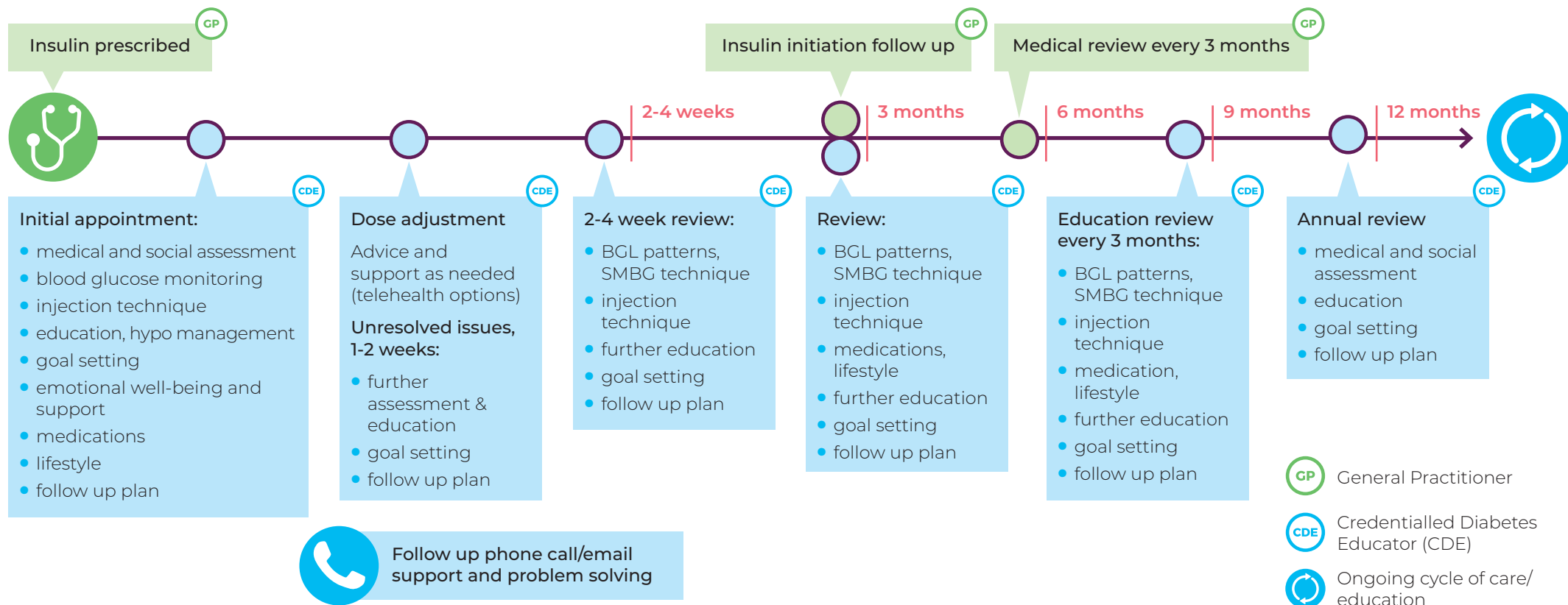


Diabetes Referral Pathway

Type 2 diabetes – insulin initiation and stabilisation



→ Ongoing liaison with referring GP and referrals made to Diabetes Care Team members as appropriate →



Review sooner if:

- previous Hb1Ac above agreed target
- change in management i.e. change to medication/diet/exercise
- preparing for surgery
- symptoms of hypoglycaemia
- change in social situation that may impact management
- sick day management

Diabetes Care Team members

Endocrinologist/Diabetes Physician

Dietitian: medical nutrition therapy

Primary Care Nurse

Interpreter

Aboriginal and Torres Strait Islander Health Worker/ Practitioner/Elder

Pharmacist

Psychologist/Counsellor/ Social Worker: mental health consultation

Group education: if appropriate

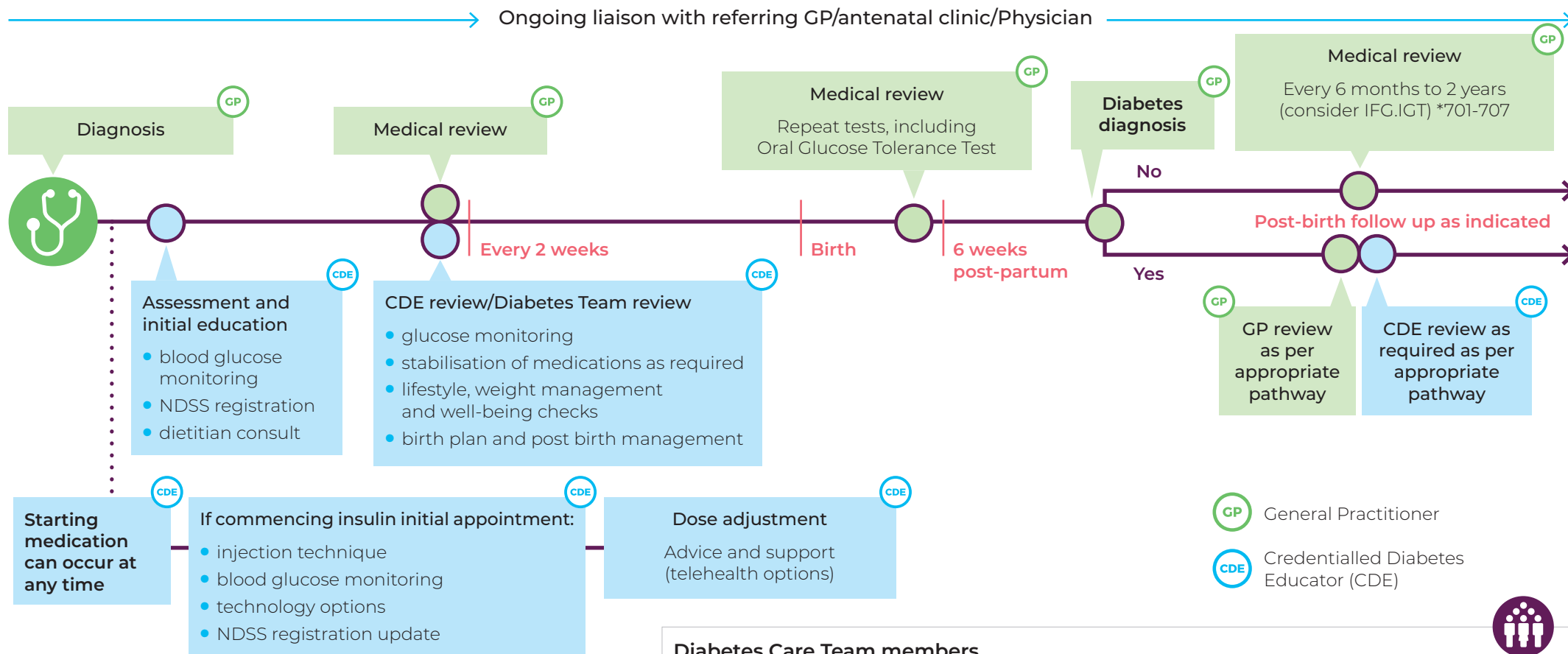
• ADEA (2017). *Clinical Guiding Principles for Subcutaneous Injection Technique: technical guidelines* Canberra, Australian Diabetes Educators Association.

