



IN THIS ISSUE

COMMITTEE UPDATE

- ❖ Vacancies
- ❖ Study day flyer May 4th
- ❖ Facebook group
- ❖ AGM reminder
- ❖ New website now live

ARTICLES

- ❖ Liraglutide
- ❖ Māraŋa mail!
- ❖ FS Libre 2
- ❖ NZNO Colleges & Sections day update

OTHER

- ❖ Join NZSSD
- ❖ Education reminders
- ❖ Advanced Diabetes Management Course Flyer / Registration
- ❖ PD Grants
- ❖ Accreditation News
- ❖ Sponsors

ACDN COMMITTEE UPDATE

There is not much to report from summer, though we do need to express our sincere condolences to everyone who has been affected by the severe weather events with the flooding in Auckland and Cyclone Gabrielle. We understand that many communities have lost loved ones, pets, homes, businesses, and possessions. It is always heartwarming to see how our communities can wrap around one another to keep each other safe and get through crises.

In terms of the committee as we mentioned in December, we will have two members stepping off the committee at our next AGM - current chair, Bobbie Milne NP, and Sue Talbot, NP and membership coordinator. If you would like to become a committee member please get nominated, we have received two recent nominations. Our membership numbers have slightly reduced to 388.

Current committee:

• Chair	Bobbie Milne, Counties Manukau	Email
• Secretary	Vicki McKay, Manawatū	Email
• Treasurer	Nana Tweneboah-Mensah, Auckland	Email
• Accreditation coordinator	Amanda de Hoop, Manawatū	Email
• Membership coordinator	Sue Talbot, Timaru	Email
• Newsletter/Website coordinator	Solita Walker, Waikato	Email
• Committee member	Belinda Gordge, Canterbury	
• NZNO Liaison	Michelle McGrath, Dunedin	
• Committee member	Jo Duncan, Canterbury	

Facebook & Website:

We have exciting plans to get more involved with our members through a closed Facebook group ([click here to join](#)) and our very own ACDN website www.acdn.org.nz which we will regularly update with news and resources.

Newsletter:

We welcome any write ups, tips and tricks and also some feedback about what you would like to see in the Newsletter. Please email Solita.walker@aotearoadiabetescollective.org.nz

Also please feel free to print out the newsletter, share with colleagues and encourage fellow nurses working with diabetes to join ACDN.

ACDN half day Study day:

We have put together an interesting study day attached to NZSSD so I hope that you can all attend. The flyer for the study day is in this newsletter, the first speaker on autonomic neuropathy and gastroparesis is the great Dr Chris Cameron. Dr Geoff Shaw from Christchurch will be talking about how they are managing hyperglycaemia in ICU. Dr Paul Ryan is dropping in to talk about a national education program that he has piloted in the Midland region. Kiralee is due to talk about diabetes and distress. And don't forget about the AGM at the end of the session.

If attending the study day, you are also invited to attend the NZSSD sessions from 15:00 onwards at no extra cost. This is because they have shortened the time overall for the study days and the conference. Pre covid it used to be a full day on Tuesday for the study day, NZSSD starting after our AGM on Wednesday, full day Thursday and half day Friday. Now it is a half day Thursday with our AGM after the ACDN study day before NZSSD starts in the afternoon, full day Friday and ½ day Saturday. Other special interest groups will also be holding their half day study days on the Thursday except for Primary care which will be held on Saturday afternoon. We look forward to seeing you then.

The committee has been busy with their day jobs like most of you working for the health service in New Zealand. Fitting in the committee work as we can, meeting via zoom and face to face. Funding for the face to face meetings has been reduce to funded twice a year meeting and the total amount is based on how many members we have on committee – if there is a reduction in numbers the core funding will be cut at the next round – there are 2 rounds of core funding on a yearly basis. We also used to have sponsorship for our study days but we unfortunately have not had this for the past couple of years. The study day is being supported by NZSSD so we could consider in the future whether we continue with this model, seek outside sponsorship again or decide to run a day completely separate from NZSSD. This is something that the membership can feed back to the committee about. We will send a survey out about the study day and what topics you would like to be covered. We are also contributing to the NZSSD webinars and are looking for any topics of interest you may like presented.

