

14 November 2011

Type 1 diabetes is different!

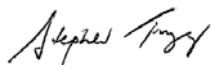
For the first time type 1 diabetes clinical care Guidelines that cover the lifespan have been developed in Australia. They are designed to comprehensively support health care professionals and consumers in their care of type 1 diabetes. The Guidelines are being launched on World Diabetes Day, 14 November 2011. They were developed by the Australasian Paediatric Endocrine Group (APEG), the Australian Diabetes Society (ADS) with funding from the Department of Health and Ageing, and have been approved by the National Health and Medical Research Council.¹ They are based on systematic reviews of current scientific research into the care of children, adolescents and adults with in type 1 diabetes.

Assoc. Professor Maria Craig, co-chair of the Guideline on behalf of APEG, said "we are delighted that these Guidelines build on a previous version that focused on young people only". The recommendations emanating from the Guidelines reflect that type 1 diabetes is different. "Despite much research there is no known way to prevent type 1 diabetes, which is caused by an immune attack on the insulin producing cells in the pancreas" said Prof. Craig, "and treatment usually involves a very intensive program of many hundreds to thousands of blood glucose levels being checked annually, and more than 1000 insulin injections yearly or continuous insulin treatment by a pump. Constant attention to dietary intake, and balancing insulin dosing to the body's needs, places major demands on the person with diabetes and their carers to safely treat type 1 diabetes", she said.

Professor Stephen Twigg, who co-chaired the guidelines for ADS, said "The Guidelines are focused on the particular health care needs of people with type 1 diabetes and they reflect that type 1 diabetes is commonly diagnosed in childhood or adolescence, yet it needs to be safely managed in the adult years as well. Across the years, type 1 diabetes care often involves issues such as parental care of the child, challenges in the maturing adolescent, and through into the adult years - pregnancy planning in women, managing many types of diabetes complications, and occupational health and safety and driving issues" said Prof. Twigg.

It is envisaged that these Guidelines will be valuable to the health care team of professionals who manage type 1 diabetes, be they specialists or general physicians, general practitioners, or allied health care professionals, and people of all ages with type 1 diabetes and their carers. The Guidelines will be accessible through the APEG (www.apeg.org.au) and ADS (www.diabetessociety.com.au) websites and also the NHMRC Clinical Practice Guidelines Portal (www.clinicalguidelines.gov.au)

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¹The Guideline has been approved by the Chief Executive Officer of the National Health and Medical Research Council (NHMRC) under Section 14A of the *National Health and Medical Research Council Act 1992*. In approving these guidelines the NHMRC considers that they meet the NHMRC standard for clinical practice guidelines.