



Australian Paediatric Society



14TH ANNUAL APS ISPAD DIABETES WORKSHOP EVENT PROGRAM

Reconnect, support, succeed!



CROWNE PLAZA SURFERS PARADISE AND VIRTUAL ONLINE - 28TH AND 29TH OCTOBER 2022

CONTENTS

WELCOME	2
AGENDA	5
GUEST SPEAKERS	6 - 9
SPONSORS	20

RESOURCES

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T1D LEARNING CENTRE

t1d.org.au

APS MEMBERSHIP AND WEBSITE

auspaediatrics.org.au

Welcome

Dear Colleagues,

The Australian Paediatric Society welcomes you to our 14th year of working together, aiming to deliver best outcomes for children and families living with Type 1 Diabetes (T1D). The workshop is endorsed by the International Society for Pediatric and Adolescent Diabetes (ISPAD), the benchmark in world best practice. ISPAD guidance has been the driver of this workshop since 2015. We appreciate the ongoing involvement of prominent ISPAD members in our program content.

The virtual 2021 APS ISPAD Diabetes workshop attracted over 250 delegates from across Australia and New Zealand making it the largest Australian paediatric diabetes meeting. The APS is entering unfamiliar territory by conducting a hybrid workshop, combining an onsite collegiate networking and social opportunity with virtual access – enabling accessibility for participants when restricted by on-call, remoteness, cost, and family commitments.

We recognise APS members face significant challenges in managing over four thousand children with T1D across Australia with varying access to quality resources. We are advocating for more equitable funding models and audit support in regional Australia. We are seeking more cooperation and collaboration with APEG and ADEA with the aim of producing continual improvement in diabetes management in ALL regions of Australia.

We are delighted to welcome ISPAD President, Carine de Beaufort (Luxembourg) to deliver the ISPAD President's address. We are hopeful this will become an annual event. Carine is a highly respected paediatric endocrinologist who was a driving force behind the SWEET international audit program. We appreciate Carine sharing her passion and expertise and will surely benefit from her encouragement to succeed through collaboration. The workshop comprises seventeen presenters who are ISPAD members. The APS encourages all delegates to join ISPAD as a

collegiate and collaborative organisation that remains true to its ideals of education, science, and advocacy.

The 14th annual workshop content aims to familiarise and upskill on the recent rapid advances in the technology available for children with T1D, especially with quite different forms of Hybrid Closed Loop (HCL). For successful technology use, Health Care Professionals must have familiarity and expertise to assist family choice and effectively train for optimal device effect. This is a particular challenge for those new to managing T1D or with limited numbers of patients with T1D. So, the APS Organising Committee decided the first section of the workshop should revisit 2022 technology basics, to provide a solid educational platform so ALL delegates can make best use of the rest of the program. The entire "T1D Technology in 2022" section will become a reference resource accessible on the APS website.

The workshop follows with three extended sessions on the different HCL products that represent a major advancement in T1D technology and outcomes. The presenters have "real world" experience with the technology and how best to use the devices. These include our great friend and supporter, Peter Adolfsson (Sweden).

We are delighted to have eminent world authority Tadej Battelino (Slovenia) sharing his wisdom to strengthen our perspective on targets in T1D. We welcome our regular local presenters with their wealth of expertise and experience and welcome all new presenters to the workshop. Thank you all for your wonderful voluntary contribution and willingness to share your significant expertise with the group. We encourage interaction and debate – everyone's opinion is important and the expression of diversity of views is always welcome!

The APS continues to support the T1D Learning Centre (t1d.org.au) that contains resources based upon ISPAD guidance on management of T1D in schools. These extremely popular ISPAD-endorsed resources remain the first and only e-learning for diabetes in schools based on a proven learning platform. We present a new, additional resource, the T1D school camp checklist, developed by ISPAD members including doctors, diabetes educators and

parents in response to evidence produced in a coronial inquiry into the death of a student with T1D on an international school camp. We encourage all delegates to use this very well-received resource, available at www.t1d.org.au.

The APS is progressing our audit program (Diabeasy) that is now available to all Australian centres. The APS is seeking representation at ADDN and hope to work collaboratively with JDRF and ADDN to ensure funding allocations no longer ignore regional and rural Australian teams.