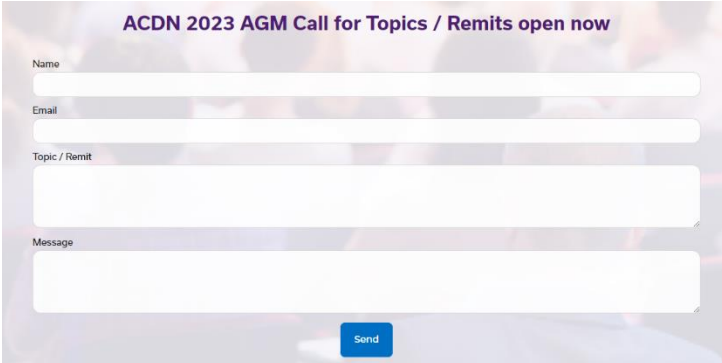
AGM – 4th MAY 2023

Our AGM will be held at the end of our study day, prior to the start of NZSSD. We would like to offer the option of attending via FB Live for those who are not going to be attending the study day or NZSSD.

We will do our best to ensure the AGM is available in person and online for those who can't attend the study day. We will send out more communication closer to the time about how to join the AGM.

Call for topics/remits

complete the online form [here](#) or email secretary.acdn@gmail.com



The image shows a screenshot of an online form titled "ACDN 2023 AGM Call for Topics / Remits open now". The form is set against a background image of a group of people. It contains the following fields:

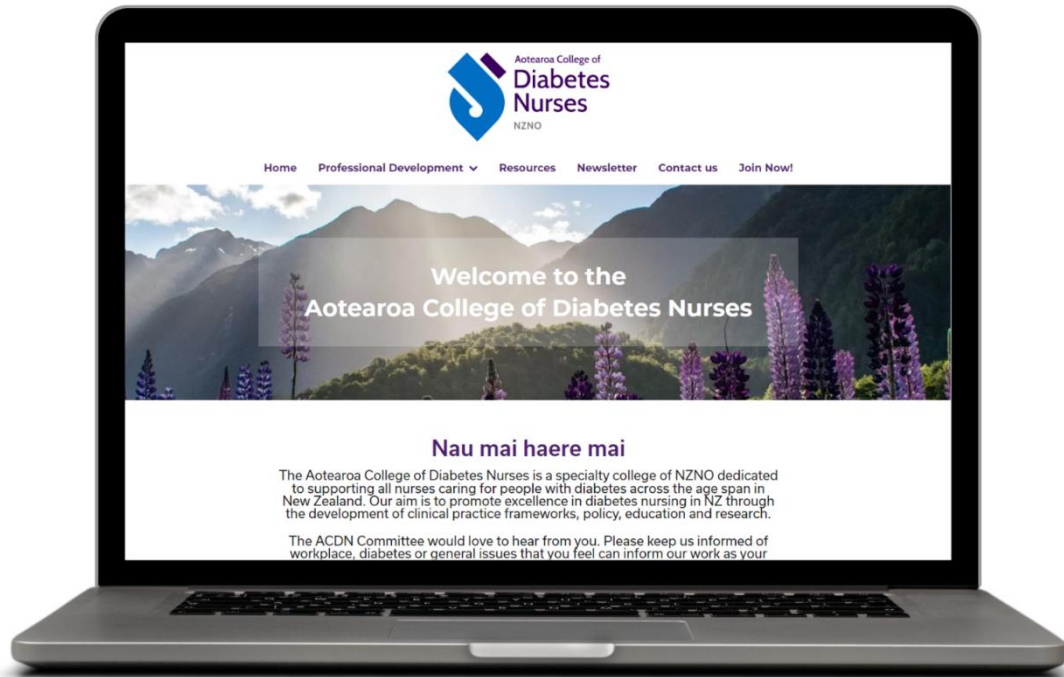
- Name: A text input field.
- Email: A text input field.
- Topic / Remit: A larger text input field.
- Message: A text area for additional comments.
- Send: A blue button at the bottom right of the form.

NEW WEBSITE NOW LIVE!

Solita Walker – Website coordinator

The committee has been working towards an updated website for our members. We have endeavored to make it easier for you to access resources and education, apply for professional development grants, complete accreditation, and stay up to date with news and events.

Please visit our new website at www.acdn.org.nz



Let us know what you would like to see on the website, or any improvements we can make by emailing me on Solita.walker@aotearoadiabetescollective.org.nz

Ngā mihi nui,
Solita

BECOME AN NZSSD MEMBER

[JOIN HERE](#)

NZSSD 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.

