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Diabetes home visiting service success

A new home visiting service for Gympie residents with diabetes is already shaping up as a local success story, with growing numbers accessing the program to learn more about managing their condition.

This free service was introduced earlier this year by the Central Queensland, Wide Bay, Sunshine Coast Primary Health Network (PHN), in partnership with the Sunshine Coast Hospital and Health Service.

It aims to combat the higher than average number of Gympie residents living with diabetes 6.7%, compared to the rest of Queensland at 5.1%.

Sunshine Coast Hospital and Health Service Clinical Director of Diabetes and Endocrinology, Dr Shyam Sunder said the home service was designed to complement existing diabetes services offered by SCHHS.

“It is aimed at those people with complex diabetes who have difficulty accessing the health facilities,” Dr Sunder said.

“The service fills a gap in the local community, as it educates people how to take control of their diabetes, avoid complications and reach their health goals.”

Dr Sunder said early feedback suggested people with diabetes placed great value on the service.

“This is because it offers personalised education at home, which they may have not been able to access in the past and it also provides a key point of contact for patients,” he said.

The service is delivered by Clinical Nurse Consultant, Liam Flynn, who is also a diabetes educator and local resident.

Mr Flynn said: “For people with diabetes, having someone come to their homes to teach them about their condition and how to better manage it, is extremely helpful and convenient.”

“I create links with each patient’s GP, endocrinologist and other health providers involved in their diabetes management, to ensure they feel supported and connected.”

Sunshine Coast Senior Manager for the PHN, Robb Major, said more than 100,000 people across the PHN region either were at high risk of developing the condition or did not know they had it.

“Evidence has shown that most people who are at risk don’t even realise it,” he said.
“Factors like whether you smoke, eat the recommended amount of fruit and vegetables and get enough physical activity can make a real difference to your quality of life.

“The first step is to find out whether you are at risk, the second is to get help and implement some simple lifestyle changes,” he said.

People of all ages with diabetes in the Gympie region are eligible to access this service.

For more information or referrals please fax 5489 8457 or email Liam.Flynn2@health.qld.gov.au

For persons diagnosed with type 2 diabetes or pre diabetes, the following support is available:

**Information Session**: “Type 2 Diabetes & Me”, Thursday, 10 August, 9.00am-1.00pm, at the Gympie Community Health Centre. Ph: 5319 4848.

**Online Education**: “Type 2 Diabetes & Me” online video available soon. The online video is designed for persons newly diagnosed with Type 2 Diabetes, or those wanting to refresh their knowledge, who cannot access face-to-face education. Ph: 5319 4848.

Ends

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