• RACGP (2020). *Management of type 2 diabetes: A handbook for general practice*. East Melbourne, Australia, The Royal Australian College of General Practitioners.

• Stapleton, N. (2016). *RACGP General Practice Management of Type 2 Diabetes*. Diabetes.



Diabetes Referral Pathway Gestational diabetes (GDM)



Review sooner if:

- unresolved issues regarding diabetes care
- glucose levels are above agreed targets
- symptoms of hypoglycaemia
- preparing for surgery
- change in management i.e. change to medication/diet/exercise
- change in social situation that may impact management
- sick day management

Diabetes Care Team members

Family and/or Carers

Primary Care Nurse

Obstetrician

Midwife CDE

Endocrinologist/Diabetes Physician: referral when patient not responding to therapy

Dietitian: medical nutrition therapy

Exercise Physiologist/Physiotherapist: tailored exercise program

Pharmacist: advice for taking medications/supplements during pregnancy

Psychologist/Counsellor/Social Worker: mental health consultation

Interpreter

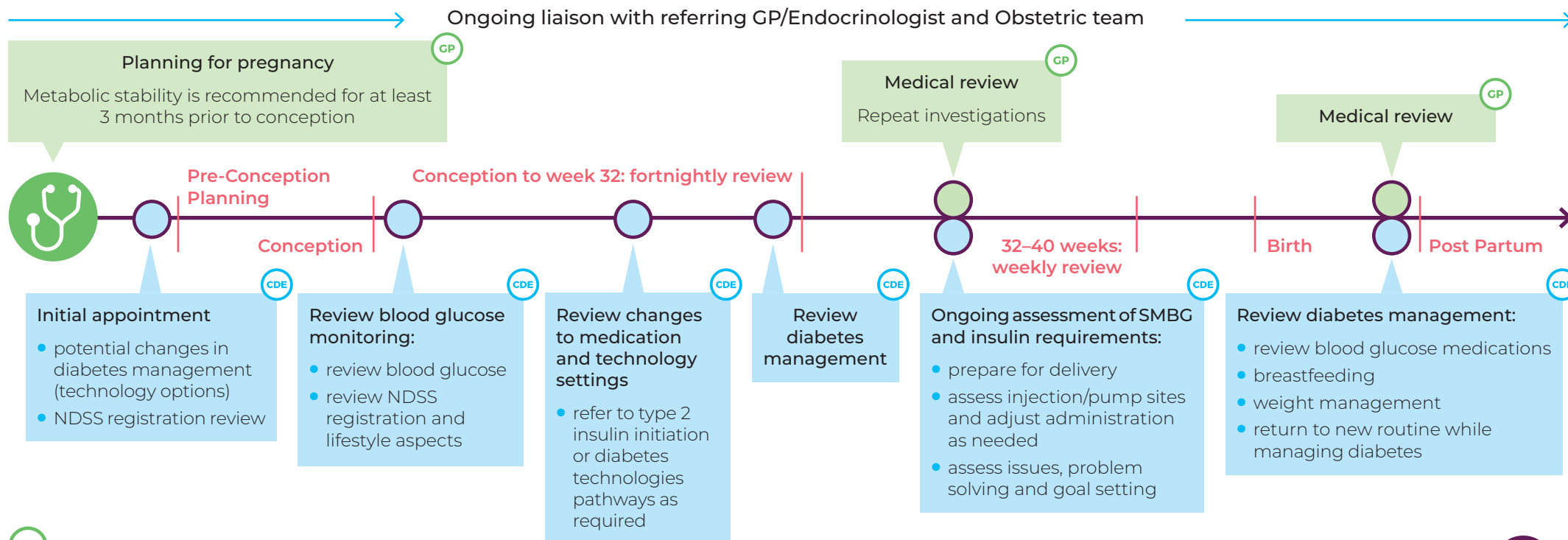
Aboriginal and Torres Strait Islander Health Worker/Practitioner/Elder

Group education: if appropriate



Diabetes Referral Pathway

Pregnancy with pre-existing diabetes from pre-conception to post partum



General Practitioner



Credentialed Diabetes Educator (CDE)

Review sooner if:

- unresolved issues regarding diabetes care
- glucose levels or HbA1c above agreed targets
- change in management i.e. change to medication/diet/exercise/technology
- symptoms of hypoglycaemia
- change in social situation that may impact management
- preparing for surgery
- sick day management

Diabetes Care Team members

Family and/or Carers

Obstetrician

Midwife/CDE

Endocrinologist/Diabetes Physician

Dietitian: medical nutrition therapy and foods to avoid during pregnancy

Exercise Physiologist/
Physiotherapist: tailored exercise program

Primary Care Nurse

Podiatrist: comprehensive foot examination

Optometrist/Ophthalmologist: comprehensive eye examinations (at least every 2 years)

