

ON TARGET

Aotearoa College of Diabetes Nurses



Aotearoa College of
**Diabetes
Nurses**

NZNO



Committee chair report

Amanda de Hoop

Kia ora koutou,

Over the past few months, the Aotearoa College of Diabetes Nurses (ACDN) have maintained monthly Zoom committee meetings, as well as a face to face meeting in October in Wellington. Our meeting in Wellington was the first time we were able to sit around the table with our new committee members Harpreet Kaur, Michelle Williamson, and Liz Lewis-Hills. It was inspiring to hear of the incredible work being done, as well as seeing such passion for working in diabetes health.

We are in the process of updating our annual strategic plan, which enables us to identify our areas of focus for the next 12 months. Our draft priority objectives include:

- Contribute to the national diabetes workforce document being developed by NZSSD.
- Update National Diabetes Nursing Knowledge and Skills Framework.
- Continue to provide appropriate diabetes nursing education.

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- Progress update to medicines list for RN Prescribers working in primary health and specialty teams, to enable prescribing of all diabetes medicines.
- Identify a NZNO delegate to represent diabetes nurses with bargaining.
- Promote consistency in pay scales across our members.
- Support professional development of Maori and Pasifika RNs by developing Post-Graduate Study Fund for Maori and Pasifika RNs with a focus or interest in diabetes care.

We had 17 responses to our Survey Monkey on updating the National Diabetes Nursing Knowledge and Skills Framework (2018), with 76% in favour of an update to existing content rather than a full review. We will look to continue developing a project plan to have the update completed in 2024. We are keen to hear from members that are able to provide content review for specific sections.

As a college, we have provided feedback on the following two consultation documents:

- Proposal to clarify how nicotine levels for vaping products are expressed in the Smokefree Environments and Regulated Products Regulations 2021 (Ministry of Health).
- Consultation of principles of quality and safe prescribing practice (Pharmacy Council).

We have continued to liaise with Nursing Council of New Zealand and Ministry of Health regarding Registered Nurse Prescribers in Primary Health and Specialty Teams being unable to prescribe Liraglutide. Despite this being a pressing issue for our prescribing members and having huge impacts on the populations we serve, there is extremely slow movement for a number of reasons. I am extremely grateful for the support of Dr Rosemary Hall (Endocrinologist, NZSSD President) who continues to progress this issue.



Some of our committee members from our hui in Pōneke Wellington in October. Left - Right: Harpreet Kaur, Vicki McKay, Amanda de Hoop, Michelle Williamson, Liz Lewis-Hills and Solita Donnelly. Missing: Belinda Gordge, Nana Tweneboah-Mensah, Michelle McGrath

Aotearoa College of Diabetes Nurses ran a successful webinar on the 1st of November facilitated via NZSSD, with Belinda Gordge (Diabetes CNS, Canterbury) and Claire Lever (Diabetes CNS, Waikato) presenting on evidence based models of care for CGM use. Both presenters did an excellent job, and presented high quality nurse-led research, with huge impact for people with diabetes. We are scheduled to provide another webinar in November 2024, so would be interested to hear from any members that could present. We are also busy in the background developing the programme for our study day at Te Pae Christchurch Convention Centre on 1 May 2024.

Grants of \$750 were awarded to three members towards costs of attending the Diabetes Nurse Prescribers Meeting in Wellington in October. We have \$3000 available twice yearly (\$750 per applicant), with the next closing date for applications being 28th February 2024. All information is available on our website. Our new website developed by Solita Donnelly, is proving useful, with a marked increase in nurses enquiries via our website. Membership also continues to increase to our closed Facebook page.

As a committee, we are keen to hear from members at any time with feedback or suggestions. I acknowledge the challenges we all face in the current health care climate, and hope that you all are able to experience some peace and relaxation over the Christmas and New Year period.

Ngā mihi,

Amanda de Hoop Chairperson - Aotearoa College of Diabetes Nurses (NZNO) Nurse Practitioner - Diabetes & Endocrinology Service - Palmerston North Hospital



Congratulations!

