

REFERRAL GUIDELINES

QH DIABETES SERVICES – SOUTHERN CLUSTER (SUNSHINE COAST & GYMPIE)

These guidelines have been produced by the department of Endocrinology and Diabetes at Nambour General Hospital. They are not based purely on statistical evidence but have been put together because at present the department is a small unit and has a limit to the number of patients that we can see. By producing these guidelines we hope to be able to help you to manage your most challenging patients.

TYPE 1 DIABETES	TYPE 2 DIABETES
<ul style="list-style-type: none"> • Newly diagnosed • Poorly controlled : HbA1c >8 % for 6 months or more • Recurrent severe, nocturnal or unexplained hypoglycaemia • BGL >16mmol/L and significant ketonuria: > +1 or blood ketones>1.5 • Associated autoimmune conditions (coeliac/inflammatory bowel disease) • Diabetic complications <ul style="list-style-type: none"> - Chronic Kidney Disease Stage 3 or worse - Autonomic Neuropathy (eg. Gastroparesis, significant postural hypotension) - High Risk Feet (foot ulcer, significant PVD, peripheral neuropathy and or Charcot's arthropathy) • Type 1 patients considering insulin pump therapy (CSII) • CSII therapy requiring advanced training eg competitive sports & T1 pumps with HbA1c <8% 	<ul style="list-style-type: none"> • Newly diagnosed* with <ul style="list-style-type: none"> - Symptomatic hyperglycaemia or BGL > 20 mmol/L - Thin/ normal build (Possible LADA – Latent Autoimmune Diabetes in Adults) - Ketonuria + 2 or greater • Poor glycaemic control for 6 months or more <ul style="list-style-type: none"> - On maximum oral agents and /or insulin therapy with HbA1c > 8 % - Recurrent severe, nocturnal or unexplained hypoglycaemia • Associated significant co-morbidities eg <ul style="list-style-type: none"> - Cardiac failure class 3 or worse - Renal failure (CKD Stage 3 or worse) - High Risk Feet** <p>NB : Suspected osteomyelitis may require admission</p> <ul style="list-style-type: none"> - Poorly controlled diabetes with significant mental health/cognitive problems - Need for medium to long term corticosteroid therapy

***Newly diagnosed Type 2 Diabetes without the above conditions please refer for Group Education**

**** High Risk Feet**

- Non-healing and active foot ulceration/ Infection (for last 4 weeks)
- Significant Peripheral Neuropathy +/- Charcot's arthropathy
- Significant Peripheral Vascular Disease
- Previous ulceration and above risk factors
- Previous lower limb amputation minor or major

DIABETES IN PREGNANCY

- GDM
- Type 1
- Type 2
- Pre-pregnancy counselling

Please arrange following investigations before referring your patients

**FBC
E, LFT's**

**Hb A1c
Vit B12**

**Lipid Panel
TSH**

Urine AER/ microalbumin

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If you have any queries in relation to referrals please contact the Manager, Diabetes Services, Southern Cluster on 5470 5088