Pharmacist: advice for taking medications during pregnancy

Psychologist/Counsellor/
Social Worker: mental health consultation

Interpreter

Aboriginal and Torres Strait Islander Health Worker/
Practitioner/Elder

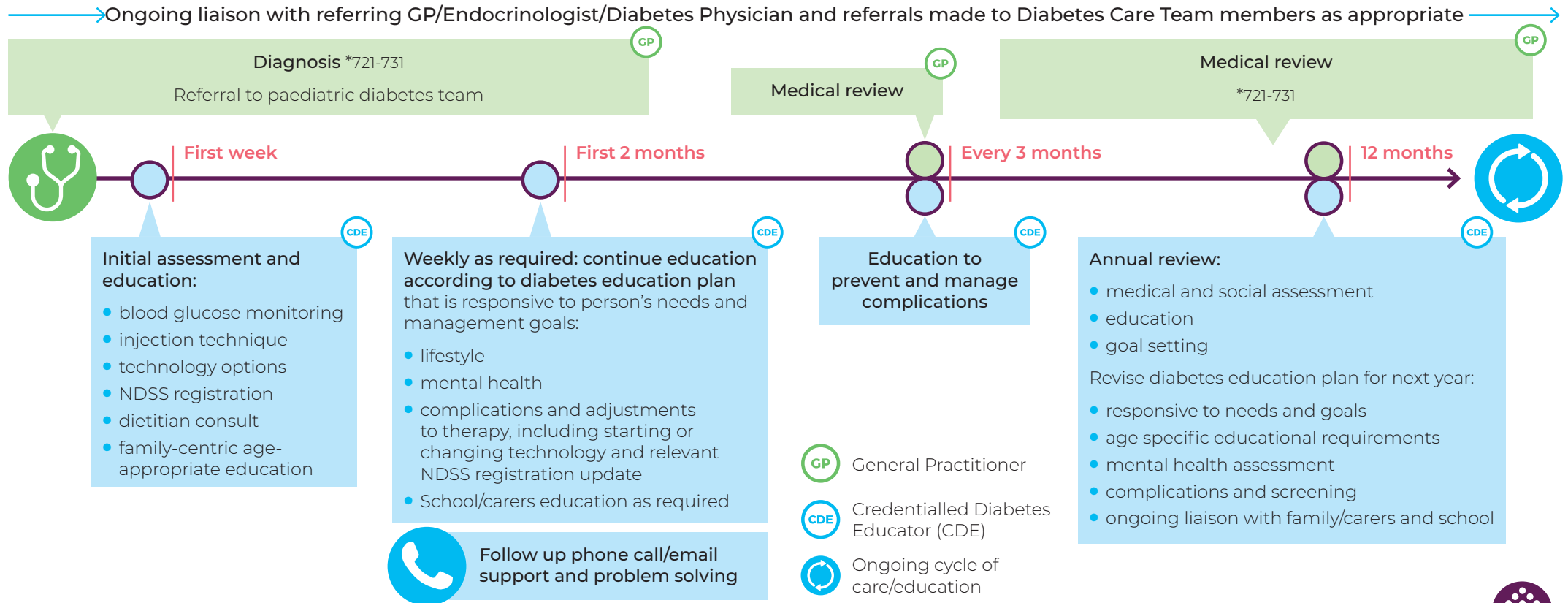
• NICE (2020). *Diabetes in Pregnancy Overview United Kingdom*, National Institute for Health and Care Excellence (NICE).

• Webber, J., et al. (2015). *Diabetes in pregnancy: management of diabetes and its complications from pre-conception to the postnatal period (NG3)*. British Journal of Diabetes 15(3): 107-111.

• Nankervis, A., et al. (2014). *ADIPS consensus guidelines for the testing and diagnosis of hyperglycaemia in pregnancy in Australia and New Zealand*. Australasian Diabetes in Pregnancy Society: 1-8.



Diabetes Referral Pathway Children and adolescents with type 1 diabetes



Review sooner if:

- unresolved issues
- blood glucose or previous HbA1c above agreed targets.
- change in management i.e. change to medication/diet/exercise
- change in social situation that may impact management
- key life transitions
- symptoms of hypoglycaemia
- preparing for surgery
- sick day management
- drivers licence requirements
- pregnancy planning/contraception needs (refer to pregnancy pathway)

Diabetes Care Team members

Family and/or Carers

Primary Care Nurse

Endocrinologist/Diabetes Physician

Dietitian: medical nutrition therapy

Podiatrist: comprehensive foot education and examination

Exercise Physiologist/Physiotherapist: tailored exercise program

Optometrist/Ophthalmologist: comprehensive eye examinations (at least every 2 years)

Psychologist/Counsellor/ Social Worker: mental health consultation

Pharmacist: advice for taking medications

Interpreter

Aboriginal and Torres Strait Islander Health Worker/ Practitioner/Elder

Teaching and school staff /school nurse

• Craig ME, Twigg SM, Donaghue KC, Cheung NW, Cameron FJ, Conn J, Jenkins AJ, Silink M, for the Australian Type 1 Diabetes Guidelines Expert Advisory Group. *National evidence-based clinical care guidelines for type 1 diabetes in children, adolescents and adults*, Australian Government Department of Health and Ageing, Canberra 2011.

• ADA. *Standards of Medical Care in Diabetes 2020*. Diabetes Care. 2020;43 (Supplement 1)
 • Overland J, Sluis M, Reyna R. *Straight to the Point: A guide for adults living with type 1 diabetes*. (3rd Ed). St Leonards, NSW. JDRF (Australia) 2019.

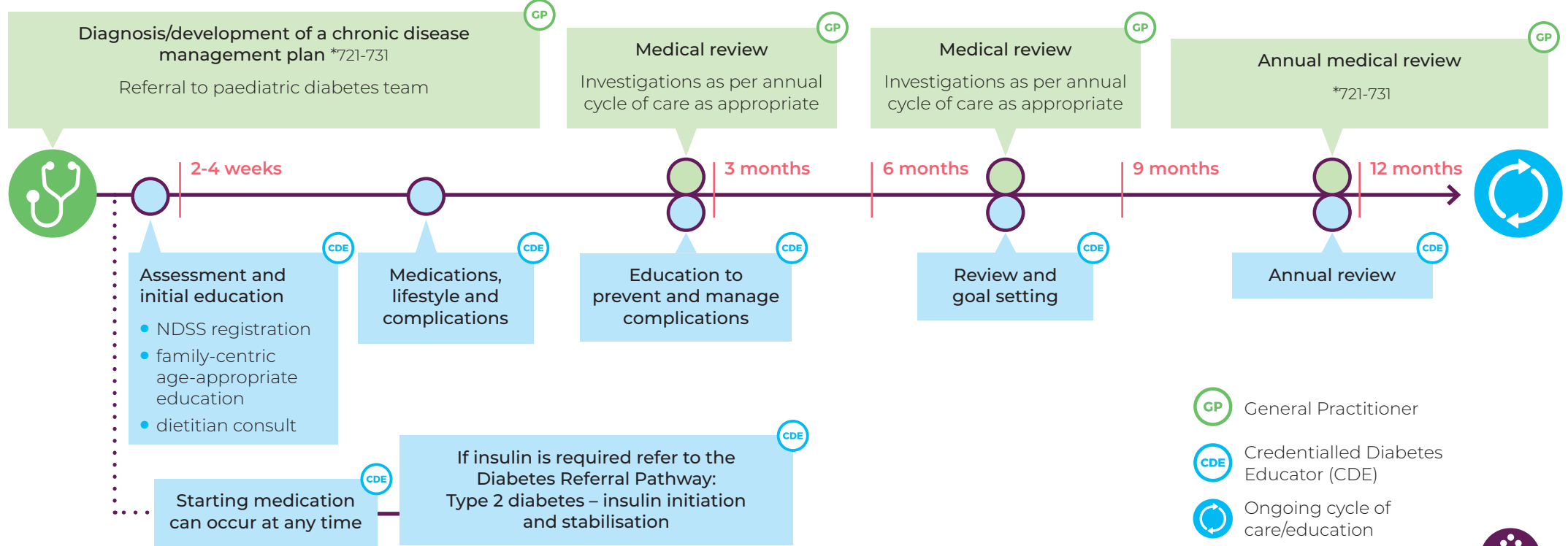
*MBS item numbers



Diabetes Referral Pathway Children and adolescents with type 2 diabetes



→ Ongoing liaison with referring GP and referrals made to Diabetes Care Team members as appropriate →