The APS has proposed a National Regional Paediatric Diabetes Network for some years. With the ability to now audit regional Australian centres, we are finally conducting a survey of regional centres to understand capabilities and resources in regional Australia before the roll out of Diabeasy. The findings will be published in a peer reviewed journal and will allow stronger advocacy for regional diabetes teams. We would appreciate if one of the members of regional teams could complete the survey, found at <https://auspaediatrics.org.au/activity/diabetes>

We appreciate and thank our sponsors - our Silver Sponsors (Medtronic, Ypso) and Bronze Sponsors (Novo Nordisk, Abbott, AMSL). Please visit the sponsor booths, read about their new products in this booklet and contact their representatives. In addition, we have invited the rapidly growing and highly successful not-for-profit Type 1 Foundation to set up an onsite stand to promote their aims of family support, awareness, and connection. We also express our appreciation to Gary Smith, Armchair Medical, for his expertise managing the virtual component of the program

Thank you all for committing to this workshop to produce the best possible outcomes for children with diabetes!



Peter Goss

Chair APS Diabetes



AGENDA

DAY 1 Friday 28th

8.45am	Welcome	Peter Goss
	PART 1: T1D TECHNOLOGY IN 2022	SPEAKER
9.00am	Intensive Insulin Therapy - Why?	Bruce King
9.20am	Technology Terminology	Andrea Curtis
9.40am	Carbohydrate Counting	Carmel Smart
10.00am	Insulin delivery - Pumps	Andy Cotterill/Deb Foskett
10.20am	Methods of Setting up a Pump	Darrell Price
10.40am	BREAK	
11.00am	Insulin delivery - MDI	Megan Paterson
11.20am	Methods of Setting up MDI	Prue Lopez
11.40am	CGM Option Basics	Rebecca Gebert
12.00pm	Pump/CGM data interpretation - Carelink	Georgia Green
12.20pm	Pump/CGM data interpretation - Diasend	Jenny Goss
12.40am	LUNCH	
	PART 2: SUPPORT AND SUCCEED	
1.30pm	T1D Data Collection made easy - DIABEASY	Peter Goss
2.00pm	Successful collaboration breeds success	Carine DeBeaufort - ISPAD President
2.40pm	Why Insulin Dose Matters	Bruce King
3.20pm	BREAK	
3.50pm	Food Patterns in CGM	Carmel Smart
4.30pm	Diabetes and Autism	Stacey Parke Megan Paterson
5.00pm	END OF DAY	
6.00pm	Pre Dinner Drinks	

DAY 2 Saturday 29th

PART 3: TECHNOLOGY OPTIONS AND BEST PRACTICE

9.00am	Best Outcomes with Medtronic 780G	Prue Lopez
10.00am	Best Outcomes with YpsoMed CamAPS FX	Candice Ward
11.00am	BREAK	
11.20am	Disordered Eating and T1D	Helen d'Emden
11.50am	T1D Antibody Status review	Andy Cotterill/Deb Foskett
12.20pm	School Camp and T1D Lessons	Peter Goss
12.50pm	LUNCH	
1.30pm	Changing Behaviours for Better Outcomes	Peter Hayton
2.20pm	Best Outcomes with Tandem Control IQ	Peter Adolfsson
3.20pm	BREAK	
3.50pm	Refining Hypoglycaemia Management	Liz Davis
4.20pm	Blood Glucose Targets - Why and How?	Tadej Battelino

SPEAKERS

INTERNATIONAL

CARINE DE BEAUFORT, MD, PHD

President International Society for Pediatric and Adolescent Diabetes (ISPAD)

Carine completed her paediatric endocrinology-diabetology training in Netherlands, Luxembourg, and France (1993) then participated in the creation of a dynamic and international multidisciplinary team for the care of children and adolescents with diabetes in Luxembourg, a SWEET Centre of Reference. Research topics of the team include epidemiology, technology in diabetes care, and the pathogenesis of type 1 diabetes. Carine is widely published and has an increasing ISPAD profile, motivated by many international colleagues and patients, sharing a goal to improve access to care and quality of care for young people with diabetes.

