



ADVANCED DIABETES MANAGEMENT COURSE

Key Links

[NZSSD Type 2 Guidelines](#) - [NZSSD management algorithm.pdf](#)

[Ministry of Health Eating & Activity Guidelines](#)

[Clinical calculators](#)

[Healthify](#)

[Diabetes NZ](#) - [Resources](#)

[NZ Formulary](#)

Studies:

[UKPDS - summary](#)

[DCTT - summary - 30 year follow up](#)

[EDIC - summary](#)

[DPP - summary](#)

Clinical resources

Diabetes and nutrition

Carbohydrate counting apps

- [Easy Diet Diary APK link](#)

- [Carbs & Cals](#)

Whole grains:

- [Heart UK](#)

Alcohol and Nutritional information

- [Alcohol calorie equivalent](#)

Mediterranean diet

- [Heart Foundation Med Diet](#)

- [Queensland Health Med Diet](#)

- [Healthify Med Diet](#)

- [Healthinfo Med Diet](#)

CVD Risk Reduction

- [DASH Diet](#)

- [Portfolio Diet](#)

Nutrition Guidelines/Recommendations

- [Healthy Eating Guidelines Aotearoa, New Zealand](#)



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- [European dietary recommendations for diabetes](#)
- [Denmark dietary guidelines](#) (great visual)

Plate Models

- [Canada Plate model](#)
- [Diabetes NZ Plate model](#)
- [Canada Plate model – Grain version](#)

Label Reading

- [Healthinfo](#)
- [Targets](#)
- [Heart Foundation Label reading](#)
- [Label reading wallet cards](#)

Diabetes and mental health

- [PHQ9 \(Depression screening tool\)](#)
- [GAD7 \(anxiety screening tool\)](#)
- [Diabetes Distress Screening Scale](#)
- [Diabetes Distress Patient handout \(Diabetes NZ\)](#)

Obstructive Sleep Apnoea

- [EPWORTH screening tool](#)

Resources for insulin management

- [How to use correction insulin](#)
- [5 golden rules injection technique](#)

Empagliflozin (Jardiance) resources

- [Healthify](#) - Pdf resources are now available in multiple languages
- [English](#) - [Te Reo](#) - [Tongan](#) - [Samoan](#) - [Hindi](#) - [Chinese \(simplified\)](#)
- [2023 Heart failure update - with management tables including SGLT2i use for HFrEF & HFpEF](#)
- [Sweet urine, bitter outcome: Empagliflozin and balanoposthitis - NZ Doctor article](#)

Sick day management

- [Sickday handout \(Te Whatu Ora\)](#)
- [Healthify sick day plan - Type 1 Diabetes](#)
- [Healthify sick day plan - Type 2 Diabetes](#)



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- [Diabetes NZ sick day info - Type 1 Diabetes](#)
- [Diabetes NZ Sick day info - Type 2 Diabetes](#)

Disability allowance application

- [Disability Allowance Guide for HCPs](#)
- [About the disability allowance](#)
- [Criteria for disability allowance](#)
- [Information for Medical & Nurse Practitioners](#)
- [Disability allowance application form for existing MSD clients](#)
- [Extra Help application form for non MSD clients](#)

Template letters:

- [Template support letter Freestyle Libre](#)
- [Template support letter Empagliflozin](#)

Blood glucose monitoring

- [Caresens blood glucose meters](#)
- [Caresens meter chart](#)
- [Example of Carsens meter chit \(for HCPs\)](#)
- [Smartlog software](#) (for HCP's PC/Mac)
- [Smartlog app](#) (for patient's phone)

How to order a glucose meter using Practitioners Supply Order (PSO) form

- [Example PSO form](#)
- [FAQ about PSO & how to order a PSO form](#)
- [Community Schedule - Dual Blood glucose & ketone meter](#) (Caresens Dual)
- [Community Schedule - Blood glucose meter](#) (Caresens N, Caresens NPOP or Caresens Premier)
- [Community Schedule - Blood glucose strips](#) (Caresens N or Caresens PRO)
- [Community Schedule - Blood ketone strips](#) (Ketosens)

Continuous glucose monitoring:

DEXCOM

- [Dexcom One+](#)
- [Dexcom G6](#)
- [Dexcom G7](#)
- [Dexcom Clarity \(cloud based software for care team\)](#)
- [Dexcom Kia ora Programme \(presentation for HCPs\)](#)

Information about a free user experience with Dexcom One+ will be available via email.



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FREESTYLE LIBRE

- [Freestyle Libre 2](#)
- [Libreview \(cloud based software for care team\)](#)
- [My Interact \(Freestyle Libre resources\)](#)
- [Mediray Rep contact details + how to request an HCP user experience with FS Libre 2](#)

Please contact your local rep to request a user experience training package with Freestyle Libre

AIDEX

- [Aidex Lite](#)
- [Pancraes \(cloud based software for care team\)](#)