Review sooner if:

- unresolved issues regarding diabetes care
- patient requires blood glucose monitoring (technology options)
- glucose levels or previous HbA1c above target
- change in management i.e. change to medication/diet/exercise
- key life transitions
- change in social situation that may impact management
- symptoms of hypoglycaemia
- preparing for surgery
- sick day management
- driving requirements for those using insulin
- pregnancy planning/contraception needs (refer to pregnancy pathway)

Diabetes Care Team members

Family and/or Carers

Primary Care Nurse

Dietitian: medical nutrition therapy

Endocrinologist/Diabetes Physician: referral required when patient not responding to therapy

Interpreter

Exercise Physiologist/Physiotherapist: tailored exercise program

Podiatrist: comprehensive foot education and examination

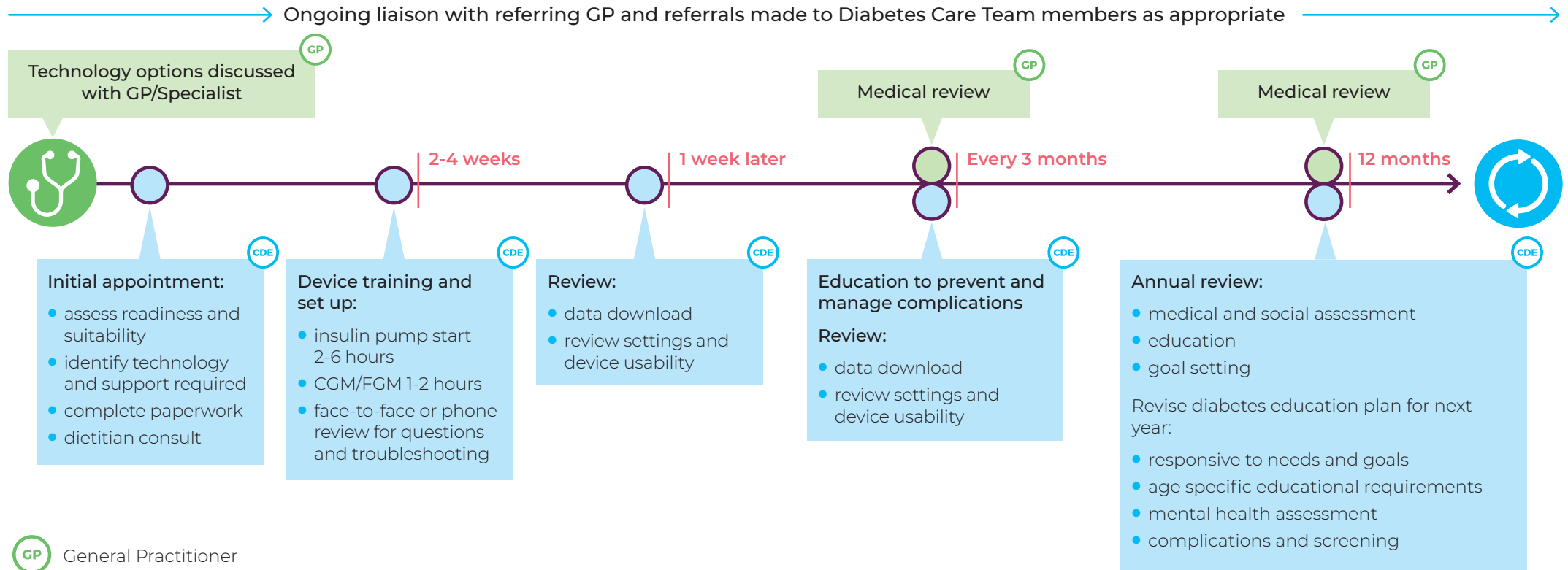
Optometrist/Ophthalmologist: comprehensive eye examinations (at least every 2 years)

Pharmacist: advice for taking medications

Psychologist/Counsellor/Social Worker: mental health consultation

Aboriginal and Torres Strait Islander Health Worker/Practitioner/Elder

Teaching and school staff /school nurse



General Practitioner



Credentialed Diabetes Educator (CDE)



Ongoing cycle of care/education

Review sooner if:

- previous Hb1Ac above agreed target
- change in management i.e. change to medication/diet/exercise
- preparing for surgery
- symptoms of hypoglycaemia
- key life transitions
- change in social situation that may impact management
- sick day management

Diabetes Care Team members

Family and/or Carers
Endocrinologist/Diabetes Physician
Dietitian: medical nutrition therapy
Interpreter