TADEJ BATTELINO

Professor of Paediatrics, Ljubljana, Slovenia

Tadej Battelino is Head of Department of Pediatric and Adolescent Endocrinology, UMC Ljubljana, Head, Chair of Paediatrics, and Professor of Paediatrics at Faculty of Medicine, University of Ljubljana. Tadej has been Principal Investigator on several research projects in the field of paediatric endocrinology and metabolism and was awarded the Slovene national award for research in 2014, and Gold medal for research at the University of Ljubljana in 2017. Tadej is widely published, is a past ISPAD president and is co-organizer of annual meetings of the ATTD (Advanced Technologies and Treatment of Diabetes).

SARA HARTNELL

Operations & Partnerships Manager, CamDiab.

Sara has over 20 years' experience of working in diabetes, including 53 publications in closed loop use in type 1, non-type 1, haemodialysis, and inpatient care. Sara oversees operational activities and coordination of customer support, along with implementation and development of commercial and strategic relationships.

PETER ADOLFSSON

Paediatrician and Sports Medicine Physician

Peter is a Senior Physician in Gothenburg Sweden, specializing in Paediatrics and Sports Medicine. Peter is an active member of the paediatric scientific community on a national and international scale. He is a world authority on Continuous Glucose Monitoring and one of the original founders of Diasend, providing the clinician's perspective. Peter also created different educational and pedagogical tools such as a CGM step 1-2-3 Guide (Dexcom) and a web-based Libre Guide. Peter has been an ISPAD Council representative.

CANDICE WARD

Dietician, Lead Cambridge Diabetes Education Program, Cambridge University, UK

In addition to her lead role at Cambridge University, Candice has a declared interest as the Training and Outreach Manager for CamDiab. Candice has a particular interest in Intensive Insulin Management and has been actively involved with numerous national and international research projects in T1D and other diabetes translational research as well as numerous evaluation studies for new diabetes technology.

LOCAL (IN ORDER OF PRESENTATIONS)

PETER GOSS

**Consultant Paediatrician, Team Diabetes
Geelong, VIC**

Peter manages over 80 young people with T1D in Geelong, Gippsland, and Melbourne. Peter's interests include diabetes at school, diabetes advocacy and training and upskilling regional diabetes teams. Peter co-chaired the 2018 ISPAD Diabetes in Schools Position Statement, is a ISPAD School Special Interest Group Council member and was awarded the 2019 ISPAD Prize for diabetes innovation on behalf of the team who developed the T1D Learning Centre e-learning school modules. Peter is director of the Diabeasy project bringing easy T1D audit to less resourced regions.resourced regions.

BRUCE KING

**ISPAD Representative and Paediatric
Endocrinologist, NSW**

Bruce is the Discipline Lead of the Paediatric Diabetes and Endocrinology at John Hunter Children's Hospital, NSW which has an average HbA1c of 7%. Bruce is a long-standing member of the organising committee for the APS/ISPAD diabetes workshop, upskilling of regional Australian paediatric diabetes teams. Bruce strongly believes that skilled regional diabetes teams are essential for equitable service delivery and are capable of high-quality outcomes. Bruce leads a research team that has contributed to ISPAD and ADA guidelines. Bruce is a board member of Diabetes NSW & ACT and is a representative for "Life for a Child" in the Solomon Islands, India, and Kashmir.

ANDREA CURTIS

**Credentialed Diabetes Educator South
Gippsland, VIC**

Andrea has been supporting rural families with diabetes for 22 years, and is Team Leader, Diabetes Services at Gippsland Southern Health Service. Andrea also manages an independent practice for children and adults living with T1D, including advanced technology. Andrea's vision is to provide equity of quality healthcare to families living in rural communities.

CARMEL SMART

**Paediatric and Endocrine Dietitian JHCH,
Newcastle, NSW**

Carmel is a clinical researcher and practitioner who is internationally recognised as a leading authority in paediatric diabetes. Carmel holds appointments as a Senior Diabetes Dietitian at the John Hunter Children's Hospital and as Nutrition Research Lead Diabetes, Hunter Medical Research Institute. In 2019, Carmel was a recipient of the Michelle Beets award for outstanding achievement in advancement of children's health in NSW. Carmel has enjoyed working with a great team and wonderful families for over 25 years.