Vicki McKay achieves NP

The committee would like to extend a huge congratulations to our secretary Vicki McKay who has recently achieved NP status. Vicki dedicates a lot of time to making sure our committee runs smoothly in amongst work and study. Good luck for your new role!

NEXT ROUND OF PROFESSIONAL DEVELOPMENT GRANTS OPEN NOW!

Closing date February 28th, 2024

Applications must be submitted on the [ACDN professionals development grant form](#) and emailed to acdnl.membership@gmail.com.

For the full process and information about the grants please visit our [website](#)

ACDN advocating for RN Prescribers who are currently unable to prescribe Liraglutide (Victoza)

ACDN have written to Nursing Council, NZSSD, Pharmac and Manatū Hauora / Ministry of Health

Read the letter here



Nau mai Harpreet Kaur

Harpreet's bio

Kia ora koutou,

My name is Harpreet Kaur. I am working as a Nurse Practitioner. I completed Master of Health Science in Nursing from University of Auckland. After several years of service in Te Whatu Ora, I have transitioned my career from Diabetes Nurse Specialist/ Prescriber to Nurse Practitioner. I am establishing Diabetes Specialist clinics in primary care with a passion for person-centred health service provision. I enjoy reducing barriers by improving timely access to comprehensive care, and striving for positive health outcomes.

I currently offer setting up new diabetes clinic in GP/NP practices, clinical mentorship, teaching and support GP/NP/RN prescriber colleagues with case reviews for Diabetes care provision. I am blessed to have a supportive family especially my mum, husband and two sons. I am excited to contribute at my level best to my new role on the ACDN Committee.

Email: personcentredhealthservices@gmail.com



Grant Recipient - Report on attending NZSSD conference 2023

Elham Hajje - Diabetes Nurse Specialist Prescriber (Whitiara Diabetes Service)

Having the opportunity to attend the New Zealand Society for the Study of Diabetes (NZSSD / ASM) Conference 2023 in Wellington was a highly valuable experience. It was a good opportunity for me to present our project (Data analysis for amputation and diabetic foot ulcers in Middlemore Hospital CMDHB). This report aims to summarize the highlights, key themes, and impact of attending the conference, highlighting the significance of the opportunity.

The NZSSD Conference 2023 provided a unique platform to refresh and update knowledge in various areas of diabetes management. Presentations on medications, insulin pumps, continuous glucose monitoring devices, and technological advancements like the Freestyle Libre offered valuable insights.

The conference brought together leading experts, researchers, clinicians, and healthcare professionals involved in the study and management of diabetes. This facilitated networking opportunities and the chance to collaborate with peers, fostering professional connections and potential future collaborations.

Tutangi Amataiti (department of Medicine) presented a poster to explore if providing fruit and vegetables or supermarket vouchers increase adherence to a reduced carbohydrate diet in women with gestational diabetes. She reports that interventions involving the provision of fruit and vegetables or supermarket vouchers can positively impact adherence to reduced carbohydrate diets. However, it is important to note that individual factors, such as personal preferences, cultural influences, and socioeconomic status, may still play a role in determining dietary adherence.

Jessica Kelly (Diabetes service, Te Whatua Ora Waitaha Canterbury) talked about insulin pump for the management of type 1 diabetes across Aotearoa has progressively increased since PHARMAC funding in 2012. She highlights that the relationship between technology use, specifically insulin pumps and self-funded technologies

and socioeconomic status is complex. Socioeconomic status can influence the availability of support networks and educational resources for individuals using insulin pumps and self-funded technologies. Those with higher socioeconomic status may have better access to healthcare providers, diabetes educators, and support groups, which can enhance their understanding, troubleshooting abilities, and overall diabetes management outcomes. In contrast, individuals with lower socioeconomic status may face barriers in accessing such resources, leading to potential gaps in knowledge and support.