Aboriginal and Torres Strait Islander Health Worker/Practitioner/Elder

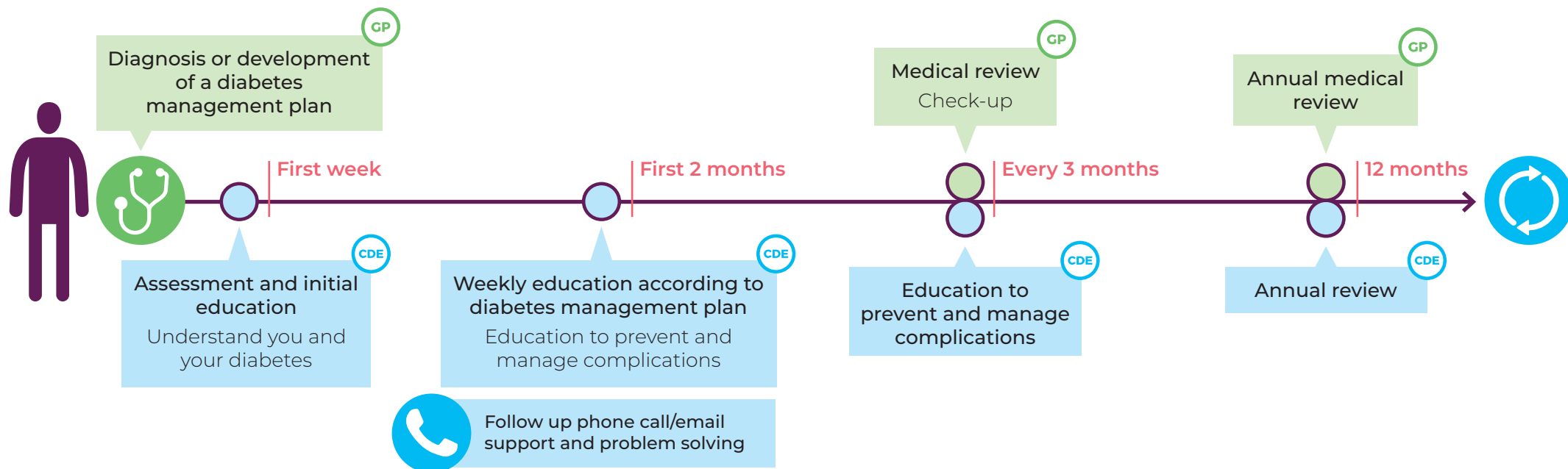




Your Diabetes Care Pathway For people living with type 1 diabetes



→ You will have ongoing checks with your GP and referrals made to specialist Diabetes Care Team members as needed →



General Practitioner



Credentialed Diabetes Educator (CDE)



Ongoing cycle of care/education

Contact your CDE anytime, including if:

- changes in your personal life
- you need general advice or support
- changes in your health care needs/ medication

Your Diabetes Care Team members

Family and/or Carers
Other support networks

Primary Care Nurse

Endocrinologist/Diabetes Physician

Dietitian: food and nutrition advice

Exercise Physiologist/Physiotherapist: tailored exercise program

Podiatrist: foot education and examination

Optometrist/Ophthalmologist: comprehensive eye examinations (at least every 2 years)

Psychologist/Counsellor/ Social Worker: mental health support

Pharmacist: advice for taking medications

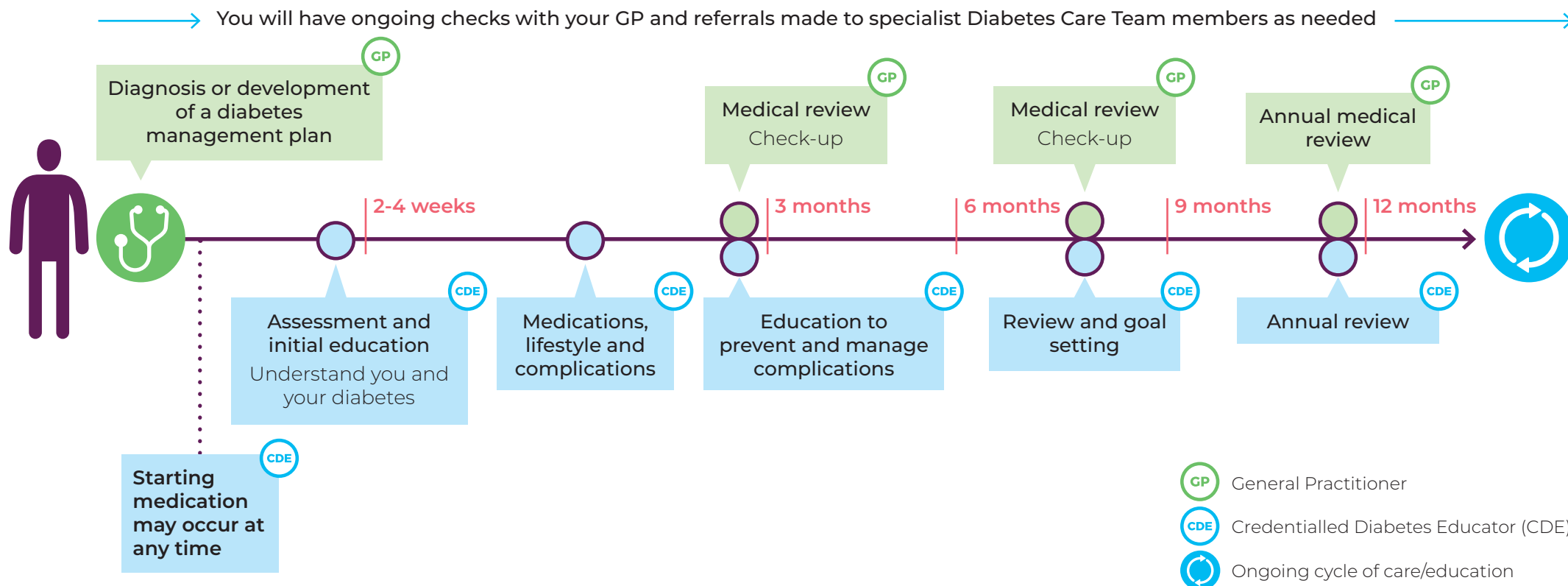
Interpreter

Aboriginal and Torres Strait Islander Health Worker/Practitioner/Elder





Your Diabetes Care Pathway For people living with type 2 diabetes



Contact your CDE anytime, including if:

- changes in your personal life
- you need general advice or support
- changes in your health care needs/medications

Your Diabetes Care Team members

Family and/or Carers
Other support networks

Primary Care Nurse

Dietitian: food and nutrition advice

Exercise Physiologist/Physiotherapist: tailored exercise program

Endocrinologist/Diabetes Physician: referral by GP if required

Podiatrist: foot education and examination

Optometrist/Ophthalmologist: eye examinations (at least every 2 years)

