**DIABETES**


This document has been peer-reviewed by Fellows of the RACP to help you find high quality CPD resources on diabetes. Resources are categorised by type:

1. Key organisations & websites
2. Webcasts
3. Courses
4. Tools
5. Key journals
6. Recommended reading

**Professional development – Diabetes**

On World Health Day 2016, The World Health Organisation (WHO) called for ‘global action to halt rise in and improve care for people with diabetes’. WHO estimates that the number of people living with diabetes has almost quadrupled since 1980 to 422 million adults. It now causes approximately 1.5 million deaths annually and significant morbidity related to blindness, kidney failure, lower limb amputations, heart attacks, strokes and other long term consequences. Prevention through good management, education, lifestyle changes, regular screening and effective treatment are vital in dealing with the disease.

This document includes information on:

- Key organisations and support groups for health professionals and patients
- Some of the current research in identification, prevention and management
- Strategies, policies, programs and recommendations to slow down this epidemic
- Witness accounts by health professionals and patients on the daily management of diabetes

**Short on time? Try this:**

- Watch a video on Understanding Type 1 Diabetes
- Watch a video on obesity and diabetes
- Listen to a podcast on risk factors, research and treatments

**SEND US YOUR FEEDBACK:**

RACP curated collections are managed by the Learning Support Unit, based on the contributions and peer review of Fellows of the College and other experts.

We thank Professor Creswell Eastman, Dr Robert Schmidli, Associate Professor Warrick Inder and Dr Jacqueline Hewitt for their contributions to this page.

Tell us what you think about this page and make suggestions for improvement by emailing myresources@racp.edu.au.
Key organisations & websites

Useful as a starting point and overview of current work in this area

CPD TIP: Keep notes on your activities on these sites to claim CPD points in Category 6 (1 credit/hr)

Specialty Societies:
- Australian Diabetes Society
- Australasian Diabetes in Pregnancy Society
- Endocrine Society of Australia
- New Zealand Society for the Study of Diabetes
- New Zealand Society of Endocrinology
- Australian Paediatric Endocrine Group

Each Specialty Society website provides comprehensive resources and publications. They also include links to research, policies, events, professional development and membership.

Diabetes Australia
This website provides a wide range of tools, research and education programs for the identification, prevention and management of diabetes. The website also offers awareness videos and links to prevention and lifestyle programs, including the Life Program, Get Healthy, COACH and DAFNE.

Australian Diabetes Educators Association - ADEA
The ADEA promotes evidenced-based, best practice diabetes education. They focus on patient-centred care and provide resources for health professionals and patients on diverse topics such as health literacy, fitness to drive and disaster planning.

The Australian Centre for Behavioural Research in Diabetes
This is the first national research centre dedicated to investigating the behavioural, psychological and social aspects of diabetes. Current topics of investigation include stigma, messaging in diabetes campaigns, youth transition and mental health.

Baker IDI Heart and Diabetes Institute
Baker IDI Heart and Diabetes Institute’s work extends from the laboratory to wide-scale community studies with a focus on diagnosis, prevention and treatment of diabetes and cardiovascular disease.

Australian Indigenous Health InfoNet
Diabetes is a very important health problem for Indigenous peoples across Australia. This HealthInfoNet section provides reviews, policies, health promotion and practice resources.

National Diabetes Services Scheme (NDSS)
This scheme aims at improving the lives of people living with diabetes by helping them understand the disease and self-manage their life. The website provides information on diabetes services and products in Australia.

Ministry of Health New Zealand
This website includes a wide range of resources to health professionals on diabetes management and other diabetes-related information.

World Health Organisation (WHO)
International Society for Pediatric and Adolescent Diabetes (ISPAD)
ISPAD is a professional organization whose aims are to promote clinical and basic science, research, education and advocacy in childhood and adolescent diabetes.

American Diabetes Association
This website publishes comprehensive information on diabetes and related topics. It provides engaging talks and compelling presentations on research, treatment and care. It includes e-learning courses, policy documents and tools to teach prevention, risks reduction and health, lifestyle and wellness promotion.

D-Net – The International Diabetes Federation
D-Net is an international online network of health professionals in diabetes care and prevention worldwide. Members aim at improving their practice and learn more about the condition by connecting with other professionals internationally.

The International Diabetes Association (IDF)
This umbrella organization provides a global view on diabetes as it represents the interest of diabetes sufferers and those at risk worldwide. Its activities aim to influence policies, increase public awareness, encourage health improvement, and promote the exchange of high-quality information and education programs. It publishes materials in different languages and provides various global statistics through its diabetes atlas.

