FOCUS ON

DIABETES

phn MURRAY
An Australian Government Initiative

Diabetes is a chronic condition characterised by high levels of blood glucose and is often associated with other chronic conditions, including cardiovascular disease and chronic kidney disease.

The impact of diabetes can be reduced through diabetes prevention activities and better support for people living with diabetes, improving health outcomes, and reducing long-term complications.

Substantial progress has been made over many decades in improving the treatment and management of Australians living with diabetes and the prevention of new onset diabetes.

Incidence and prevalence rates have been falling for type 2 diabetes, new treatments have improved outcomes for people living with diabetes and some risk factors for developing diabetes have improved. However, the continued large impact of diabetes on the health system makes it an important condition to target for continued monitoring and intervention. – Australian Institute of Health and Welfare 2022

One of the most common chronic diseases in the Murray PHN region is diabetes. Diabetes Type 1 is more common in Mildura, Moira and Mount Alexander local government areas (LGAs), while Type 2 is more common in Gannawarra, Mitchell, Swan Hill and Wodonga, and less common in Indigo LGA.
Murray Health Report: health in our region (October 2021)

Doctor diagnosed diabetes indicators for the Murray PHN adult population %

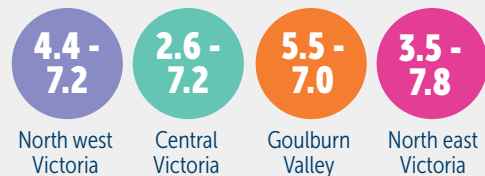TYPE **1**

N/A - 1.2	N/A- 1.9	N/A - 1.9	N/A - 0.8
North west Victoria	Central Victoria	Goulburn Valley	North east Victoria

All Victoria - 0.8

TYPE **2**

4.4 - 7.2	2.6 - 7.2	5.5 - 7.0	3.5 - 7.8
North west Victoria	Central Victoria	Goulburn Valley	North east Victoria

All Victoria - 5.5

Diabetes Quality Improvement Toolkit – Brisbane South PHN	• BSPHN – Diabetes Quality Improvement Toolkit	
Change Idea templates	Change Idea templates help to identify focus areas for quality improvement activities using practice data. Your Quality Improvement Consultant can assist in identifying change ideas for your practice.	• Pre-diabetes management • Diabetes coding and best practice guideline management
PDSAs - Quality Improvement	Plan-Do-Study-Act (PDSA) cycles provide a framework to help develop, manage, and test quality improvement activities identified in change idea templates. Your Quality Improvement Consultant can assist in developing your PDSA templates.	

Murray HealthPathways	Murray HealthPathways aims to guide best-practice assessment and management of common medical conditions, including when and where to refer patients, with guidance on what information is needed.	• Diabetes **Newly updated HealthPathways** • Self-Monitoring Blood Glucose (SMBG) updated January 2023 • Medications in Diabetes updated September 2022 • Hyperglycaemia and Corticosteroids updated September 2022 • Screening in Diabetes updated September 2022 • Newly Diagnosed Type 2 Diabetes updated September 2022
Elearning	• National Diabetes Services Scheme (NDSS) – Online learning for Health Professionals • National Diabetes Services Scheme (NDSS) – Aboriginal and Torres Strait Islander health – diabetes e-Learning • A free online course delivered by The Benchmarque Group– Foundations of Chronic Disease	
Additional resources	• Chronic Disease Management and MBS numbers webinar - VTPHNA • Diabetes Australia • National Diabetes Services Scheme (NDSS) • Diabetes Victoria **Juvenile Diabetes** • JDRF • JDRF – Education and Guides **Gestational Diabetes** • NDSS – Gestational Diabetes: caring for yourself and your baby • Baker Institute – Gestational Diabetes Fact Sheet **First Nations resources** Diabetes Australia – Aboriginal and Torres Strait Islander resources	
MBS Items	• MBS items for Chronic Disease Management • MBS Items in Aboriginal and Torres Strait Islander health care • Guide to MBS Items – Murray HealthPathways	
Pen CS – CAT4 Recipes	CAT4 recipes are designed to give new and experienced users a simple step-by-step guide to a particular problem or question.	• CAT4 Recipes - PenCS Help

PHN Exchange Reports	PHN Exchange provides a visual analysis for general practice specific data analytics. These are benchmarked against all Murray PHN data sharing practices. See how your practice is tracking: **PIP QI** • QIM01 Diabetes – Patients with diabetes with a current HbA1c result • QIM05 Influenza Diabetes – Patients with diabetes who were immunised against influenza in the previous 15 months • QIM10 Diabetes BP – Patients with diabetes with a blood pressure result in the previous 6 months **Diabetes Trend** • Active diabetic patients with blood pressure recorded • Active diabetic patients with cholesterol recorded • Active diabetic patients with HbA1c recorded • Active diabetic patients with smoking recorded • Active diabetic patients with waist recorded **Disease Prevalence** • Diabetes Type II • Diabetes Type I • Undefined Diabetes	• PHN Exchange
Pen CS – CAT4 Recipes	CAT4 recipes are designed to give new and experienced users a simple step-by-step guide to a particular problem or question.	• CAT4 Recipes - PenCS Help
Health Promotion Events	• March - Jump for JDRF • Juvenile Diabetes events	

For further information or support please contact your local Quality Improvement Consultant, email: gpsupport@murrayphn.org.au or visit the general practice support page on our website