



Diabetes Care in Nova Scotia

DIABETES CARE PROGRAM OF NOVA SCOTIA BULLETIN

MAY 2016
VOLUME 1, ISSUE 2

Welcome!

Welcome to the second issue of the DCPNS Bulletin.

We are slightly delayed (originally scheduled for March) due to a number of pressing issues, including planning and delivery of the 2016 Provincial Conference **Changing Times... Changing Practice** and 25th Anniversary Awards, and completion of some key projects as outlined in this bulletin (e.g., insulin dose adjustment and triage/discharge criteria, development of a parent/caregiver education module, Registry enhancements, etc.)...

you get the picture.

But most important was the announcement in early February that the Provincial Programs would transition from the Department of Health and Wellness (DHW), some to the IWK Health Centre and others to the Nova Scotia Health Authority (NSHA).

This created a large amount of work in both areas— within the DHW, identifying and planning for continuation of our business; and at the NSHA, how and where we would be received.

The DCPNS now reports under the portfolio of the VP Integrated

Health Services Program Primary Health Care and Population Health, Tricia Cochrane, to the Senior Director of Primary Health Care and Chronic Disease Management, Lynn Edwards.

It is early days, as the transfer happened on April 1, and we are all just getting our feet wet.

We are in the midst of orientation— educating people about what we do and why, and DCPNS staff is learning more about the Primary Health Care world and our complementary areas of focus/interest.

Stay tuned!

In this issue...

Recent Projects...

- A look at what DCPNS staff has been working on for the past several months

Recent Events...

- New and exciting happenings in the world of diabetes care

Dates to Remember...

- Events and conferences coming in the next few months

Must Reads...

- Highlights from diabetes literature.

If you have an event you'd like shared with others, please contact DCPNS.



Dr. David Marsters (second from left), 2016 Dr. Allan Shlossberg award winner is pictured with Dr. Meng Tan (left), former DCPNS Clinical Advisor (1991-1996), Dr. Sonia Salisbury (second from right), former DCPNS Clinical Advisor (1996-2005) and Dr. Beth Cummings (right), current DCPNS Clinical Advisor. See inside for more about the conference and anniversary awards.

Recent Projects

Insulin Dose Adjustment Policies and Guidelines Manual, 2016

This revised version was released province-wide in February 2016 and can [now be found on the website](#). The exams (level 1 and specialty) have been revised to reflect the 2016 version.

Anyone writing the certification exam is now using the 2016 version and the corresponding exams.

Triage and Discharge Criteria, 2016

The criteria were circulated in early March, including a [FAQ](#) to address a number of questions

raised during the review of an earlier draft. These criteria are a starting place for engagement with both patients and referring physicians/NPs, formation of new partnerships, focused promotion of community programs/services, and collaboration across DCs.

[The criteria are available online](#). We encourage sites to be strategic in their implementation and to look at a means to evaluate the impact over time.

We are able to track discharge of patients through the Registry, and we are developing a discharge letter that can be generated from within the

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Recent projects

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Registry.

We are inviting feedback on the draft letter to be given to patients.

Other work continues to enhance the discharge process and materials including last visit information for the patient (similar to that included on the hand-held record), and the sharing of a tracking tool for use in Diabetes Centres. Stay tuned for a planned BOMGAR session to explain the Registry entry and the materials discussed above.

Transition From Pediatric to Adult Care

Exciting work here has resulted in the development of an information/education module for parents/caregivers of youth/young adults. Based on themes that emerged during interviews with 7 parents, a facilitator's guide with supporting slides and materials has been developed.

Intended to be delivered initially by the Transition Project Coordinator, Natalie Sullivan, the plan is that this facilitated discussion could be delivered by other health care providers or interested parents/caregivers.

The first pilot session is being planned for later this spring, with broader dissemination planned for the fall.

The My Blood Pressure Challenge

In partnership with Cardiovascular Health Nova Scotia and the Nova Scotia Renal Program, this challenge is in its 4th year. Kits have been ordered and a number of awareness events are currently underway.

