Managing Clinical Problems in Diabetes

Edited by

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Editors

Trisha Dunning  
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Professor Dunning is the Inaugural Chair in Nursing at Deakin University and Barwon Health in Victoria, Australia. She has been a diabetes educator for 20 years and is passionate about holistic nursing care. Trisha is the Inaugural Chair of the International Diabetes Federation (IDF) Consultative Section on Diabetes Education. She is the author of several books for people with diabetes and many books and papers for health professionals. She is an active researcher with a focus on people’s beliefs and attitudes and how they affect professional care and self-care. Trisha is a very active worker on a great many Australian and international diabetes-related committees.

Glenn Ward  
MBBS, BSc, DPhil (Oxon), FRACP, FRCPath

Glenn Ward is Head of Diabetes Services and Deputy Director, Department of Endocrinology and Diabetes, Clinical Consultant in the Department of Clinical Biochemistry at St. Vincent’s Hospital, Melbourne, Australia. He is an Associate Professor in the University of Melbourne Department of Pathology, and a Senior Fellow, Clinical School University of Melbourne, St Vincent’s Hospital. He was President of the Australian Diabetes Society from 2002–2004; Vice President of the Australian Diabetes Society 2000–2002; Chair of the Medical, Educational and Scientific Council of Diabetes Australia National 1998–2000; Honorary Secretary of the Australian Diabetes Society 1998–2000; a Councilor of the Australian Diabetes Society 1994–2004; Member of Board of Directors of Diabetes Australia
Author profiles

1994–2004; a Member of the National Executive Committee of Diabetes Australia 2002–2004; and is the current Chair of the Cross Cultural Committee of Diabetes Australia. Glenn has over 70 published articles focusing on in vivo research on insulin action and secretion in human subjects.

Contributors

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MBBS, DipRACOG, Graduate Certificate in Clinical Research

Ralph is a general practitioner in Melbourne with a special interest in diabetes education and care. He is the GP Liaison Officer with the Royal Melbourne Hospital and Medical Advisor to Diabetes Australia, Victoria. He is active on several local and state committees concerning diabetes and collaborates in research projects through the Department of General Practice, the University of Melbourne.

Thyra Bolton
EN

Thyra Bolton has coordinated the High-risk Foot Clinic at Royal Prince Alfred Hospital in Sydney since its inception in 1988. She has been extensively involved in health professional training, especially in rural areas and for visiting health professionals from overseas. Thyra has assisted in the establishment of high-risk foot clinics in Fiji and Thursday Island, which included training health professionals. Together with the staff of Royal Prince Alfred Diabetes Service she established the first High-risk Foot Telemedicine Service and continues to participate in online consultations. She was an invited speaker at the IDF Congress in Mexico in 2000 and Paris in 2003, the Vascular Conference in China in 2004 and contributed to the NSW Better Practice Guidelines on the Management of Lower Limb Ulceration.

Lesley Braun
B Pharm, Dip Appl Sci (Naturopathy), Grad Dip Phytotherapy

Lesley is a qualified pharmacist, naturopath, and herbalist. She acts as a consultant to industry and is a senior lecturer in The Australian College of Natural Medicine. Lesley is frequently invited to speak on
complementary medicines. She is the author of many articles about natural medicines, and writes a regular column for the *Journal of Complementary Medicine*. She is the author of *Herbs and Natural Supplements*, which is now in its second edition.

**Trudi Deakin**  
*BSc (Hons), Ad Dip, PGCE, PhD, RD*

Dr Trudi Deakin is Clinical Champion for the East Lancashire Diabetes Network and Chief Research Dietitian. Trudi qualified as a dietitian in 1993, specialised in paediatric diabetes in 1994 and became a diabetes specialist dietitian (adults/children) in 1996. Enrolment in a postgraduate certificate in education (PGCE) course enabled her to develop adult education principles. Concentrating on structured patient education, she undertook further research and was awarded a doctorate in diabetes in 2004. Trudi is passionate about researching, modernising and improving diabetes care and treatment and has assisted in developing and implementing many national initiatives. She is also an active member of the Diabetes UK Professional Advisory Council.

**Sandra Hood**  
*BSc (Hons), RD, DipADP*

Sandra Hood is a specialist diabetes dietitian. She is the Lead for the Diabetes Service, working for the Nutrition and Dietetic Department, Dorset County Hospital, Dorchester, UK. She has a specialist interest in vegan diets and is an accomplished author and authority in this field. Since the recent changes in the management of diabetes care Sandra has developed a well-respected structured patient education programme.

