

# Diabetes: December Update 2019

celebrating a year of hard work by everyone

Tui Parkwood has some stunning success stories of reducing HbA1c levels in people who previously did not make change. Their tips—building relationships, tenacity, quality education and poly pharmacy.

## **Education: Together we are learning.**

*21 Kaiāwhina came to our 2 day diabetes hui, 16 of our nurses came to the one day basic education hui and 12 to the proficient hui days. Three amazing pupils completed the level 700 WINTEC diabetes paper and a group attended the 2 evening sessions on oral meds and intensive insulin regimens.*

*Remember there is a 'Breakfast club' held in Hamilton once every 2 months and a level 800 diabetes paper for those who want to specialise.*

The freestyle Libre trial run is complete— whanau with the highest need were selected, used the Libre for 2 weeks with intensive support from the MWOK team. Three months later a drop in HbA1c of 14.7 mmols on average. Tino Pai!



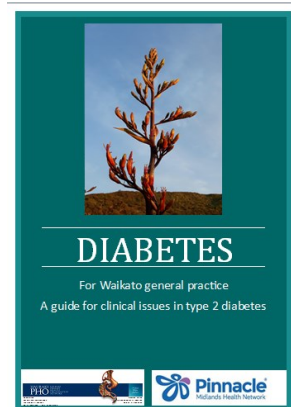
## **Collaborative work with DHB**

Raukura Hauora O Tainui Enderly staff ran an amazing community day with the DHB ensuring their vulnerable population received their retinal screening, podiatry review and annual screening all in one place on one day. It met the patients needs and a wise use of resource

Kimi Ora secured another year of funding at Te Kōhao and enjoy consistent success with whānau. Drops in BP, HbA1c and weight have made whānau healthier with a focus on healthy kai and increased activity.



**Every clinic has a Waikato diabetes manual with a focus on practical tips for general practice.**



*There are encouraging, and inspiring stories from all around the clinics. This is a snapshot of the fabulous work.*

*Te Korowai have a diabetes clinic once a month, their own dietitian and a plan to follow up every whanau member with an HbA1c over 80.*

## **Christmas tip —**

Āta whakaarohi te rahi o te kai. (watch the portion size)



"The first bite is with our eyes".

These plates contain the same amount of food.

***Keep up the great work everyone,  
2020 is going to be spectacular***



**Suzanne Moorhouse  
Diabetes Nurse Hauraki PHO  
0276086978**