More detailed information about Diabetes

Table of contents

1 Diabetes Ambulatory Care Service (DACS) - supporting better living with diabetes ........................................................................................................................................... 2

2 Team members........................................................................................................................................................................... 3

3 Clinics ......................................................................................................................................................................................... 3
1 Diabetes Ambulatory Care Service (DACS) - supporting better living with diabetes

Our unique Diabetes Ambulatory Care Service (DACS) is an outpatient service and one of few ambulatory care services for paediatric diabetes patients in Australia.

Our unique Diabetes Ambulatory Care Service (DACS) is one of few ambulatory care services for paediatric diabetes patients in Australia. This specialist service provides outpatient diagnosis, assessment and ongoing management including phone and direct access for newly diagnosed patients with diabetes and those with existing diabetes without having to admit them to hospital.

A multi-disciplinary team including paediatric endocrinologists, diabetes nurse educators, a social worker, dietitians and a psychologist provide this expert service to about 1000 children and adolescents every year. Initial education and stabilisation of children and adolescents with newly diagnosed Type 1 diabetes traditionally involved hospital admission for five to seven days. Evidence now suggests that outpatient stabilisation can result in benefits to the child and their family. Potential benefits include improved psychological adaptation and improved metabolic control.

Routine monitoring is provided by multidisciplinary outpatient assessments.

DACS support is also provided to children and adolescents with type 1 diabetes mellitus in the emergency department, intensive care unit and children’s wards. ALL children who are newly diagnosed MUST be discussed with an on-call paediatric endocrinologist by calling 9594 6666.

Inpatient care is still required for major inter-current illness and unstable diabetes, usually presenting as diabetic ketoacidosis.

Multidisciplinary care from our expert team is vital to support optimum care for children and young adults with this complex and demanding condition.

Our DACS team is led by head of the department, paediatric endocrinologist and adolescent physician Dr Phil Bergman who also has expertise in eating disorders in diabetes. Other paediatric endocrinologists are Dr Justin Brown, Dr Mary White and Dr John Welch.

Diabetes educators, dietitians, social workers and a clinical psychologist complete the team. Programs offered by DACS include:

- Stabilisation program for newly diagnosed patients
- Stabilisation for existing patients with sub-optimal control
- Continuous blood glucose monitoring
- Insulin pump therapy: initiation and review
- Multidisciplinary support and education groups for patients and families

DACS Clinics:
- Young Adult Diabetes Service (YADS)
- Our Young Adult Diabetes Service caters for youths aged 15 to 25 and includes a transition clinic attended by adult and paediatric endocrinologists and diabetes nurse educators. This helps ensure smooth transition to our internationally recognised adult endocrinology, diabetes, gestational diabetes and assisted fertility services at Monash
Medical Centre and ensures young adults leaving our paediatric services are provided with excellence in their long term adult clinical care. For information about YADS click here.

• Paediatric Out-Patients (0-15 years) Clinic

For DACS appointments phone 03 9594 4342 or fax 03 9594 6067.

Contact list for the DACS team: Click here.

ASK TO SPEAK TO THE PAEDIATRIC DIABETES REGISTRAR ON CALL 24 HOUR CONTACT NUMBER OR EMERGENCY NUMBER (03) 9594 6666

Fact Sheets

- Hypoglycaemia
- Living with Diabetes - Sick Day Management
- Mini-Dose Glucagon Rescue Protocol
- What is Type 1 Diabetes?

Useful websites:
- Diabetes Victoria: [https://www.diabetesvic.org.au/?rdr=y](https://www.diabetesvic.org.au/?rdr=y)
- Juvenile Diabetes Research Foundation: [www.jdrf.org.au](http://www.jdrf.org.au)
- Australasian Paediatric Endocrine Group: [www.apeg.org.au](http://www.apeg.org.au)

2 Team members

Doctors
Diabetes nurse educators
Dietitians
Social workers
Psychology
Administration

3 Clinics

<table>
<thead>
<tr>
<th>Diabetes clinic</th>
<th>Description of the services</th>
</tr>
</thead>
<tbody>
<tr>
<td>Diabetes clinic</td>
<td>A multidisciplinary routine review clinic for children and teenagers up to 15 years of age with insulin dependent diabetes (both T1DM and T2DM), with point of care HbA1C</td>
</tr>
</tbody>
</table>

| This clinic DOES NOT provide services for | URGENT diabetes referrals such as newly diagnosed diabetes mellitus or sick day management in established patients. **ALL children who are newly diagnosed MUST be discussed with an on-call paediatric endocrinologist by calling 9594 6666.** Children and adolescents with other endocrine problems or poor weight gain/failure to thrive UNRELATED to DM. |