ACDN (HALF-DAY) STUDY DAY FLYER – REGISTER HERE

Aotearoa College of Diabetes Nurses (NZNO)



Time: 07:00 - 13:30 on Date: 4 May 2023

Venue: Wharewaka Function Centre, Queen's Wharf, Wellington

TIME	REGISTRATION		
07:00	Registration opens at Wharewaka		
TIME	SPEAKER	PRESENTATION TITLE	CHAIR
08:00	Bobby Milne	Welcome and house keeping	
08:15	Dr Chris Cameron - Wellington Hospital	Diabetes related autonomic neuropathy And patient outcomes at the Auckland diabetes Centre	
		Diabetic gastroparesis – the need for speed Q and A	
09:15	Kiralee Schache	Diabetes distress and self-care	
10:00	MORNING TEA – ALL GROUPS HOSTED IN THEIR OWN SESSION ROOM		
10:30	Professor Geoff Shaw - ICU Christchurch Hospital	The SPRINT and STAR glucose algorithms for Hyperglycaemia in ICU.	Belinda George
11:30	Ryan Paul	National Diabetes education	
12:00	ACDN AGM Reports – Chair, Treasurer, Accreditation report, Membership, Website, Grants, Committee members		Bobby Milne and ACDN committee
13:30	Day ends. ASM delegates please head to SHED6 for registration ASM opens at 15:00		

BIOGRAPHIES

Dr Chris Cameron

Dr Chris Cameron is a General Physician and Clinical Pharmacologist, based at Wellington Hospital. Chris has a special interest in autonomic nervous system disorders and runs a tilt table clinic to assess patients with disorders like diabetes to see whether the disease has affected their autonomic nervous system. She is commonly referred patients with autonomic sounding disease from across the lower North Island for diagnostic testing.

Professor Geoff Shaw

Geoff really wanted to be an astrophysicist and cosmologist but took the easier option and ended up in medicine. He is a Professor in the Department of Surgery and Critical Care at The University of Otago, Christchurch, and an Honorary/Adjunct Professor, College of Engineering, University of Canterbury. His research includes modelling and control of agitation, insulin-glucose dynamics, cardiovascular dynamics and pulmonary mechanics. He has co-authored over 700 publications, including 259 journal articles. Other interests include arguing why evidence-based medicine might be bad for you, astronomy, and building sundials and wooden clocks.

Freestyle Libre 2 user experience following AGM:

We have an exciting offer for members attending the study day & AGM in person. Mediray would like to offer our members the opportunity to have a user experience with a Freestyle Libre 2. This includes a 30-minute education session and a FREE sensor. This hands-on learning experience gives you the opportunity to refresh your knowledge on the Libre 2 and how to make the most out of the device.

LIRAGLUTIDE UPDATE

Summary of Dr Ryan Paul's presentation

Liraglutide (Victoza) is available under Special Authority from March 1st 2023, however Liraglutide (Saxenda) remains unfunded. Liraglutide is a GLP1 receptor agonist that is administered daily via subcutaneous injection. There is strong evidence for use in glucose lowering and weight loss therapy, and secondary prevention of cardiovascular disease. In addition there is very little evidence of head to head comparisons between Dulaglutide and Liraglutide. 1.8mg of liraglutide per day has similar glucose lowering effects of 1.5mg of Dulaglutide per week, but is associated with worse adverse effects. Unlike Dulaglutide, there is **no** evidence for Liraglutide in primary prevention of cardiovascular disease. In summary there is no evidence that Dulaglutide is superior, but it is likely preferable given it is a weekly injection with less adverse effects.

When would you use Liraglutide?

- For patients who cannot tolerate 1.5mg weekly
- For patients already treated with ≤ 1.8 mg Liraglutide (Saxenda) for associated obesity
- For patients who prefer daily injection
- If there is a need for GLP1ra therapy **and Dulaglutide is not available**

Dulaglutide shortage

- There has been significant fear, misinformation + stockpiling over purported shortage of dulaglutide but to date there has not been a shortage of dulaglutide to date in NZ and it is not likely there will be within the next 2 months
- Supply of dulaglutide will be prioritised to NZ but it is a dynamic situation
- PHARMAC + Lilly have agreed to have clear consistent messaging → watch this space!

How do I switch from Dulaglutide to Liraglutide?