DCPNS Registry—Advanced Indicator Report

We are about to launch this new report available to users of the DCPNS Registry.

The automated report will allow for up to 4 specific indicators to be selected at one time (a combination of A1C, eGFR, BP, etc).

BOMGAR sessions are being arranged to introduce the report and its key components to interested users.

Report Development

The Nova Scotia Diabetes Statistics Report, 2016 (derived from the Canadian Chronic Disease Surveillance System code for the NS 20+ population) will be available through the website and in limited supply as a hard copy by mid-June. Check the What's New link on the home page for information on availability. Figure 1, below, provides an overview of the crude prevalence rate of diabetes by Zone and former health authority.

Lower Extremity Amputation Report As reported at the Spring Conference, we have been reviewing this data to better understand the impact of past initiatives and to plan for future initiatives. This information will assist as we move forward with review/revision of existing foot assessment and care tools for providers and patients (planned for 2016/17).

DCPNS Website

You can now find copies of the [4 abstracts and posters](#) that were prepared for the 2015 International Diabetes Federation World Diabetes Congress, held in Vancouver

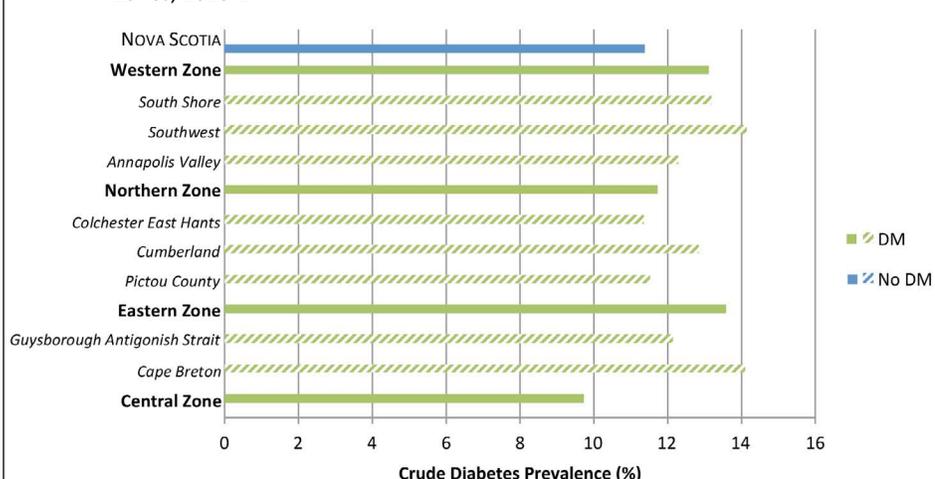
November 30 to December 4, 2015.

DCPNS 2016 Diabetes Centre Grants

The DCPNS was pleased to award a number of small 2016 grants to 7 successful applicants. Project names and project lead/NSHA Management Zone are noted below:

- Shortened Educational Group Program for Low-risk, Newly Diagnosed Type 2 Diabetes Patients- *Jennifer Mosher, Central Zone*
- Effective Dietitian and Nurse Practitioner Teams in Rural Diabetes Centres- *Cora Lee Joudrey, Central Zone*
- Diabetes Centre and Community Pharmacist Partnership Insulin Initiation- *Shawna Boudreau, Western Zone*
- Foot Care for Individuals with Diabetes Impacted by Health Determinants of Low Income and Social Vulnerability- *Audrey Sanson-Wells, Western Zone*
- Examining the Impact of Enhanced Provider Services and Education of DC Visit Patterns Among Transitioning Adolescents- *Melissa Lee-Ross, Eastern Zone*
- Impact of Diabetes Triage Guidelines for Discharge on Provider and Patient Experience- *Melissa Lee-Ross, Eastern Zone*
- Improving Diabetes Outcomes Through Collaborative Care Clinics- *Emily Harnish, Eastern Zone.*

Figure 1: Crude Diabetes Prevalence for the Population Aged 20+ in Nova Scotia and the Zones, 2013-14



Source: Nova Scotia Diabetes Statistics Report, 2016 (in press)

DCPNS contacts

- For more information about specific programs or projects, please contact the appropriate staff person.
- For general comments and inquiries call the DCPNS office at 902-473-3219.
- For a full list of DCPNS contacts, please visit the website.

