

Type 2 Diabetes

Consumer Information Package

This *Type 2 Diabetes Consumer Information Package* has been developed by Campaspe PCP in conjunction with clinicians from Echuca Regional Health, Kyabram and District Health Services, Rochester and Elmore District Health Service and Rich River Health Group. The aim of this project is to provide a consistent resource package of diabetes information to all consumers newly diagnosed with Type 2 diabetes within the Campaspe area. A consumer survey identified the need for consistent information for those newly diagnosed to avoid confusion and duplication.

The topics included within the package were clearly identified by the diabetes related clinicians and two web based sources provide easy access - clinicians can download these resources as they require using the links provided below. This allows access to the most recent versions of the information from credible sources. The web links are also available on the Campaspe PCP website <http://www.campaspepcp.com.au/icdm.php?page=links>.

The intention is that this resource can be used by any diabetes related service within Campaspe including GP practices. This resource is not designed to limit the information given to the individual. Clinicians are encouraged to use any other resources they think appropriate for consumers.

| Topic | Source of Resource |
|---|---|
| What is diabetes? | Baker IDI http://www.bakeridi.edu.au/Assets/Files/What%20is%20diabetes%20revised%20version.pdf |
| Healthy Eating | Baker IDI http://www.bakeridi.edu.au/Assets/Files/Healthy%20eating%20and%20type%202%20diabetes.pdf |
| Physical Activity | Diabetes Outreach http://www.diabetesoutreach.org.au/consumer/Exercise_Apr11.pdf |
| Monitoring/management | Diabetes Outreach http://www.diabetesoutreach.org.au/consumer/BGM_Aug2011_FINAL.pdf |
| Cycle of care | Diabetes Outreach http://www.diabetesoutreach.org.au/consumer/Long%20Term_Aug10.pdf |
| Foot care | Diabetes Outreach http://www.diabetesoutreach.org.au/consumer/Footcare_Lowrisk_May11.pdf |
| NDSS: National Diabetes Services Scheme | NDSS website http://www.ndss.com.au/ http://www.ndss.com.au/Documents/NDSS/NDSSForms/NDSSRegistrationForm.pdf |
| Vic Roads brochure | Order from VIC Roads Bookshop ph: 9854 2782 "Diabetes and Driving." |
| ATSI information | Diabetes Victoria http://www.diabetesvic.org.au/health-professionals/resources |

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Acknowledgements

This resource was developed by the Campaspe PCP with valuable input and support from a number of clinicians to whom the Campaspe PCP extend sincere thanks;

- Kristen Brown, Dietitian, Kyabram and District Health Services
- Lisa Farrant, Podiatrist, Rochester and Elmore District Health Service and Echuca Regional Health
- Norma Oliver, Credentialed Diabetes Educator, Echuca Regional Health
- Danielle Paterson, Dietitian, Rochester and Elmore District Health Service and Echuca Regional Health
- Wendy Pogue, Credentialed Diabetes Educator, Kyabram and District Health Service
- Leanne Rankin, Credentialed Diabetes Educator, Rochester and Elmore District Health Service and Integrated Chronic Disease Management Coordinator, Campaspe PCP
- Di Roberts, Chronic Disease Management Coordinator, Kyabram and District Health Services
- Donna Robertson, Credentialed Diabetes Educator Echuca Regional Health and Echuca Moama Family Medical Practice
- Heidi Williams, Credentialed Diabetes Educator Rich River Health Group

Also a special thankyou to the 18 consumers who undertook surveys.