Psychologist/Counsellor/ Social Worker: mental health support

Pharmacist: advice for taking medications

Interpreter

Aboriginal and Torres Strait Islander Health Worker/Practitioner/Elder

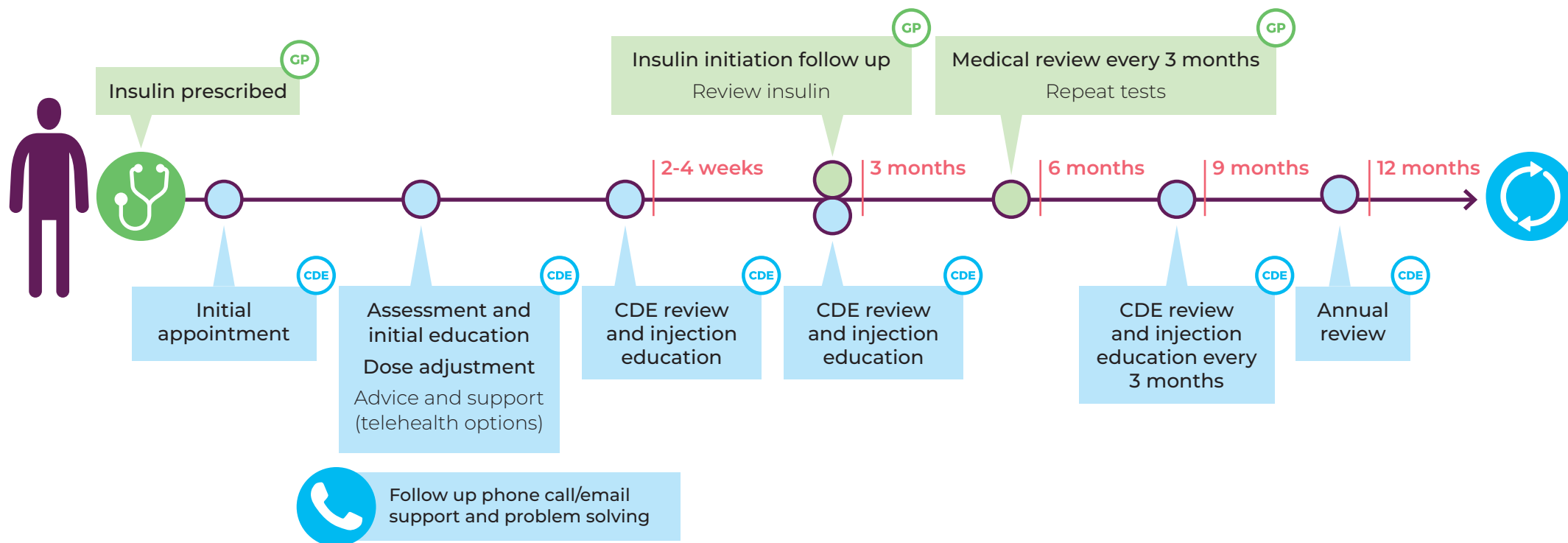


Your Diabetes Care Pathway

For people living with type 2 diabetes – starting insulin



→ You will have ongoing checks with your GP and referrals made to specialist Diabetes Care Team members as needed →



General Practitioner



Credentialed Diabetes Educator (CDE)



Ongoing cycle of care/education

Contact your CDE anytime, including if:

- changes in your personal life
- you need general advice or support
- changes in your health care needs/medication

Your Diabetes Care Team members

Family and/or Carers

Other support networks

Endocrinologist/Diabetes Physician

Dietitian: food and nutrition advice

Primary Care Nurse

Interpreter

Aboriginal and Torres Strait
Islander Health Worker/
Practitioner/Elder

Pharmacist: advice for taking
medications

Psychologist/Counsellor/Social
Worker: mental health support

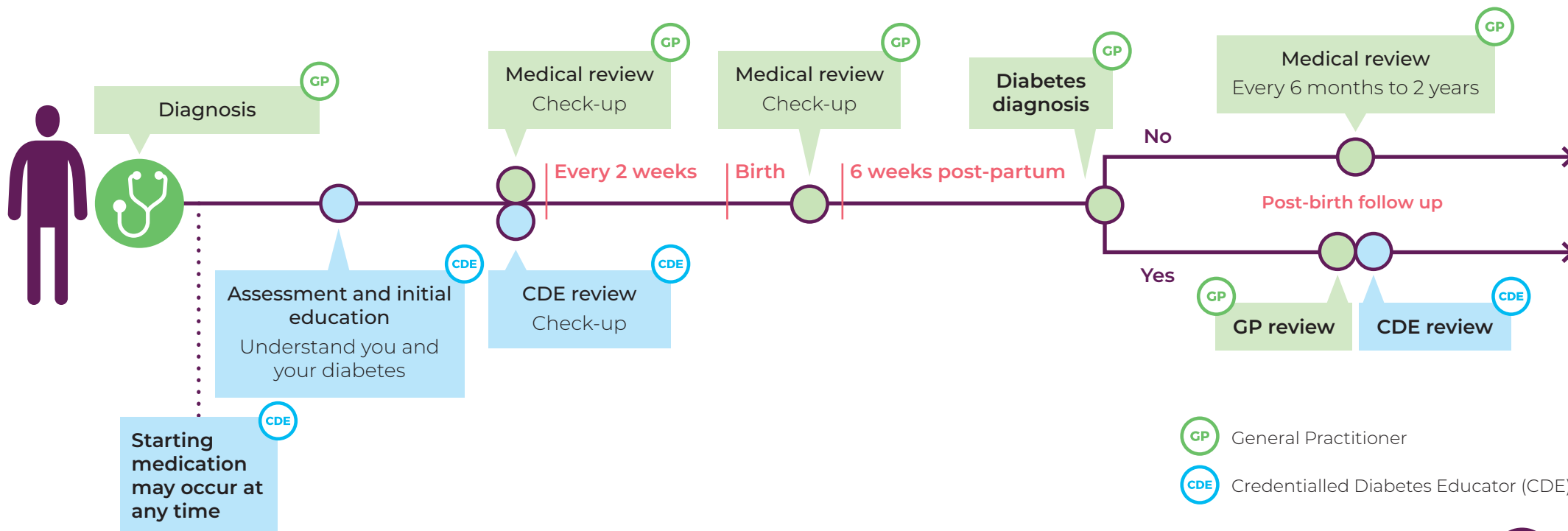




Your Diabetes Care Pathway For people living with gestational diabetes



→ You will have ongoing checks with your GP/antenatal clinic and referrals made to specialist Diabetes Care Team members as needed →



Your Diabetes Care Team members

Family and/or Carers
Other support networks
Primary Care Nurse
Obstetrician
Midwife CDE

Endocrinologist/Diabetes Physician:
referral by GP if required

Dietitian: food and nutrition advice
including supplements and foods to
avoid during pregnancy

