

# Tasmania Clinical Services Referral Criteria

## REFERRAL CRITERIA

Referrals to Diabetes Australia – Tasmania clinical services can be made for adults aged 18 years and over with:

- Type 2 diabetes
- Pre-diabetes (impaired fasting glucose, impaired glucose tolerance)
- A high risk of diabetes (AUSDRISK score 12 or above)

[www.diabetesaustralia.com.au/risk-calculator](http://www.diabetesaustralia.com.au/risk-calculator).

Referrals can be made via the Tasmanian eReferral system, available via HealthLink Smart Forms in Medical Director and Best Practice or via the My HealthLink Portal. Our EDI is 'diabeaus'.\*

## DIETITIAN/DIABETES EDUCATOR APPOINTMENTS

Our diabetes educators and dietitians support patients with healthy eating, being active, taking medications as prescribed, blood glucose monitoring, injectables education, sick day management, reducing risk of diabetes complications, problem solving, travel and driving.

### Nurse practitioner appointments

If HbA1c is not at target, our nurse practitioner can commence treatment intensification, including a medication review, insulin commencement and injectable titration support.

### Diabetes social worker

Our social worker is available to support patients referred for diabetes support who are experiencing socio-economic barriers to diabetes self-management.

## SPECIALIST CARE

Patients who require specialist or ongoing/ lifelong care, including people with type 1 diabetes, or complex or young-onset type 2 diabetes, are best managed by an endocrinologist-led diabetes team at a tertiary centre. These include:

- Type 1 diabetes, or diabetes due to other causes such as steroid-induced diabetes
- Gestational diabetes, diabetes in pregnancy, or pregnancy planning
- Continuous glucose monitoring starts
- Patients who are unable to self-manage their diabetes, including patients in Residential Care

- Patients who have another active condition which impacts blood glucose levels, such as dialysis, pneumonia, cancer treatment or eating disorder.

### Specialist dietetic interventions

Sports nutrition, food chemical elimination diets, education on severe food allergies requiring an EpiPen require referral to a private dietitian with experience in these areas.

## TERTIARY DIABETES CENTRES

Referrals can be made to tertiary diabetes centres using the Tasmanian eReferral system, via HealthLink Smart Forms in Medical Director and Best Practice.

- ✓ **Royal Hobart Hospital Diabetes Centre**  
03 6166 8788
- ✓ **Launceston General Hospital Diabetes Centre**  
03 6777 4145
- ✓ **North West Regional Hospital Diabetes Centre**  
03 6493 6100

## OTHER FREE SERVICES AND PROGRAMS THAT WE OFFER

- We offer statewide face-to-face group programs for people living with all types of diabetes.
- Our telephone health coaching program, The COACH Program, is available for people living with, or at risk of heart disease or living with type 2 diabetes or at risk.

### Other diabetes support available

To find a private specialist dietitian, visit [member.dietitiansaustralia.org.au/faap](http://member.dietitiansaustralia.org.au/faap)

To find a private diabetes educator, visit [adea.com.au/find-a-cde](http://adea.com.au/find-a-cde)

For links to health professionals including endocrinologists, exercise physiologists, diabetes educators and dietitians visit the Tasmanian Health Directory [tashealthdirectory.com.au](http://tashealthdirectory.com.au).

\* Primary Health Care Providers who do not use Best Practice, Medical Director, Genie or Medtech 32 can contact HealthLink to get setup for the My HealthLink Portal. There is no charge for this. To get set up, simply visit [au.healthlink.net](http://au.healthlink.net) or call **1800 125 036**.

To learn how to use the My HealthLink Portal you can view this video [vimeo.com/652736316](https://vimeo.com/652736316).