- Start liraglutide (Victoza) 0.6 mg daily when next injection due
- Need to prescribe with BD 4 or 5 mm needles
- Can inject any time of the day
- Increase dose to 1.2 mg daily after 1 week if no significant adverse effects
- Increase to 1.8 mg daily after 1 week if tolerating well
- Can speed up or slow down titration based on adverse effects

Victoza pens

- Single use 3 mL pen of Liraglutide 6 mg/mL
= 30 x 0.6 mg doses, 15 x 1.2 mg doses, 10 x 1.8 mg doses
- May be dispensed in packs of 1,2 or 3
- Storage of pens is similar to insulin, dulaglutide pens

Practical Information

- Precautions + contraindications of liraglutide are as per dulaglutide
- Liraglutide is also shown to be safe when eGFR ≥ 15 mL/min + in 10 –17 year olds
- Still no safety data in pregnancy, breast feeding + children < 10 years of age
- Adverse effects for liraglutide are as per dulaglutide
- Beware GI adverse effects likely more common
- If you miss a dose then take as soon as remember before going back to usual time the following day

Maranga Mai – Rise Up! We Need Nurses!

Michelle McGrath NZNO Liaison

Be part of our Day of Action April 15th 2023



NZNO members will join together with family, friends, community, Iwi and Pasifika leaders to call on political parties to commit to more nurses and better pay.

On Saturday 15th of April NZNO members will be holding community rallies across Aotearoa. Come and join us at your local rally, to call for the health system we need. Member led rallies will be held Auckland, Wellington, Christchurch, Dunedin and elsewhere from 11am-1pm (times may differ in some areas). These will be family friendly events with food, speakers, a petition and entertainment. If you would like to hold an event in an additional location, please email campaigns@nzno.org.nz and we'll send you a pack to help organise this.

The purpose of these rallies is to unite all NZNO members nationally, from all areas of health, to create visibility of NZNOs goal for more nurses in Aotearoa. The larger the crowds the louder the message to our country's leaders. We want politicians across political parties to know that there is overwhelming support for more nurses and valuing nurses.

Call to Action:


A functioning health system is vital for everyone in Aotearoa. Our health system is in crisis. People are not getting the health care they deserve due to a massive shortage of nurses and other health care workers across all areas of health. Even worse, the nurses we do have are not properly valued for the amazing work they do. This election, we're calling on political parties to commit to more nurses and better pay. Come and join us in this call at your local rally.

Maranga Mai! Rise up! We Need Nurses! Saturday April 15th 11-2.

The petition:

On 15th April a national petition will be launched. This is a crucial part of our lobbying strategy is to engage with decision-makers and politicians in this pre-election period. Find more information [here](#)

FREE EDUCATION REMINDERS



Upcoming Webinars for 2023
Put them in your diary – All sessions 4 – 6pm
Registrations will Open 4 weeks prior to each Webinar

April 5 th	Hosted by NZSSD Guidance/ Research
June 7 th	Hosted by NZSSD Technology
July 5 th	Hosted by Youth and Young Adult Special Interest Group
August 2 nd	Hosted by High Risk Foot Special Interest Group
September 6 th	Hosted by Diabetes Dietitians Special Interest Group Bariatric Surgery
October 4 th	Hosted by Diabetes in Pregnancy Special Interest Group
November 1 st	Hosted by Primary Care Special Interest Group and Aotearoa College of Diabetes Nurses

Are there topics you would like webinars on? Please be in touch:
nzssdstudysessions@gmail.com

NZSSD STUDY SESSION WEBINARS – Delivered for NZSSD members

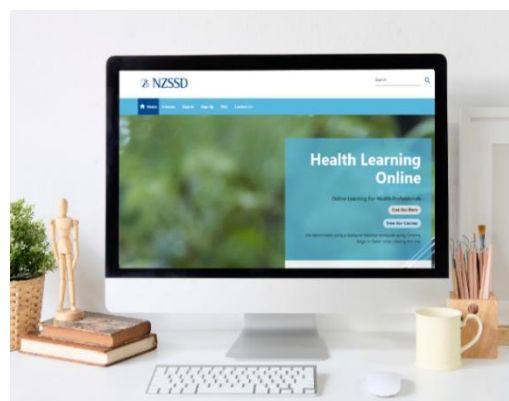
These webinars initially were introduced in place of SIG study days in 2021, however thanks to their success have continued to be delivered for NZSSD members throughout 2022. Remember to register for these study sessions as you can watch back if you are unable to attend the session live, and if you are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

Advanced Diabetes Management Course – University of Waikato, Dr Ryan Paul

This free, online diabetes teaching program led by Dr Ryan Paul is delivered via a combination of webinars and mentoring sessions. The course was rolled out over the Midland region between Waikato University, Hauraki PHO, Pinnacle PHO, and National Hauora Coalition with great success in 2022. We look forward to seeing the program reach GPs, GP registrars, Pharmacists, Nurses and other allied health professionals work in diabetes throughout Aotearoa.