Exercise Physiologist/Physiotherapist:
tailored exercise program

Pharmacist: advice for taking
medications/supplements during
pregnancy

**Psychologist/Counsellor/Social
Worker:** mental health support

Interpreter

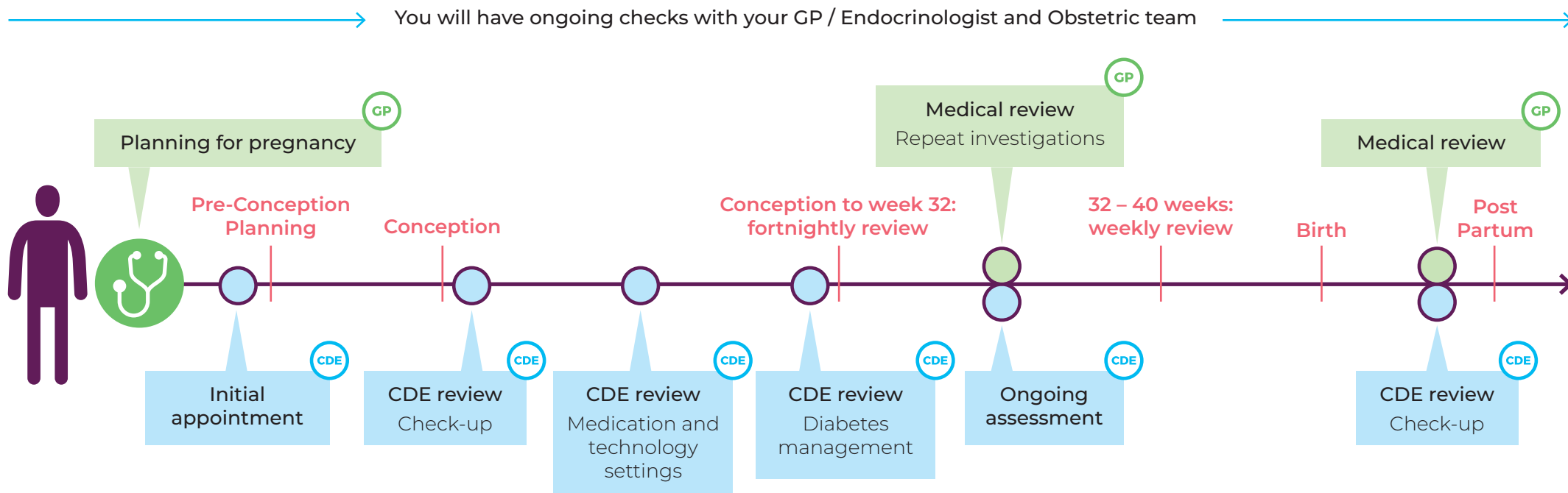
**Aboriginal and Torres Strait Islander
Health Worker/Practitioner/Elder**

Contact your CDE anytime, including if:

- changes in your personal life
- you need general advice or support
- changes in your health care needs/
medication



Your Diabetes Care Pathway For pregnancy with pre-existing diabetes



General Practitioner



Credentialed Diabetes Educator (CDE)

Contact your CDE anytime, including if:

- changes in your personal life
- you need general advice or support
- changes in your health care needs/ medication

Your Diabetes Care Team members

Family and/or Carers

Other support networks

Obstetrician

Midwife/CDE

Dietitian: food and nutrition advice including supplements and foods to avoid during pregnancy

Exercise Physiologist/Physiotherapist: tailored exercise program

Primary Care Nurse

Podiatrist: foot education and examination

Optometrist/Ophthalmologist: comprehensive eye examinations (at least every 2 years)

Pharmacist: advice for taking medications/ supplements during pregnancy

Psychologist/Counsellor/Social Worker: mental health support

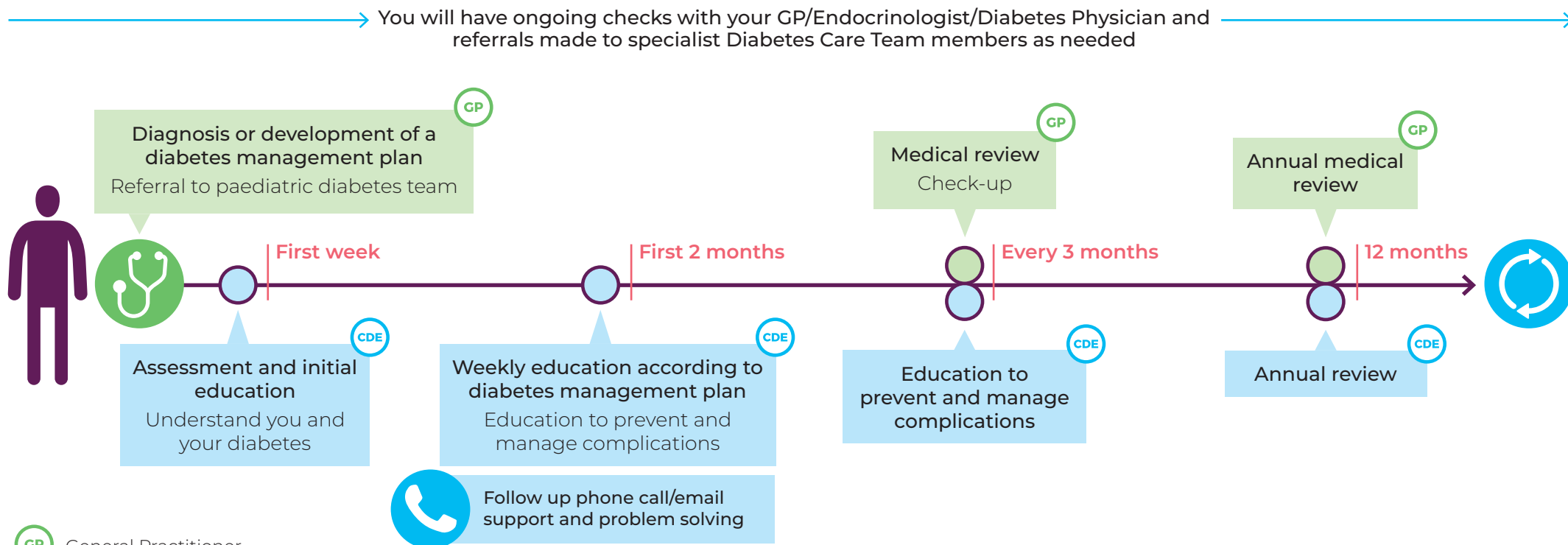
Interpreter

Aboriginal and Torres Strait Islander Health Worker/Practitioner/Elder





Your Diabetes Care Pathway For children and adolescents living with type 1 diabetes



General Practitioner



Credentialed Diabetes Educator (CDE)



Ongoing education may be required

Contact your CDE anytime, including if:

- changes in your personal life
- you need general advice or support
- changes in your health care needs/medication

Your Diabetes Care Team members

Family and/or Carers

Other support networks

Primary Care Nurse

Endocrinologist/Diabetes Physician

Dietitian: food and nutrition advice

Exercise Physiologist/Physiotherapist: tailored exercise program

Podiatrist: foot education and examination

Optometrist/Ophthalmologist: eye examinations (at least every 2 years)