Attending the NZSSD Conference 2023 had a profound impact on professional development in several ways:

Updated Knowledge:

The conference served as a comprehensive source of up-to-date information on advancements in diabetes research, clinical practices, and technological innovations. This knowledge enhancement will contribute to improving patient care and outcomes.

Networking Opportunities:

Engaging with experts, researchers and healthcare professionals provided valuable networking opportunities. These connections can lead to collaborations, knowledge-sharing, and the potential for future research projects or professional endeavors.

Inspiration and Motivation:

The conference served as a source of inspiration and motivation to contribute further to the field of diabetes research and management.

Learning from experts and witnessing the collective efforts to improve diabetes research and management. Learning from experts and witnessing the collective efforts to improve diabetes care ignited a sense of purpose and dedication to make a positive impact.

I am sincerely grateful for the financial support received from the Aotearoa College of Diabetes Nurses, which made attending the NZSSD Conference 2023 possible. Their generous contribution not only enabled my participation but also encouraged ongoing professional development. The opportunity to attend the conference, with its breath taking venue and spectacular ocean view, was truly inspiring.

Attending the NZSSD Conference 2023 in Wellington was a highly rewarding experience, offering a platform for knowledge exchange, professional growth, and networking. The conference's focus on diabetes management, mental health, and technological advancements provided valuable insights that will positively impact patient care. I express my gratitude to the Aotearoa College of Diabetes Nurses for their support, which has further motivated me to contribute to the field of diabetes research and management in New Zealand.



ACDN FACEBOOK

JOIN HERE

Our Facebook group is slowly growing. We will be working to add more content to the facebook group and make it a safe space for members to network and share resources.

We would love to see it grow into a space where you can connect with the committee and guide us in what you would like to see done.

Currently we have a closed FB group to support members chat, but we would be open to creating an open page for anyone interested in diabetes nursing to get access to information and resources.



Share your job advertisements

Feel free to share job advertisements with ACDN and we can share them to our ACDN Facebook group.

Contact ACDN [here](#)

A history of ACDN

Michelle McGrath

History:

The Aotearoa College of Diabetes Nurses aims to promote clinical excellence in diabetes nursing in New Zealand, through the development of clinical practice frameworks, policy, education and research. ACDN was originally the Diabetes Nurse Specialist Section, which was formed in the early 1980s.

Achievements:

ACDN gained college status in August 2013. The Registered Nurses Practising in Diabetes Health; Demonstration Project 2011 was a combined NZSSD and Health Workforce New Zealand initiative involving 12 nurses. The results and follow up report published in July 2012 and the Health Minister's speech in September 2012 described many levels of success with this project. More diabetes nurse specialists are now prescribing. ACDN strongly supports its members to review updated Nursing Council prescribing requirements. We also believe our well established accreditation programme provides an excellent platform and process for nurses to consolidate their skills and knowledge in diabetes nursing care and encourages progress toward prescribing.

Logo:

The logo was designed by Transformer Design and consulted on, by college members and Te Poari (NZNO). The central design represents the collaborative partnership diabetes nurses have with their patients and whanau, as well as the professional collaboration the ACDN has with NZNO and other professional groups. The koru represents ongoing growth. Blue is the international 'Unite for Diabetes' colour, while purple represents NZNO's partnership.



NZSSD & ACDN Webinar New models of care: Continuous Glucose Monitoring

Solita Donnelly

ACDN hosted the NZSSD webinar session this month with two guest speakers, both speaking about new models of care for the use of continuous glucose monitoring.

Belinda Gordge spoke about the masters project which looked at the use of continuous glucose monitoring in the intensive care setting to reduce the burden for nursing staff, particularly in patients with total pancreatectomy. She conducted interviews which showed that the use of CGM in ICU was favourable and reduced nursing time and of course was likely preferable to patients from 1-3 hourly capillary glucose monitoring.