Dates to remember

CDA/CSEM Professional Conference and Annual Meetings
October 26 to 29, 2016. Ottawa, Ontario. <http://www.diabetes.ca/clinical-practice-education/professional-conference-annual-meetings>

DCPNS/Nova Scotia Insulin Pump Program (NSIPP) 3rd Annual Pump Education Day...Pump Therapy 301
November (to be confirmed). For more information, please email info@dcpns.nshealth.ca.

Orientation to the DCPNS Advanced Indicator Report
Please register for information sessions to be offered late May and early June, 2016.

Release of the Nova Scotia Diabetes Statistics Report, 2016
The report will be available in mid-June 2016.

The Nova Scotia Renal Program announces provincial changes to aid in the identification, management and referral of patients with chronic kidney Disease (CKD)

June 27, 2016 is the go live date for the new reporting of eGFR using the Chronic Kidney Disease Epidemiology Equation (CKD-Epi). This allows for improved risk stratification and reporting of eGFRs up to 90 mL/min/1.732. Information will be provided directly to primary care offices and Diabetes Centres. For more information contact Cheryl.Stevenson-Gillis@nshealth.ca or call 902-473-1025.

THINKING ABOUT OUR DIABETES PRACTICE... MUST READS FROM THE LATEST LITERATURE

“Type 2 Diabetes: What after Metformin?” Over the next few months, the Academic Detailers from Dalhousie Continuing Professional Development, Faculty of Medicine, will be visiting primary care providers and discussing the topic “Type 2 Diabetes: What after Metformin.” They would like the opportunity to discuss this topic with other diabetes care providers, including diabetes educators working in Diabetes Centres/Chronic Disease Management Programs around the province. If you have not been contacted by the end of May, please send an email requesting a visit to isobel.fleming@dal.ca and arrangements will be made.

Recommended article from Shannan Grant, PhD. Liddy C, Johnston S, Nash K, Ward N, Irving H. **Health coaching in primary care: a feasibility model for diabetes care.** *BMC Family Practice.* 2014;15:60. Accessed May 2016: <http://bmcfampract.biomedcentral.com/articles/10.1186/1471-2296-15-60>

Zullig LL, Gekkad WF, Maoaddeb J, et al. **Improving diabetes medication adherence: successful, scalable interventions.** *Patient Prefer Adherence.* 2015;9:139-149. Accessed May 2016: <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC4315534/>

Armstrong MJ, Sigal RJ. **Exercise is medicine: key concepts in discussing physical activity with patients who have type 2 diabetes.** *Canadian Journal of Diabetes.* 2015;39(suppl 3):S129-S133.

Vallis M, Jones A, Pouwer F. **Managing hypoglycemia in diabetes may be more fear management than glucose management: a practical guide for diabetes care providers.** *Current Diabetes Reviews.* 2014;10(6):1-7.

Provincial Conference and 25th Anniversary Celebration

The DCPNS 2016 Provincial Conference was hosted April 21 and 22 at the Lord Nelson Hotel & Suites in Halifax. Titled **Changing Times... Changing Practice**, more than 25 presenters were asked to keep this lens in mind as they prepared their presentations.

The audience of approximately 150 were left with practice pearls that could be used to adjust their current approaches/practices to reflect these changing times.

The program and pdf versions of the presentation slides are available on the DCPNS website.