ANDREW COTTERILL

Paediatric Endocrinologist Brisbane, QLD

Andrew is a Paediatric Endocrinologist working in Brisbane who enjoys working with the diabetes team at Queensland Children's Hospital and with Deb Foskett CDE in private practice. Andrew and his wife Alison are the proud parents of 3 children and one grandchild. In his down time, Andrew enjoys horse riding growing citrus and relaxing.

DEB FOSKETT

**Credentialed Diabetes Educator and Nurse
Practitioner, Brisbane, QLD**

Deb is an Australian pioneer of technology use in diabetes management with over 22 years' experience in initiating insulin pump therapy. Since moving to the Gold Coast, Deb has also led initiation of insulin pump therapy in children from diagnosis. Deb looks forward to the future of volunteer work and membership of her local lawn bowls club.

SPEAKERS

DARRELL PRICE

Consultant Paediatrician, Southport, QLD

In 2007, Darrell initiated Diabetes Workshops to upskill regional paediatricians on modern diabetes technology and is part of the APS/ ISPAD Diabetes Workshop organising committee. Teaming up with Deb Foskett on the Gold Coast, Darrell has pioneered and published insulin pump management from diagnosis in Australia with excellent results. Darrell manages over 90% of his patients with T1D with insulin pump therapy.

MEGAN PATERSON

Clinical Nurse Consultant, Credentialed Diabetes Educator JHCH Newcastle, NSW

Megan has been an integral part of the John Hunter Children's Hospital paediatric diabetes team since 2013. Megan completed a PhD with the paediatric diabetes research team at the Hunter Medical Research Institute in 2020. Megan has translated personal experience to a passion for the best possible education, management and outcomes for children and adolescents with Type 1 Diabetes and has a special interest in working with schools, preschools and other situations who encounter children with T1D.

PRUE LOPEZ

Paediatric Endocrinologist, JHCH Newcastle, NSW

Prue is a paediatric endocrinologist at the John Hunter Children's Hospital Newcastle Diabetes and Endocrine Unit. Prue has a strong clinical and research background and a special interest in adolescent diabetes management. Prue has extensive experience with advanced diabetes technology including Hybrid Closed Loop systems.

REBECCA GEBERT

Credentialed Diabetes Educator RCH Melbourne, VIC

Rebecca has over 15 years' experience in practicing advanced diabetes management for children and young adults. Her areas of clinical interest are intensive insulin management, support in the community and motivational education. She also offers a weekend diabetes education consultancy service on a monthly basis.

GEORGIA GREEN

Credentialed Diabetes Educator Geelong, VIC

Georgia works as Credentialed Diabetes Educator for Geelong Medical Health group and Geelong Endocrinology and Diabetes. Georgia has a special interest in diabetes technology and enjoys taking people on the journey of insulin pump and continuous glucose monitoring therapy. Georgia is currently completing her Master of Nursing with the university of Melbourne - Nurse Practitioner.

JENNY GOSS

Credentialed Diabetes Educator, Team Diabetes Geelong, VIC

Jenny is a registered nurse and Credentialed Diabetes Educator who is highly experienced and skilled in all aspects of modern T1D management and commits to quality personalised care connections fundamental to Team Diabetes success. Jenny has been an ISPAD Clinical Consensus Guidelines author on Diabetes in Schools and is a strong advocate for equity in service delivery to young people living with T1D.

STACEY PARKE

Clinical Nurse consultant, Credentialed Diabetes Educator Newcastle, NSW

Stacey has been working in paediatrics since 2008 and in 2015 joined the paediatric diabetes team at the John Hunter Children's Hospital. Stacey has lived with type 1 diabetes for 32 years and is passionate about the use of diabetes technology to support children, adolescents and their families achieve optimal glycaemic control.