Psychologist/Counsellor/ Social Worker: mental health support

Pharmacist: advice for taking medications

Interpreter

Aboriginal and Torres Strait Islander Health Worker/Practitioner/Elder

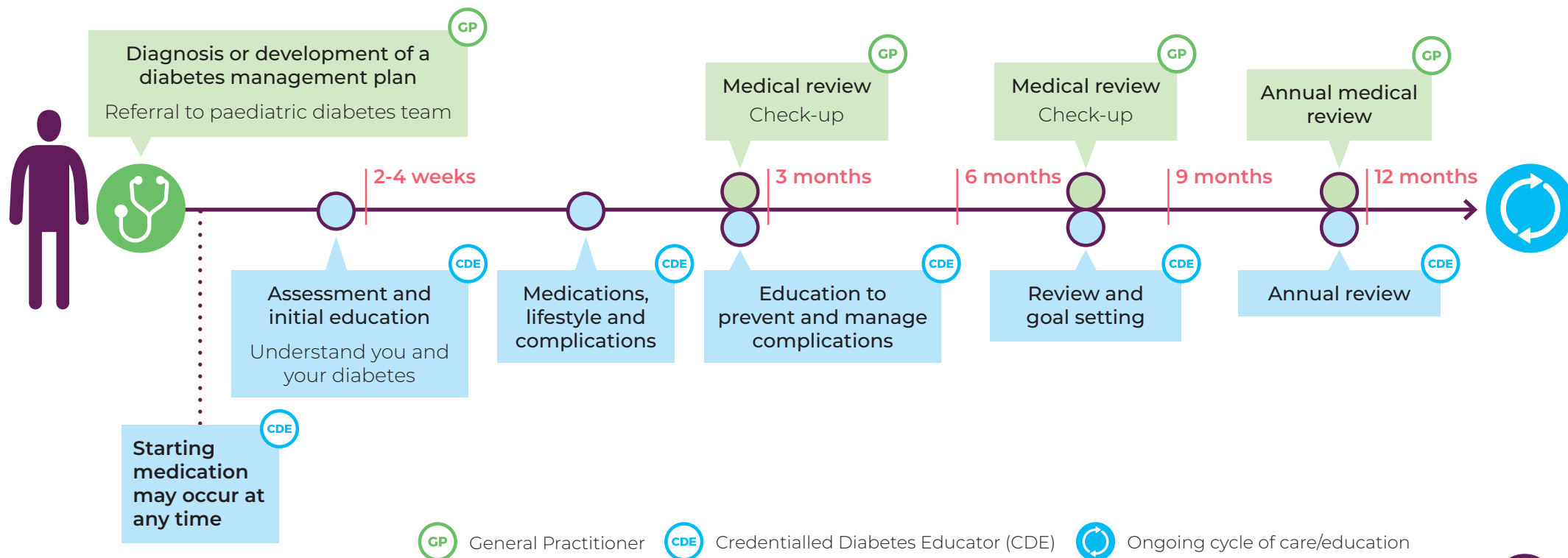
Teaching and school staff /school nurse



Your Diabetes Care Pathway For children and adolescents living with type 2 diabetes



→ You will have ongoing checks with your GP and referrals made to specialist Diabetes Care Team members as needed →



Contact your CDE anytime, including if:

- changes in your personal life
- you need general advice or support
- changes in your health care needs/ medication

Your Diabetes Care Team members

Family and/or Carers
Other support networks
Primary Care Nurse

Dietitian: food and nutrition advice

Exercise Physiologist/Physiotherapist: tailored exercise program

Endocrinologist/Diabetes Physician: referral by GP if required

Podiatrist: foot education and examination

Optometrist/Ophthalmologist: eye examinations (at least every 2 years)

Psychologist/Counsellor/ Social Worker: mental health support

Pharmacist: advice for taking medications

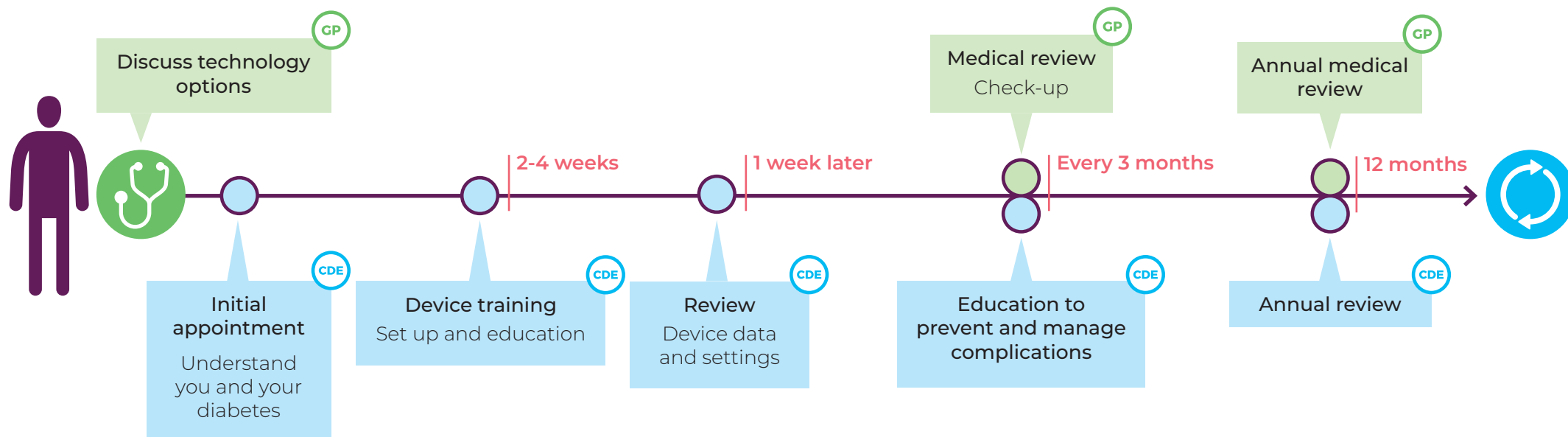
Interpreter

Aboriginal and Torres Strait Islander Health Worker/Practitioner/Elder

Teaching and school staff /school nurse



→ You will have ongoing checks with your GP and referrals made to specialist Diabetes Care Team members as needed →



General Practitioner



Credentialed Diabetes Educator (CDE)



Ongoing cycle of care/education

Contact your CDE anytime, including if:

- changes in your personal life
- you need general advice or support
- changes in your health care needs/medication

Your Diabetes Care Team members

Family and/or Carers

Other support networks

Endocrinologist (Adult or Paediatric)

Dietitian: food and nutrition advice

Interpreter

Aboriginal and Torres Strait Islander Health Worker/Practitioner/Elder

