

WELCOME!

We are pleased to bring you the 3rd issue of the **DCPNS Bulletin**. The **Bulletin** replaces the DCPNS newsletter (*Diabetes Care in Nova Scotia*) that was produced routinely from 1992 to 2014. We are excited to share with you some of the great work that is going on around the province and to update you on a number of DCPNS activities. As November is upon us, what better way to celebrate **Diabetes Month** than to profile this important work!

IN MEMORY...

As we write this bulletin, we would like to acknowledge and remember Zlatko Karlovic, DCPNS Director of Diabetes Surveillance. Zlatko passed away in early June following a short, but courageous, battle with cancer. When he went off in November of 2016, we never imagined that he would not be back. He loved Canada, he loved his work and the difference it was making for people with diabetes in NS, and he cherished the people he met and the relationships he built. He worked with DCPNS for 19 years, so you know that we continue to miss him daily. He is never far from our thoughts and always part of our conversations - "What would Zlatko say?"



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CURRENT PROJECTS

Moving on...with Diabetes Transition from Pediatric to Adult Care

Those of you who work with the youth/young adult population know that we completed the evaluation of the Transition Project Coordinator position and related activities early in 2017. With the positive feedback and obvious changes in practice to better meet the needs of transitioning youth, we were able to extend Natalie Sullivan's position to March 31, 2018. We continue to evaluate this transition-focused work and are currently looking at rates of successful transition to adult care - who stays connected to the healthcare system and specialty diabetes teams at 12 months and 24 months post transfer to adult care. Natalie continues to provide support to specialty teams (site visits and part of transition clinics); young people (via phone, in person, or by text/email); and families (through parent information sessions, during clinic visits, etc.). Communications have been focused on the introduction of a new Facebook page (@movingonwithdiabetes), texting capabilities (902-223-0067), and the ability to connect with clients from across the province using Skype/Lync (in conjunction with a clinic visit). Please connect directly with Natalie if you have questions related to her work (nataliejsullivan@dcpns.nshealth.ca). To view Natalie's most recent Bulletin, visit diabetescare.nshealth.ca.

Continued on the next page...

CURRENT PROJECTS CONT'D

Western Zone Long-Term Care and Diabetes Quality Initiative

The Western Zone Long-Term Care (LTC) and Diabetes Quality Initiative is modeled after the successful project in the former South Shore Health (under the guidance of Tina Witherall), where the DCPNS LTC Guidelines were moved upstream into Transitional Care/Alternate Level of Care beds/units. The current Western Zone project is now nearing completion (November 2017). Guided by an Advisory Group, with the DCPNS providing central coordination (through the hiring of Crystal MacNeil, PDt CDE in April), two areas in the Western Zone have been actively engaged (Yarmouth and Middleton). In these two areas, nursing and nutrition co-leads have led education sessions in Vets, Transitional Care, and Alternate Level of Care Units aimed at increasing awareness and understanding of the differing needs of older people with diabetes, specifically the frail elderly. In addition to the education sessions, the project has a strong evaluation framework included chart audits, pre and post education practice surveys, feedback on education sessions, and evaluation of the co-lead model and the processes used to initiate, implement, and complete the project. Three bulletins have been produced to date and can be accessed at: <http://diabetescare.nshealth.ca/events-initiatives/special-projects-partnerships/western-zone-diabetes-quality-initiative-2017>. These provide contact information for the site co-leads and Crystal as well as information on the Advisory Group and project status updates. The intent is to use this model and the earlier project to help guide provincial rollout of this important work.

Diabetes Specialty Services and Referral Pathways Committee

This committee met for the first time in June (Pediatrics, Pregnancy, and Complex Care [Adults with Type 2]). Smaller working groups have been formed from this group to help move forward with this important work. The purpose of the larger committee is to:

- Review specialty services as currently provided in Diabetes Centres throughout NSHA/IWK;
- Recommend a model for identifying and then supporting the delivery of specialty services, inclusive of referral pathways;
- Propose a future role for these specialty teams in the provision of optimal diabetes care in both community and acute care settings.