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.



ADVANCED DIABETES MANAGEMENT COURSE - [REGISTER HERE](#)



NZSSD & University of Waikato

PRESENTS

ADVANCED DIABETES MANAGEMENT COURSE



with support from Aotearoa Diabetes Collective



FREE Online programme held over 20 weeks

This course is targeted for GPs, Nurses, Pharmacists, Dietitians, Podiatrists and other allied health who have a foundation knowledge of diabetes management but health professionals are welcome

8x Weekly 30 minute webinars

Updates on all aspects of diabetes care, recommended management & insulin algorithms, use of Empagliflozin, Dulaglutide and Liraglutide
Changes in management of complications & sick day management

8x Weekly 30 minute case discussion / mentoring sessions

Small group discussions with specialist advice at a time that suits you
Bring current case studies and practice scenarios

[REGISTER HERE](#)

<https://www.aotearoadiabetescollective.org.nz/advanced-diabetes-management-course/>



Dr Ryan Paul
Endocrinologist

Endorsements



*Applying for RNZCGP & PSNZ CME

Proudly supported by



FREESTYLE LIBRE 2

Summary

A quick summary of the Freestyle Libre 2 which has recently landed in Aotearoa. The Libre 2 system is set to phase out the original Freestyle Libre.

The key differences between the two systems are;

- Optional alarms for High and Low glucose levels.
- Higher MARD meaning no need to finger prick to check accuracy and you can safely make insulin dosing decisions from the libre reading.

Alarms:

Remind patients that these alarms are **not** predictive of high or low glucose levels but will alert them the minute their glucose is below or above the set point.

It is recommended to set the low glucose level alarm to be above clinical or symptomatic hypoglycaemia in order to maximise the alarm function and prevent hypoglycaemia. Remember the Libre measures interstitial glucose every minute (not every 5 minutes like with many CGMs that offer predictive low/high alarms). This means if you set your low alarm at say 4.5mmol/L the user will get an alarm as soon as their glucose reaches 4.4mmol/L.

Upgrading to Libre 2:

Upgrading to the Libre 2 system. Remind your patients that their old Libre reader will not be compatible with the Freestyle Libre 2 sensors. They will either need to use the Librelink app, or purchase a new reader (these are navy blue).

My Interact:

There are updated resources available on my interact for the Libre 2. There is an updated tips and tricks book which has a huge amount of detail about the system.



The advertisement features a woman in a blue and white polo shirt sitting on a boat, looking at a smartphone. A circular graphic on her arm shows a glucose reading of 6.2 mmol/L. To the right, a smartphone displays the Libre 2 app interface with a large '6.2' reading and a trend graph. The background shows other people on the boat. The text 'FreeStyle Libre 2' is written in yellow in the top right corner.

Glucose management doesn't have to be rocket science.

Upgrade to FreeStyle Libre 2 today.

0800 106 100
FreeStyle Libre Customer Care

FreeStyleLibre.co.nz

Abbott
life. to the fullest.

The FreeStyle Libre Flash Glucose Monitoring System and the FreeStyle Libre 2 Flash Glucose Monitoring system is indicated for measuring interstitial fluid glucose levels in people (aged 4 and older) with insulin-dependent diabetes. The indication for children (age 4 – 17) is limited to those who are supervised by a caregiver who is at least 18 years of age. Always read the instructions for use. The system must not be used with automated insulin dosing (AID) systems, including closed-loop and insulin suspend systems. The sensor must be removed prior to Magnetic Resonance Imaging (MRI).

FreeStyle, Libre, and related brand marks are marks of Abbott. Information contained herein is for distribution outside of the USA only. Medray New Zealand, 53-55 Paul Matthews Road, Albany, Auckland 0632. www.medray.co.nz. NZBN 9429041039915. ADC-64554 V1.0

PROFESSIONAL DEVELOPMENT GRANTS – LOW UPTAKE

ACDN Committee

We only received one professional development grant application for the round ending in February 2023. This is a reminder that there is money available for your professional development or to support the costs of accreditation. We strongly encourage members to apply for the next round – make the most of it team.

PROFESSIONAL DEVELOPMENT GRANTS



The next grant round closing dates:



July 31st at 1600

Grants are considered twice yearly (two rounds of \$3,000) which can be awarded for diabetes related education to advance your knowledge base. Up to \$750 can be awarded for workshops, study days, conference, seminars, PG study, or up to \$100 for ACDN accreditation applications per applicant.