The change theme was reflected throughout the program: The Changing Health Care System; Driving Change with Data; Changing How We think about Practice (a number of brief reports were rolled under this heading throughout the conference); a symposium focused on Helping People Learn and Change; Medication Management in these Changing Times; etc.

As the conference corresponded with our 25th anniversary as Provincial Program, we included three specific 25th anniversary keynotes—one focused on the changing system (delivered by Dr. Lynne Harrigan), the second on changes in diabetes therapies, (delivered by Dr. Meng Tan) and the third on our changing population (delivered by Dr. Laurie Mallery)—all changes we need to work within.

Five 25th anniversary awards were presented.

The award winners were selected by a panel external to the DCPNS. [For information on each award, please visit our website.](#)

The 2016 award winners were:

- **Dr. Allan Shlossberg Award:** Dr. David Marsters, MD FRCPC, Internal Medicine Specialist, Valley Regional Hospital
- **Diabetes Educator of the Year:** Donna Keys, Pdt CDE, Dartmouth General Hospital Diabetes Management Centre
- **Excellence in Innovation Award:** Anne McLaughlin, Pdt CDE, Valley Regional Hospital, Diabetes Centre



Peggy Dunbar, DCPNS Program Manager (right) presents the award for Excellence in Community Reach & Partnerships to Audrey Sanson-Wells.

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More from our 25th Anniversary Celebration...

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- **Outstanding Service Award:** Nancy Price, RN CDE, Annapolis Community Health Centre, Diabetes Centre
- **Excellence in Community Reach & Partnerships:** Audrey Sanson-Wells, RN CDE, Valley Regional Hospital, Diabetes Centre

The **DCPNS Special Acknowledgement Awards** were presented internally to individuals who have given tirelessly to the DCPNS and diabetes through commitments such as Board/Advisory Council work and also through committee/working group memberships.

These contributions have ensured that the work of the DCPNS is grounded in reality, informed by best practice, and reflective of the Nova Scotia context.

It is through these awards we recognize leadership, commitment, and passion for

improving the lives of those living with, affected by, or at risk of developing diabetes.

Lifetime Achievement

This award is presented to those who provide strong and vibrant vision and guidance early and throughout the life (or many years) of the DCPNS.

- Dr. Beth Cummings
- Dr. Lynne Harrigan

Dedicated Leaders

This award is presented to those who provide significant years of service and support in an advisory role to the DCPNS.

- Dr. Jonathon Fowles
- Dr. Chris Shields
- Dr. Laurie Mallery
- Dr. Michael Vallis
- Dr. Thomas Ransom

Special Recognition Awards

These awards profile the commitment of individuals who have provided countless hours and energy to the work at hand.

- Wendie Christoff
- Tina Witherall
- Carrie Haggett
- Zlatko Karlovic



Dr. Beth Cummings (right) presents the Excellence in Innovation Award to Anne McLaughlin.



On April 20 and 21, DCPNS hosted the 2016 Provincial Conference and 25th Anniversary Celebration. Nearly 150 diabetes educators and health care professionals attended the two-day conference, which also included displays from conference sponsors, DCPNS and other resource providers.

DCPNS Staff Profile

Zlatko Karlovic, Director Diabetes Surveillance, DCPNS
Winner of the DCPNS Special Recognition Award, 2016

A little about Zlatko... Since 1998, the DCPNS has been fortunate to have Zlatko Karlovic call Nova Scotia and the DCPNS his home. He moved to Canada in 1995 and brings a European flare to his work. Zlatko works tirelessly to meet the needs of our stakeholders (Registry Users and those interested in our program). He welcomes the opportunity to speak with and meet new Registry users. Zlatko is also the Program's social convenor and will never miss an opportunity to have Program staff come together over a bite of food or a cup of coffee. In the summer of 2015 he even hosted a traditional pig roast for friends and colleagues. He and his team (Robin and Griselda) have built an information system intended to improve health outcomes for people with diabetes, to streamline data capture, and to help answer any question that might be asked about a patient population. Thank you Zlatko!