In the coming months, surveys will be distributed through the Diabetes Centre Managers to help in understanding the current landscape. The first survey to be released is related to pediatric care and services. The individual working groups will use the survey findings to help answer a series of questions and then make recommendations to address access, site location, team composition and supports, and future role. The work of this group will be routinely shared through the DCPNS website as well as periodic project updates via e-mail.

Nova Scotia Insulin Pump Program (NSIPP)

- Application and Medical Eligibility Forms have been revised and are accessible from the NSIPP website (<https://novascotia.ca/dhw/NSIPP/forms-and-resources.asp>).
- The formal outcomes evaluation of the program conducted by the DCPNS was completed earlier this summer, and we are awaiting guidance from the DHW on the process for release.
- The Annual Report has been completed by the NSIPP Coordinator; again waiting from DHW on the approval and release process.

Diabetes and Lower Extremity Amputation Report, 2017

Final editing is underway. The report will be released in November to correspond with Diabetes Month. Copies of the report will be available from the DCPNS and will also be placed on the website.

Institute for Healthcare Improvement (IHI) On-line Learning Modules

We are pleased to have 9-10 participants registered for 2017—a mixture of managers and diabetes educators. The self-learning package allows for participants to complete modules on their own, with periodically scheduled group conversations to share key learnings and insights. Module topics included, among others, Testing and Measuring Change with PDSA Cycles, Measurement Tools, Planning for Spread (from local to system-wide change), Team Work and Communication, etc. If interested in participating in 2018, please let Peggy know.

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IN DEVELOPMENT

Patient and Provider Resources

- **Patient handheld record.** To be generated from the Registry (pulling applicable data) upon discharge, or at any visit in support education and self-management.
- **Pregnancy Flow Sheet** (new format to meet Electronic Forms Repository requirements).
- **Revised quizzes for insulin pump candidates** (with the introduction of a new physical activity quiz).

DCPNS Registry (Information Management System)

- We will soon embark on project work to optimize use of the Registry as a quality platform. Work will focus on understanding current barriers to optimal use, the development of on-line training modules, and opportunities to improve outcomes and processes through quality initiatives.
- All new users of the Registry now benefit from mandatory training sessions that introduce the user to the overarching principals of the Registry, data entry/capture, and report functionality. Feedback has been very positive. If you feel you would benefit from a refresher, please let us know.

Diabetes Educator Program/Course

- This program is early in the planning stage and will be guided by a small working group. Modeled after the educator courses delivered in BC (through UBC) and Toronto, with just a few NS tweaks. The course will be offered in June 2018 to PHC Collaborative Team Members and those new to Diabetes Centre practice. As more detail becomes available, it will be posted to the website and provided via e-mail correspondence.

DCPNS Manuscript Submission

- Earlier this spring, the DCPNS submitted a manuscript in honor of its 25th anniversary (it was in the works in 2016, but just took a while to get to the finished product). It is titled *Diabetes Care Program of Nova Scotia—Celebrating Twenty-Five Years of Improving Diabetes Care in Nova Scotia* and has been accepted, proofed, and finalized for the next issue

of the **Canadian Journal of Diabetes Care**. Dr. Tan, the original Medical Director of the DCPNS, was a driving force behind its production.

Evaluation of the Diabetes and Acute Coronary Syndrome Initiative (a joint project of DCPNS and Cardiovascular Health Nova Scotia [CVHNS])

- Thanks to all programs who completed and returned this 2-question survey! If you have additional thoughts or insights on the impact/effectiveness of this initiative, they would be greatly appreciated. Please feel free to connect directly with Kathy Harrigan, CVHNS Consultant, at: Kathy.Harrigan@nshealth.ca.