Excitingly, Belinda's research has resulted in recommendations for larger studies looking at CGM use in the hospital settings in New Zealand. Belinda is now involved in an RCT that will be looking at CGM use transferring patients from ICU to the ward setting and it is likely this will also involve closed loop pump therapy.

Claire Lever spoke about her involvement in the 2GOCGM study which is an RCT that looked at the use of CGM in a group of high risk people with type 2 diabetes on insulin and their outcomes over a 12 week. The study looked at both the control and intervention group and their response to either SBGM or Dexcom G6 in addition to virtual reviews with a prescribing diabetes nurse specialist and a self-titration algorithm guide. There were great outcomes for both groups and the study has continued past a continuation and now into an extension phase.

RN Prescribers NZ - a safe networking space for RN Prescribers in primary health and specialty teams

NEWS

Have you heard about the new organisation for RN Prescribers in primary care and specialty teams.

This is an exciting group who are working on raising the profile of RNPs, resource development and removing barriers to practice.

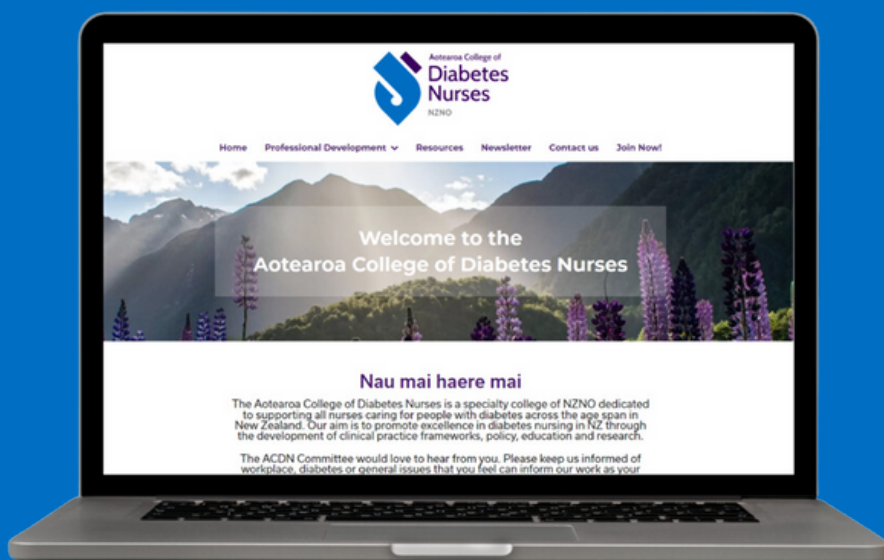
They are currently seeking board members to represent the specialty section. If you have an interest in governance and contributing to other RNPs around Aotearoa this may be a great role for one of our members.

We would encourage any of our members who are interested to apply for this role by contacting RNP NZ.

Website: www.rnprescribersnz.co.nz

Resources for RNPs are available [here](#)

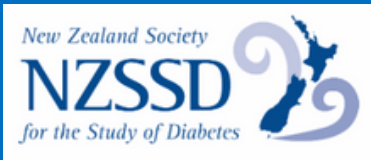
Contact RNP NZ [here](#)



Visit our new
website today!
www.acdn.org.nz

NZSSD STUDY SESSION WEBINARS

[REGISTER HERE](#)



[JOIN NZSSD HERE](#)

membership gives you access to reduced fees for all meetings, awards, additional and national information and updates, free webinar education sessions and a quarterly newsletter.

Health Learning Online is available for FREE as a basic foundation of diabetes education

Free Education Reminders

ACDN Committee

ADVANCED DIBETES MANAGEMENT COURSE

– University of Waikato, Dr & NZSSD

This free, online diabetes teaching program led by Dr Ryan Paul is delivered via a combination of webinars and mentoring sessions. Registrations are due to close mid-June ready to start the course by July 17th. If you are still interested register [here](#).

NZSSD STUDY SESSION WEBINARS

– Delivered for NZSSD members

These webinars initially were introduced in place of SIG study days in 2021, however thanks to their success have continued to be delivered for NZSSD members throughout 2022. Remember to register for these study sessions as you can watch back if you are unable to attend the session live, and if you are not already an NZSSD member this is another great reason to join.