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

NZNO COLLEGES AND SECTION STUDY DAY MARCH 16th, 2023

Bobbie Milne, ACDN Chair

I attended the college and sections study day. We presented this about Aotearoa College of Diabetes Nurse (ACDN)

- Represented by committee consisting of diabetes nurse specialist and nurse practitioners working in diabetes both for primary and secondary care
- Member numbers are approximately 388
 - Representing nurses who work in diabetes either as a primary focus or part of their role across the continuum of care from paediatrics, diabetes in pregnancy, specialist foot clinics, primary care clinics, across the lifespan and reviewing patients admitted with diabetes
- An accreditation process twice a year where our assessors mark portfolios using the National Diabetes Knowledge and Skills framework
- Quarterly newsletter
- Annual study day attached to the National diabetes conference (NZSSD)
- Webinars which are run nationally – NZSSD and ACDN
- National on line education program which we have contributed to

- Members also run additional education study days or sessions on diabetes or for PHO's
- A success
 - Managed to survive during the challenge of COVID
 - Prescribing for patients made easier with electronic prescriptions
 - Telehealth/telephone contact with patients made easier to be flexible and available for patients
 - With NZSSD provided education via webinars whilst unable to hold face to face study days
 - New medications for diabetes available on special authority that Diabetes prescribers are able to prescribe
- A challenge
 - Technology was also a challenge – maintaining service despite deployment and getting to grips with the technology
 - Maintaining committee at full strength and representing diversity
- Future Aspiration
 - Participating with NZSSD to role out education for health professionals on line to manage diabetes with live forums to discuss cases – has been piloted in Waikato and the aim is to make this available nationwide
 - Set up own web page so that can be more responsive
 - Set up closed face book group

Many other colleges and sections presented information about their work – reviewing the successes, the challenges and what they wanted for the future. Many were working on their own knowledge and skills frameworks.

The emphasis on the study days was about their new campaign of Maranga Mai but instead of trying to do it all, there was a focus on the 5 fixes – Actualising Te Tiriti within and across the health system, trying to fix the numbers of trained and qualified nurses across the health service right now, fix pay and conditions so that they are equal, meeting nurses values and expectations where ever they are working, fix the numbers of nurses training so that they meet current and future needs and fix the numbers of Māori and Pacific nurses to meet the need. So with regard to the colleges and sections – what is it that we can do to work on these issues and attract nurses so working on career pathways to make diabetes nursing something that a nurse would like to do. Certainly all speak with one voice and avoid dissent amongst ourselves. We certainly need to work on goals that reduce health inequities. There is a stand up rally 15th April for us to show our support – more information about this will be coming out. Certainly support education of nurses in the management of diabetes by holding study days, symposia, conferences and giving scholarships to support members attending these learning experiences and grow the skills of our colleagues. Have a voice that demonstrates what it is that we add or can bring. Be involved with other committees so that our voice is not lost. The suggestion is that we act as agents of change to meet the needs of the community and work differently to meet the new demands of the health service. So be the change we want to see.



ACCREDITATION NEWS

Amanda De Hoop, ACDN Accreditation Coordinator

We currently have 48 accredited nurses - 38 Specialist RNs, 9 Specialist NPs, and 3 Proficient RNs. From the October 2022 round, I would like to congratulate Julie-Anne Taylor (Hamilton) for being awarded proficient RN accreditation, along with Navjot Kaur (Counties Manukau) and Heather Campbell (Capital Coast) for being awarded specialist RN accreditation, and Bryan Gibbison (Waikato) and Vickie Corbett (Waikato) for being awarded specialist NP accreditation as mentioned in the December newsletter.

The next accreditation round will have closed (3 March) by the time this newsletter is sent, so we will begin looking to the round closing 4th of August. All required documents are available on the [ACDN website](#) and should be used over previously saved old application forms. Reminder there are [grants available](#) of \$100 to go towards fees for an accreditation application.

ASSESSORS

Many thanks to our current assessors: Bryan Gibbison and from Waikato, 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.

I look forward to catching up with some of you in May at the NZSSD ASM.

Amanda de Hoop
Coordinator - ACDN (NZNO) Accreditation Programme
Nurse Practitioner – Midcentral, Te Whatu Ora
Email: amanda.dehoop@midcentraldhb.govt.nz

NEXT ACCREDITATION ROUND

The next accreditation round:
opens July 7th, 2023 and closes at midday August 4th 2023.

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](#)

With thanks to our sponsors