2 Webcasts
Useful for brief overviews of topics and recent developments

CPD TIP: Keep notes on the activities you watch to claim CPD points in Category 6 (1 credit/hr)

Garvan Institute Seminar Series
- About Type 2 Diabetes – A/Prof Jerry Greenfield.
- Type 1 Diabetes and Islet Transplantation – Professor Jenny Gunton
- Updates on Diet and Metabolic Disease – What Should I Eat? – Dr Dorit Samocha-Bonet
- Treating Diabetes and Obesity through Brown Fat – Dr Paul Lee

Rural Health Education Foundation
This is a four part series on Type 2 diabetes. A panel of experts discusses guidelines, early diagnosis, prevention measures, interventions, treatments and case studies:
- T2DM: Primary Prevention, Case Detection and Diagnosis
- T2DM: Diabetic Retinopathy, Chronic Kidney Disease
- T2DM: Diabetes and Indigenous Australians
- T2DM: Blood Glucose Control, Patient Education in Type 2 Diabetes

University of California Television: Diabetes Series
This series from the University of California is on diabetes research, risks, prevention and treatment. Of particular interest are:
- Obesity and Diabetes: Twin Epidemics of the 21st Century - Dr Robert Baron
- Prevention of Type 1 Diabetes with Vitamin D and Sunshine - Dr Edward Gorham
- Sleep Disturbances, Obesity and Type 2 Diabetes: Interacting Epidemics – Prof Eva Van Cauter
- Eye Disease: An Avoidable Complication of Diabetes – Dr Daniel M. Schwartz

British Medical Journal (BMJ)
This webinar on Type 2 diabetes in adults includes discussions on epidemiology, cardiovascular risk factors, hyperglycaemia, prevention and emerging treatments.
University of Oxford
This series of podcasts and videos covers diverse topics including genomics, genetics, personalised treatment, young adults and obesity.

3 EVENTS and COURSES
Useful for in depth, structured learning

CPD TIP: Keep certificates and notes from courses to claim CPD points in Category 4 (3 credits/hr)

Specialty Societies, institutes and associations
The organisations listed in section 1 offer professional development seminars, workshops and educational programs year round. Their websites also advertise many national and international up-coming events.

Diabetes Australia
Diabetes Australia offers a variety of free and fee-charged e-learning courses to health professionals.

Coursera On-line Lectures
UCSF and Coursera present a series of lectures on diabetes current research, management and therapies.

4 TOOLS
Useful for implementing what you have learned in your daily practice

CPD TIP: Keep documentation from audits to claim CPD points in Category 5 (3 credits/hr)

Australian Type 2 diabetes risk assessment tool (AUSDRISK) – The Department of Health
This tool includes a short list of questions to help both health professionals and consumers assess the risk of developing type 2 diabetes over the next five years.

Best Practice Guidelines – Diabetes Australia
These best-practice guidelines for the prevention, diagnosis and management of diabetes have been developed for health professionals by medical experts and researchers.

Australian Absolute Cardiovascular Disease Risk Calculator – National Vascular Disease Prevention Alliance and NZ Cardiovascular Risk Calculator – National Prescribing Service Limited
These are important tools to support clinicians in decision-making.

Prevention, Identification and Management of Foot Complications in Diabetes - The George Institute, Baker IDI & AHTA
This guideline outlines best practice to prevent, identify and manage foot complications in adults with diabetes. For additional information, refer to this useful clinical summary or power point presentation.

Quality Standards for Diabetes Care Toolkit – NZ Ministry of Health
This toolkit provides information and resources to support service planning and delivery.

Assessing Fitness to drive for Commercial and Private Vehicle Drivers – medical standards for licensing and clinical management guidelines March 2012 as amended up to 30 June 2014 – Austroads and National Transport Commission
This resource aims to assist health professionals in their assessment of a patient’s ‘fitness to drive’ for licensing purpose.
I'm considering an Insulin Pump – Information for people with type 1 diabetes – Diabetes Australia Queensland
This publication is designed to answer the concerns of sufferers of Type 1 Diabetes regarding insulin pump therapy. It could be a useful tool to assist a patient.

KEY JOURNALS
Useful for keeping up to date with research and finding out more on specific topics

CPD TIP: Keep notes on what you read to claim CPD points in Category 6 (1 credit/hr)

Diabetic Medicine
The material in this peer-reviewed journal delivers comprehensive content on all aspects of diabetes mellitus. Research articles, reviews, reports, editorials, comment, news and correspondence aim to provide a forum for clinicians, health professionals and researchers worldwide.