NATIONAL DIABETES KNOWLEDGE PROGRAM

– [NZSSD Health Learning Online platform](#)

This course is delivered via Health Learning Online & Ko Awatea Learn and is a free program aiming to provide all health care professionals with the knowledge and skills to work effectively with people and whanau living with diabetes. The content aligns with the National Diabetes Nursing Knowledge and Skills Framework 2018, Skills and Career Framework for Dietitians 2016 and the draft Podiatry Competency Framework for Integrated Diabetic Foot Care in New Zealand. The program provides fundamental knowledge on a range of subjects with an assessment on each. On completion you receive an NZSSD certificate and professional development hours.



Whakamanatanga - Accreditation

Solita Donnelly & Amanda de Hoop

Tēnā koutou ACDN members,

We currently have 47 accredited nurses - 35 Specialist RNs, 9 Specialist NPs, and 3 Proficient RNs. Congratulations to Rebecca Shaw (Auckland) awarded proficient RN accreditation, Richa Arora (Counties Manukau) awarded specialist RN accreditation, and Pauline Giles (Whanganui) and Vicki McKay (Northland) awarded specialist NP accreditation.

The next accreditation round opens on 26 January 2024 and closes at midday on 8 March 2024. Those of you due to submit a maintenance application should have received an email reminding you of this. All required documents are available on the ACDN website and should be used over previously saved old application forms: [ACDN Accreditation](#)

Assessors

Many thanks to our current assessors: Bryan Gibbison from Waikato region, Solita Walker from Thames Coromandel, Pauline Giles from Whanganui, Heather Campbell from Capital Coast, Andrea Rooderkerk from Bay of Plenty, Bobbie Milne and Harpreet Kaur from Counties Manukau, and Lois Nikolajenko and Emma Ball from Midcentral. Your contribution to the accreditation process is much appreciated. We are always looking for more accredited nurses to become assessors, so please get in touch if this is something of interest. Assessment of portfolios occurs twice a year. The time it takes to complete an assessment varies but in general you should allow two hours. Assessors are paid an honorarium of \$50 for each portfolio assessed.

Wishing you all Merry Christmas and Happy New Year.



Save the Date

Aotearoa College of Diabetes Nurses (NZNO) Study Day
1st May 2024 at Te Pae Christchurch Convention Centre



Pay rate survey

ACDN committee

We are working on a survey that we hope to also share with other NZNO colleges and sections to look at pay rates amongst nurse prescribers, NPs, CNS and between nurses with higher qualifications. Currently there is huge inconsistency across the mōtu even for those who are employed by Te Whatu Ora as to where they are placed on the MECA. We then have other MECAs that don't recognise nurse prescribing or higher education, and many people who are now using individual employment agreements.

The results of this anonymous survey will help inform our conversation with NZNO to advocate for transparency around diabetes nurses and nurse prescriber pay rates across all areas of health

The survey will be sent out in the New Year.

Member news and highlights

We want to hear from you

Do you know of someone in your team who is doing amazing mahi, or are you keen to showcase the work you do for tanagata with diabetes?

Do you have an exciting new program or an example of work going on in your community making a real difference. You may have recently completed a research or clinical project or published elsewhere. We would love to show case more of our members and what they do throughout the motu. If you are keen to submit something to the newsletter please send it through via email to [Solita Donnely](mailto:Solita.Donnely)

A scenic landscape photograph showing a range of mountains under a blue sky with scattered white clouds. In the foreground, there are several tall, purple lupine flowers. A semi-transparent white rounded rectangle is overlaid on the center of the image, containing the text 'Thanks to our sponsors' in a blue font.

Thanks to our sponsors

MEDIRAY Diabetes



FreeStyle LibreLink®

Free to download on iPhone and Android

Monitor your glucose levels on your phone by scanning your FreeStyle Libre 2 sensor with the **FreeStyle Librelink app**.