DCPNS GRANTS 2017

Currently Underway and to be completed early 2018

- **Gestational Diabetes – Online Health Education Tools Meeting Cultural Competence.** Pregnancy and Diabetes Team, IWK Health Centre.

Key contact: Catherine Walsh, Pdt, CDE

- **Optimizing Self-Management of Diabetes and the Role of the Physiotherapist on an Interdisciplinary Chronic Disease Management Team.** Hants Health and Wellness Team, Hants Community Hospital, Central Zone.

Key contact: Bonnie Doyle, Wellness Facilitator – Physiotherapist

- **Evaluation of Shared Care Initiatives.** Diabetes Centre, Valley Regional Hospital, Western Zone

Key contact: Lisa deMolitor, MPH, Pdt, CDE

- **Identifying Food Insecurity in Diabetes Centre Clients and Resource Inventory of Community Resources within Kings County.** Diabetes Centre, Valley Regional Hospital, Western Zone.

Key contact: Anne McLaughlin, Pdt, CDE

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DCPNS WEBSITE

Abstracts:

You can find copies of the 3 abstracts and their posters that were prepared for the CSEM/CDA Professional Conference and Annual Meeting, held in Ottawa, ON, Oct. 26-29, 2016.

Two posters for the 2017 Conference will be added immediately following the conference, early in November.

Statistics (posted October 2017)

- Cumulative DCPNS Registry Cases as of March 31, 2017, Nova Scotia
- Cumulative 5-year Trend for DCPNS Registry Cases by Diabetes Type, as of March 31, 2017
- Nova Scotia Diabetes Centres (DCs) Statistical Profiles, Forms A and B (Provincial), 2016/17

Revised Materials

- *Insulin Dose Adjustment Policies and Guidelines Manual, 2016*: Section 4 Tables were updated in July 2017 and have been placed on the website. A couple of content pages also changed, so please make sure you place these in your copy of the manual to ensure you are working from the most recent version.

DATES TO REMEMBER

- Nov. 01, 2017** **Diabetes Canada, Diabetes Educator Day.** "In recognition of all the health care professionals who make such a big impact on people living with diabetes."
- Nov. 14, 2017** **World Diabetes Day.** This year's focus women and diabetes.
- Nov. 15, 2017** **DCPNS Diabetes Centre Grants (2018).** Call for Letters of Intent. Letters of Intent to be submitted by January 15, 2018. See the website for additional information (<http://diabetescare.nshealth.ca/events-initiatives/grants>).

- Nov. 24, 2017** **Atlantic Diabetes Summit, Moncton NB.** Hosted by Diabetes Canada and the NB Department of Health - invitations to healthcare leadership and clinical leads from each of the four provinces.
- Mar. 23, 2018** **DCPNS/Nova Scotia Insulin Pump Program (NSIPP) 4th Annual Pump Education Day,** open to NSIPP-approved Diabetes Centres' specialty teams including specialist physicians.

THINKING ABOUT DIABETES PRACTICE

Recommended Reading

1. Koivusalo SB, Rona K, Klemetti MM, et al. Gestational diabetes mellitus can be prevented by lifestyle intervention: the Finnish gestational diabetes prevention study (RADIEL). *Diabetes Care*. 2016;39(1):25-30.
2. Friis AM, Consedine NS, Johnson MH. Does kindness matter? Diabetes, depression, and self-compassion: a selective review and research agenda. *Diabetes Spectrum*. 2015;28(4):252-257.
3. American Diabetes Association. Strategies for improving care. Sec. 1. In Standards of Medical Care in Diabetes—2016. *Diabetes Care*. 2016;39(Suppl. 1):S6-S12. DOI: 10.2337/dc16-S004
4. de Boer IH, Bangalore S, Benetos A, et al. Diabetes and hypertension: A position statement by the American Diabetes Association. *Diabetes Care*. 2017;40(9):1273-1284.

THE END