Diabetologia
This monthly peer-reviewed medical journal focuses on clinical and experimental research within the field of diabetes.

ADA Diabetes Care
Diabetes Care is a journal for practitioners. Its intent is to increase knowledge, stimulate research, and promote better management of people with diabetes.

ADA Clinical Diabetes
This journal provides primary care providers and all clinicians involved in the care of people with diabetes with information on advances and state-of-the-art care for people with diabetes.

Diabetes Management – Future Medicine
This journal presents current research, analysis and commentary on the battle with Type 1 and Type II diabetes.

Diabetes Voice
Diabetes Voice is an on-line journal published by the International Diabetes Federation covering a range of diabetes related topics.

The Lancet Diabetes and Endocrinology
This peer-reviewed journal publishes essential clinical research and expert opinions on all aspects of endocrinology, diabetes, metabolism, obesity and other related medical fields.

Diabetes.diabetesjournals.org
This leading peer-reviewed journal focuses on basic and clinical research on the physiology and pathophysiology of the disease and its complications.

Nature Reviews Endocrinology
This long standing, high quality journal delivers comprehensive articles and reviews in the field of endocrinology.

Diabetes Research and Clinical Practice
The aims of this journal are to provide high-quality original research articles, expert reviews and the dissemination of knowledge and discussion of topics related to diabetes and related conditions.

The New England Journal of Medicine
This weekly medical journal covers authoritative research articles on a wide range of topics.
**RECOMMENDED READING**

*Useful for keeping up to date with research and finding out more on specific topics*

**CPD TIP:** Keep notes on what you read to claim CPD points in Category 6 (1 credit/hr)

**Australian Institute of Health and Welfare (AIHW)** offers a range of publications and statistics on the state of diabetes in Australia.

**The Australian Diabetes, Obesity and Lifestyle Study** - Baker IDI
This is the first national longitudinal population-based study established to examine the prevalence of diabetes and its complications, as well as heart disease and kidney disease.

**Diabetes and Disability** – Australian Institute of Health and Welfare
This report explores the association between diabetes and disability—comprising of impairments, activity limitations and participation restrictions—and its comorbidities.

**Diabetes and Poor Mental Health and Wellbeing** – Australian Institute of Health and Welfare
This report explores the association between the prevalence of diabetes, poor health and well-being in Australian population.

**Diabetes and Climate Change** – International Diabetes Federation
This report aims to outline the interconnections between climate change and diabetes, establishes the co-benefits of combating two global risks in an integrated policy agenda and informs the global discussion on health and sustainable development.

**Australian National Diabetes Strategy 2016–2020** – Department of Health
This strategy outlines Australia’s national response to diabetes and informs how existing health care resources can be better coordinated and targeted across all levels.

**Managing Older People with Type 2 Diabetes** – Global Guidelines – International Diabetes Federation
This guideline focuses on the management and prevention of Diabetes Type 2 in older people.

**Diabetes among Young Australians** - Australian Institute of Health and Welfare
This report explores how young Australians (aged 0–30 years) with diabetes are managing their condition, use health services, and the diabetes-related morbidity and mortality that they experience.

**Incidence of Type 1 Diabetes in Australia 2000–2013** – Australian Institute of Health and Welfare
This report provides a summary of the latest available information on incidence (new cases) of type 1 diabetes in Australia.

**Ethnicity and Type 2 Diabetes in Pacific Island Adults in New Zealand** – International Journal of Diabetes and Clinical Research
The review looks at the ethnic characteristics of type 2 diabetes in Pacific Island populations in New Zealand.

**Clinical Features and Treatment of Maturity Onset Diabetes of the Young (MODY)** – Gardner, D., & Tai, ES
This article focuses on the features of the most common forms of MODY, concentrating on patients presenting with young onset diabetes, as well as exploring treatment options.
Talking Diabetes Fact Sheets - Diabetes ACT
This is a series of information resources covering a range of diabetes related topics and may be useful for patient education.

Guidance on the Management of Type 2 Diabetes 2011 – Ministry of Health – NZ
This resource has been developed to assist with the early identification of people with diabetes at high risk of complications. It also provides information on how to set treatment targets, manage raised blood pressure and microalbuminuria and improve glycaemic control.

Bariatric Surgical and Procedural Interventions in the Treatment of Obese Patients with Type 2 Diabetes – International Diabetes Federation
This position statement produced by the IDF provides valuable information on bariatric surgical and procedural interventions in the treatment of obese patients with Type 2 Diabetes.