LIZ DAVIS

Paediatric Endocrinologist Perth WA

Liz is the Head of the Diabetes Clinical Services at Perth Children's Hospital in Western Australia and co-lead of the Diabetes and Obesity Research team at Telethon Kids, a busy research team which has one stream of research focusing on exercise. Liz is considered a world authority on exercise with T1D and has a long interest in clinical and translational research in T1D in children and adolescents.

HELEN D'EMDEN

**Dietician and Credentialed Diabetes Educator,
Brisbane, QLD**

Helen is an advanced accredited practicing dietitian and credentialed diabetes educator with thirteen years clinical and research experience working with children, adolescents and adults living with type 1 diabetes at Mater Health. Helen completed a Master of Philosophy on disordered eating in adolescents with T1DM, and recently chaired a working group to develop guidelines on that subject. Helen currently works at Diabetes Australia – Queensland.

PETER HAYTON

**Psychologist, Clinical Director of The Banyans
Healthcare Group, Brisbane, QLD**

Peter has been a psychologist for over 20 years, with over a decade's experience working with children and families. Peter currently leads pioneering innovative treatment programs and manages a multidisciplinary team of doctors, nurses, allied health professionals and care staff. Through support of his partner of 27 years who lives with T1D, Peter has personal connection of the diabetes landscape, enabling closer connection with his patients also living with T1D.

*Reconnect,
support,
succeed!*



Diabetes made easy

Revolutionary single-entry type 1 diabetes patient management and audit software.

Announcing the Australia-wide roll out of **Diabeasy v1.0**.

The revolutionary T1D cloud based audit solution for less resourced clinicians that is simple to use and easily accessed via your computer or tablet.

Built by patients and clinicians, **Diabeasy** is an innovative way to capture recommended data through comprehensive streamlined Type 1 diabetes consultations.

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Diabetes made easy

Revolutionary single-entry type 1 diabetes patient management and audit software.

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Diabeasy

Patients > John Doe

John Doe

Patient Details

Consultation

Date Visited	Clinician
27 / 06 / 2021	Dr. Smith
14 / 03 / 2021	Dr. Smith
4 / 12 / 2020	Dr. Smith
7 / 9 / 2020	Dr. Brown
28 / 6 / 2020	Dr. Brown

Laptop



Effortless and fast data entry

Data entry can be time-consuming. Not with Diabeasy.



Provide summary of consultation

A comprehensive summary sheet is then prepared as a PDF and can be given to the patient.



Securely upload to medical records

The summary sheet can easily be uploaded to the patient's medical record or even sent to their referring doctor.



Receive benchmarking reports

Data entered in Diabeasy can effortlessly be anonymised and transferred to external databases for benchmarking and analysis to improve patient outcomes.



LEARNING CENTRE
Type 1 Diabetes Learning Centre



The only e-learning modules based on ISPAD guidelines and a proven learning platform to enhance education and training of school staff

ALSO:

A Parent Guide

International best practice Type 1 Diabetes care in Australian schools

The aim of the **Parent Guide** is to assist parents' understanding of how they access best practice Type 1 Diabetes management for their child at school and navigate the complexities of the legally defined roles and responsibilities. The clinical guidance is based on legally validated International Society of Pediatric and Adolescent Diabetes (ISPAD) standards.

A Clinician Guide

Prescribing best practice, individualised care for patients with Type 1 Diabetes in Australian schools

The aim of the **Clinician Guide** is to empower treating medical teams with the tools to prescribe best practice clinical care for the patient and inform the content, implementation and training for that individual patient. It provides clinicians with a framework to work constructively with schools to prescribe best practice, individualised care and its application within the school environment.

2023 update out soon!
To find out more, visit: www.t1d.org.au



Australian Paediatric Society







Type 1 Diabetes and Vomiting “Never Assume”

Every person with Type 1 Diabetes who has nausea or vomiting MUST be assumed to have diabetic ketoacidosis (DKA) until proven otherwise.



- Vomiting requires URGENT assessment by checking blood glucose and blood ketones.
- RAPID deterioration can occur in DKA and may be life-threatening.
- **NEVER ASSUME** that the cause of vomiting is food poisoning, “gastro”, excessive alcohol, migraine, coeliac contamination or any other cause **until** it is clear that:
 - Insulin has been effectively administered and
 - Blood glucose and blood ketones are not elevated.