**Pamela Jones**  
*RN, CDE*

Pamela Jones is manager of the Diabetes Referral Centre at Barwon Health, the Geelong Hospital, Geelong, Victoria, Australia. Pamela is a Credentialed Diabetes Educator and has been working in diabetes since 1989. She has extensive experience working with children and adults with diabetes, both in the acute and community care setting.
Pamela was responsible for the establishment of the Barwon Region Diabetes Educator’s working group in 1990. This group consists of multidisciplinary health professionals, who focus on sharing information and expertise that is aimed at improving client education. Pamela has a special interest in diabetes and pregnancy. This led to the development of a gestational diabetes ambulatory care programme that promotes women’s potential for self-care with little disruption to their lives during this very special time. Pamela regularly conducts diabetes courses for nurses and other health professional and community groups.

**Marg McGill**  
*RN, MSc (Med)*

Marg McGill has been a Vice President of the International Diabetes Federation (IDF) since 2003 and was appointed the Senior Vice President in 2006. Since 2000 she has been Chair of the IDF Consultative Section on Diabetes Education. In this role she has actively promoted the importance of role of the health professional. She has conducted leadership needs assessment workshops and professional education programmes in most regions of the IDF. She has led teams to develop (1) an International Curriculum for Diabetes Health Professional Education; (2) Content for the Curriculum; (3) an IDF-recognised Multidisciplinary Education Program for Diabetes Health Professionals; and (4) International Standards for Diabetes Education. She was Australia’s first paediatric diabetes educator in 1978. For the last 18 years she has managed the Royal Prince Alfred Hospital Diabetes Ambulatory Care Centre, which is a large adult service focusing on clinical care and research. Her clinical and research interest is in the assessment and management of diabetic complications. She has published consistently on this topic in peer-reviewed journals. She is a regular invited speaker at many international diabetes scientific meetings.

**Vanessa Nubé**  
*Dip App Sci (Podiatry), MSc (Med)*

Vanessa is senior podiatrist at the Royal Prince Alfred Hospital Diabetes Centre. In 2000 she was appointed co-ordinator of the Diabetes Amputation Prevention Programme for the Central Sydney Area Health Service, which introduces strategies for improving the
management of diabetic foot disease. An invited speaker on the topic of diabetic foot disease both locally and internationally, Vanessa’s publications include two original research papers published in The Foot and The Journal of the American Podiatric Medical Association and she has contributed to other publications on the diabetic foot including the NSW Health publication Lower Limb Ulcers in People with Diabetes. She is on the advisory committee for the Australasian Journal of Podiatric Medicine.

Michelle Robins  
RN, MRCNA, Graduate Certificate in Diabetes Education, CDE

Michelle Robins is an endorsed nurse practitioner with 14 years’ experience as a diabetes educator in a variety of settings. Her interests in diabetes management include improving the care of older people with diabetes, type 1 diabetes in young adults and better management strategies for people with type 2 diabetes who have complex needs. She is passionate about educating health professionals and building strong networks between the tertiary and primary care sectors.

Chas Skinner  
Psychologist

Dr Chas Skinner was Senior Lecturer in Health Psychology, University of Southampton, UK, before taking up his current position at the University of Wollongong, NSW, Australia.

Victoria Stevenson  
RN, FRCNA, CDE

Victoria is the Diabetes Clinical Nurse Coordinator at Austin Health, Victoria, Australia. In her many years in diabetes education, Victoria has established diabetes education services in several hospitals and a private diabetes education practice. She developed teaching resources that help people come to terms with the practicalities of having diabetes, and co produced several videos, the most recent being Join with Us, which promotes the Australian Diabetes Educators Association. Victoria is actively involved in state and national diabetes health professional groups that aim to better inform people with diabetes and those associated with them.
Sheridan Waldron  
*RD, BA, PhD*

Sheridan is a specialist diabetes dietitian working for Dorset County Hospital, Dietetic Department. She has spent over 20 years working with children and adults with diabetes. Her research interests concern the dietary management of children’s diabetes. Her current research is examining the barriers and facilitators of dietary change in children with type 1 diabetes. She has held national positions that have contributed to setting national recommendations and policy in the UK. She also holds official positions in the International Society for Pediatric and Adolescent Diabetes and the International Diabetes Federation.
It is a great pleasure to pen the foreword to this significant book. Never was the presence of the contributing authors so strongly present, deeply courageous in the exposure of their personal and professional responses that in turn makes this book so highly engaging. It embodies a candour and integrity that goes beyond the contemporary constraining philosophy of political correctness and has at its heart the centrality of the patient and moves it into the principles and philosophy of what I call the humanity of care.