Now with optional alarms and zero finger pricks†

Share your glucose data and alarms in real-time with your loved ones and healthcare professionals.



6.2 ^{mmol/L}



The knowledge to manage your glucose more confidently.

With FreeStyle Libre 2, easily know your glucose level and where it's headed with zero finger pricks.*

Now You Know



*Data based on the number of users worldwide for FreeStyle Libre family of personal CGMs compared to the number of users for other leading personal CGM brands and based on CGM sales dollars compared to other leading personal CGM brands.
† Finger pricks are required if glucose readings and alarms do not match symptoms or expectations.



DOABLE

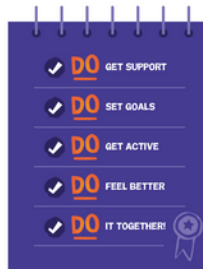
DEALING WITH DIABETES TOGETHER

What is DOABLE?

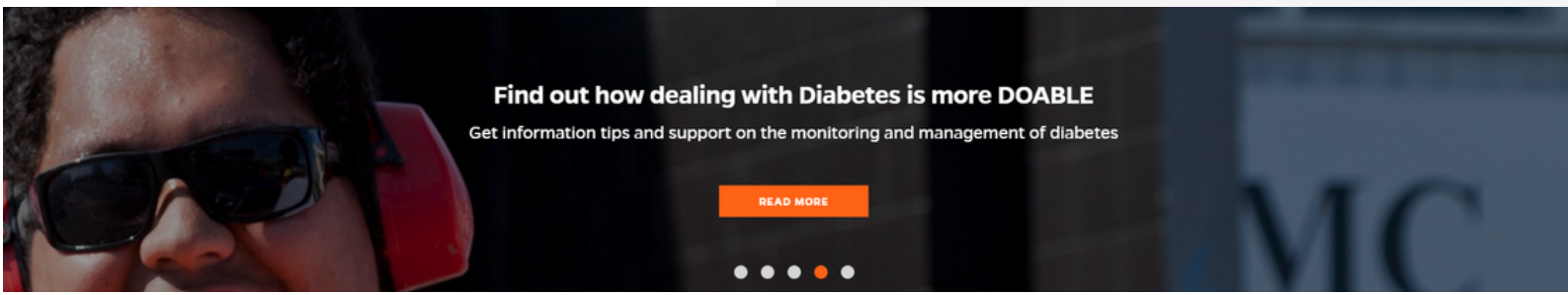
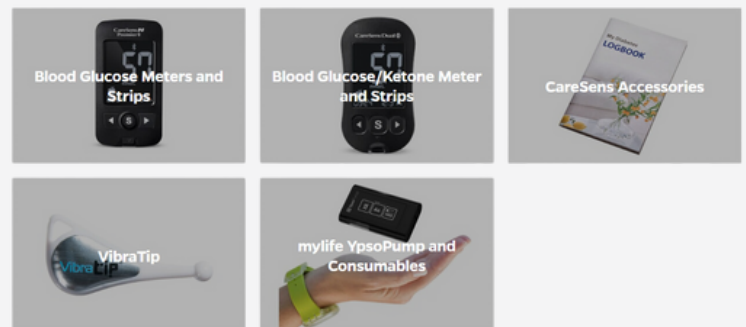
DOABLE is an initiative designed to bring people dealing with the challenges of diabetes together. With loads of practical advice, tips and support, it's here to help you **DO** something about your diabetes, and take small, **DOABLE** steps towards improving your health.

Best of all, it's all about **DOING IT TOGETHER**: with support from JumpStart and Pharmaco Diabetes.

It is super easy to be a part of DOABLE. So why not join us? Feeling better might just become a whole lot more **DOABLE**.



Pharmaco Diabetes



Find out how dealing with Diabetes is more DOABLE

Get information tips and support on the monitoring and management of diabetes

[READ MORE](#)