SCHOOL CAMP Checklist

A digital copy of the School Camp Checklist can be downloaded from: www.t1d.org.au

 	
Indicative camp menu plan	<input type="checkbox"/> Provided within 4 weeks of camp to assist carbohydrate counting
Indicative camp activity plan	<input type="checkbox"/> Provided within 4 weeks of camp to assist proposed insulin adjustment
Camp details	
Dates (from and to)	<input type="checkbox"/> Dates: _____ Page 2
Camp details	<input type="checkbox"/> Location: _____ <input type="checkbox"/> Contact number: _____ <input type="checkbox"/> Time Zone adjustment required
Communications	<input type="checkbox"/> Via mobile phone, satellite phone or radio at all times? <input type="checkbox"/> Via alternative or backup communication method if required: _____
Additional insulin storage	<input type="checkbox"/> Safe storage location for additional insulin, appropriate temperature to keep unopened insulin cool, with accessibility as required (in addition to the supply with the student): _____
Portable power	<input type="checkbox"/> Availability of portable power supply for charging any diabetes devices (e.g. insulin pump, phone) and/or spare batteries supplied by parent
Nearest ambulance	<input type="checkbox"/> Contact: 000 (say "diabetic emergency") or _____
Nearest medical facility	<input type="checkbox"/> Name: _____ <input type="checkbox"/> Contact number: _____ <input type="checkbox"/> Language spoken at medical facility: _____ <input type="checkbox"/> Distance from camp (km and time): _____ <input type="checkbox"/> Vehicle support to transport

School contacts and responsibilities	
School name	_____
Main contacts at camp (days and night)	_____
Person(s) responsible for medical care	_____
At least two staff members	<input type="checkbox"/> Are trained and consent test ketones <input type="checkbox"/> Are able to facilitate, at _____ <input type="checkbox"/> Have completed the T1D _____ <input type="checkbox"/> Have communication p _____

School Camp Checklist - Type 1 Diabetes

The purpose of this checklist is to assist the parent and school's planning for camp. Preparation and planning for a student with Type 1 Diabetes (T1D) attendance on a school camp will help assist in the development of measures to meet the safety needs and requirements of all parties. The content of this checklist does not represent, replace or diminish education provider's duties and obligations. Planning should involve a transparent risk assessment based on a "worst case scenario" for that environment. Schools cannot and must not rely upon a student to self-manage their medical care whilst under the school's supervision and care. Page | 1


Individual Medical Orders for the student with T1D attending school camp are no different those orders at school. In accordance with the Commonwealth *Disability Standards for Education* (2005), the school is responsible for consulting with the parent and student to develop a "Health Support Plan" to define how the student's Individual Medical Order and needs will be accommodated on camp. The school is responsible for the resources, including authorised personnel, to undertake the individual's prescribed medical care.

Student	
Student	_____
Family contacts (parent) ph +61 (parent) ph +61

Diabetes medical team	
Contacts (Doctor) ph...+ (Diabetes Educator) ph...+
Team notified of camp	<input type="checkbox"/> Date: _____

The medical team, especially the Diabetes Educator, are willing to assist informing the school on the execution of the Individual Medical Orders in circumstances different from the usual school environment.

Key documents (to be attached, with local language translations if required)	
Individual Medical Orders (Diabetes Management Plan)	<input type="checkbox"/> Signed and dated by doctor responsible for prescribed diabetes treatment and consented by parent
Emergency Response Plan (Concise Action Plan)	<input type="checkbox"/> Signed and dated by doctor responsible for prescribed diabetes treatment
Health Support Plan (Camp Diabetes Plan)	<input type="checkbox"/> Signed and dated by parent and school <input type="checkbox"/> Plan should provide that the student has adequate ketone test strips and ketones are monitored when indicated <input type="checkbox"/> Plan should provide the parents' directive on the frequency of the authorised person checking and documenting the student's blood or sensor glucose level overnight and action that glucose level as per the Individual Medical Orders



Applying ISPAD Clinical Guidelines into Australian Schools