The structure, while logical, has the merit that the introduction of each of the eleven chapters is reflected in the reality of the referrals and the signature of key points. Each chapter is appropriately referenced and the principle of evidence base is critically followed and resonates in the response to the individual referrals. The authors have moved beyond the paradigm of acute management and are firmly embedded in the paradigm of chronic disease management.

Using the professional narrative approach from the perspective of different disciplines exemplifies the core constituents of a multidisciplinary professional team. While the approach may differ in some respects, the key elements of dialogue between the individual authors have resonance with the model of patient narrative as exemplified by Dr Natalia Piana et al. in the use of patient narrative in therapeutic patient education.

The examples and availability of actual referrals, professional or self referrals, give an authenticity and resonance for diabetes teams in daily practice. This is what makes this book so vibrant. It has the merit of promoting private reflection as well as team reflection. Furthermore, as an educational learning tool it has much to recommend by way of use for group discussion and it has additional merit in master class format for both specialists and non-specialists alike.

While the book can be read in one sitting it is also eminently suitable for use as a selective reference source for dipping into as needed and incorporated into structured professional education in the specialty of diabetes. It is of particular note that although the majority of the authors work in the Australian health care system there is a universality of message that diffuses into all health care systems.
The enduring imprint that this book leaves on me is the primacy of the patient and the imperative of multi-disciplinary and interdisciplinary co-operation in managing clinical problems in diabetes and enabling individual patients to continue their journey of life-long self management.

Anne-Marie Felton
President, Federation of European Nurses in Diabetes
The idea for this book grew out of a constant flow of telephone and email requests for advice, particularly from rural health professionals, and responding to letters from people with diabetes in a regular column in *Diabetes Conquest*, a magazine for people with diabetes. Many of our colleagues will recognise their patients in the case histories presented in the book. Obviously names have been withheld, identifying information removed, and the initials changed to protect the privacy of both the people with diabetes and their health professional carers.

**Rationale for the book**

The incidence and prevalence of diabetes is increasing globally. Therefore, most health professionals are likely to care for people with diabetes and often find they have to make clinical decisions without expert support, which can be difficult.

The proposed book aims to support theory with practical suggestions for addressing common clinical problems based on evidence and the clinical experience of diabetes educators, endocrinologists, general practitioners, and other health professionals who encounter such problems on a daily basis. The book was designed to be used as a clinical resource and illustrate how the health professionals concerned approach common clinical problems. It was also designed to complement other diabetes texts.

**Aims of the book**

The aims are to:

1. address commonly encountered diabetes management problems;
2. develop comprehensive responses from a range of relevant health professionals who suggest management approaches relevant to their area of practice. The specific health professionals who
provide comments about each case depend on the specific clinical issue; and
(3) stimulate thought and discussion.

Target readership

The target readership is health professionals from a range of professional backgrounds and general as well as specialist professionals such as general practitioners, nurses, dietitians, and podiatrists. The book will be particularly useful for beginner practitioners specialising in diabetes. In addition, it will provide suggestions or food for thought for more experienced practitioners.

The cases discussed in the book are all real and are presented exactly as the information was received from the person making the referral. General practitioners, diabetes educators and people with diabetes referred most of the cases; some were self-referrals by people with diabetes. They represent referrals to various diabetic health professionals and concern commonly encountered clinical issues. A list of key chapter points and recommended reading accompanies each chapter.

Trisha Dunning and Glenn Ward
Dedication and acknowledgements

This book is dedicated to all people with diabetes and the health professionals who care for them.

Glenn and I sincerely acknowledge the contributions of all the authors whose voices can be heard in this book for facing the challenge of suggesting management options for the cases presented and making their critical thinking, reflective practice, and problem-solving processes visible through those suggestions.
Diabetes management
– a matter of balance

The essence of diabetes care is achieving balance in all aspects of the life of a person with diabetes. Achieving balance requires lifelong collaborative, multidisciplinary care where the person with diabetes plays a central role in determining his or her life priorities, health goals and planning his/her care. There is a ‘doctor within’ each person, which if motivated and supported, can lead to improved health outcomes and better quality of life. The challenge for health professionals is to recognise this concept and learn how to identify and support the ‘doctor within’ each person with diabetes they have the privilege of caring for.