<p>| GP Investigations to be performed | SEE CATEGORY 1 (URGENT) referrals: General Practitioners examinations/investigations for URGENT referrals only should include: General examination |</p>
<table>
<thead>
<tr>
<th><strong>Finger prick blood glucose</strong></th>
<th><strong>Blood or urine ketones</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Cost</strong></td>
<td>Nil to clients eligible for Medicare. Note: Patients ineligible for Medicare will be charged a fee for all services provided</td>
</tr>
<tr>
<td><strong>Where</strong></td>
<td>Outpatient Services Monash Medical Centre Clayton Dandenong Hospital</td>
</tr>
<tr>
<td><strong>When</strong></td>
<td>Clayton, Fri (except 1st Friday of the month) 8:45 am - 12 noon Dandenong, twice a month on Mondays</td>
</tr>
<tr>
<td><strong>Staff</strong></td>
<td>By referring to these clinics you are referring to one of the following practitioners: Dr Justin Brown Dr Phil Bergman Dr Mary White Dr John Welch Dr Peter Simm?</td>
</tr>
<tr>
<td><strong>External referral process</strong></td>
<td>1300 3 iCARE - ACCESS UNIT</td>
</tr>
<tr>
<td></td>
<td>T: 1300 3 iCARE - 1300 342 273 F: 959 iCARE - 9594 2273</td>
</tr>
<tr>
<td></td>
<td>NB: GPs are requested to refer onto this service using the Victorian Statewide Referral Form housed in most clinical software. More information on VSRF – <a href="http://www.gpv.org.au">www.gpv.org.au</a> then click on Resources or contact your local Divisions of General Practice.</td>
</tr>
<tr>
<td><strong>Internal referral process</strong></td>
<td>T: Extension 49888 F: 959 iCARE – 9594 2273</td>
</tr>
<tr>
<td><strong>Referrals will be received by</strong></td>
<td>GP MH Emergency Department Consultant at MH MH Ward MH Department Consultants outside MH</td>
</tr>
</tbody>
</table>

- **Paediatric Endocrine Clinic**
  Endocrinology is the study of hormones governing bodily processes including growth and sexual development. This clinic sees children with growth disorders, short stature, calcium disorders, precocious (early) puberty, delayed puberty, Turner’s syndrome, Klinefelter syndrome, hypothyroidism, hypoglycaemia, tall stature, adrenal and pituitary disorders and endocrine effects or complications of haematology-oncology and its treatment.

  **Description of the Service**
  For children with endocrine problems, particularly growth. This clinic DOES NOT provide services for children with poor weight gain and failure to thrive. These referrals should be made to General Paediatrics in the first instance.

  **Eligibility criteria**
  Nil to Patients eligible for Medicare Note: Patients ineligible for Medicare will be charged a fee for all
services provided – Payable on day of Service

**GP Investigations to be performed**

None

**Site**

Monash Special Medicine – Consulting Rooms UPDATE when move

**Clinic Times**

Monday afternoon 1.30pm – 4.30pm

**Staff**

- Dr Phil Bergman
- Dr Justin Brown

**External Referral Process**

Telephone: (03) 9594 4175
Fax (03) 9594 3698
Email: ffspaeds@monashhealth.org
Please fax or email all referrals

**Internal Referral Process**

Telephone: (03) 9594 4175
Fax (03) 9594 3698
Email: ffspaeds@monashhealth.org
Please fax or email all referrals

**Referrals will be received from**

Doctors with an eligible provider number

---

Referral guidelines for the Paediatric Endocrine Clinic
[http://www.monashchildrenshospital.org/icms_docs/4738_Paediatric_endocrine_referring_guidelines.pdf](http://www.monashchildrenshospital.org/icms_docs/4738_Paediatric_endocrine_referring_guidelines.pdf) and exclusion criteria
[http://www.monashchildrenshospital.org/icms_docs/4737_Paediatric_endocrine_exclusion_criteria.pdf](http://www.monashchildrenshospital.org/icms_docs/4737_Paediatric_endocrine_exclusion_criteria.pdf)

- **Bone Clinic** is for children with bone disorders, metabolic bone disease and disorders of calcium metabolism. It also manages all children in Victoria with thalassemia. (link to thalassaemia page [here](#)) Call 9594 4175.

- The **Paediatric Endocrinology and Nutrition Clinic** manages obese children and adolescents and children with vitamin D deficiency rickets. Call 9594 4175.

- **Sexual differentiation clinic**

Another unique service our department offers is a state-wide service for children with disorders of sexual differentiation. We work closely with our colleagues in urology and surgery departments to help provide the best possible outcomes for these children. With these colleagues we also run clinics for children with these complex disorders in Cambodia and Vietnam. Call 9594 4175.

**Endocrinology nutrition clinic**

**Description of the Service**

For children and adolescents requiring nutritional endocrinology assessment and management of obesity and vitamin D deficiency in addition to other conditions requiring diabetic review.

The specialist team includes paediatric endocrinologist, diabetic educators, paediatric dietician and nursing staff.

**This clinic DOES NOT provide services for**

Nil to Patients eligible for Medicare

Note: Patients ineligible for Medicare will be charged a fee for all services provided – Payable on day of Service
<table>
<thead>
<tr>
<th>GP Investigations to be performed</th>
<th>GP investigations are usually not required</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Site</strong></td>
<td>Monash Special Medicine – Consulting Rooms UPDATE when move</td>
</tr>
<tr>
<td><strong>Clinic Times</strong></td>
<td>Fri 9:00 am - 1:30 pm (1st Friday of the month)</td>
</tr>
</tbody>
</table>
| **Cost**                         | Nil to clients eligible for Medicare.  
Note: Patients ineligible for Medicare will be charged a fee for all services provided |
| **Staff**                        | By referring to this clinic you will be referring to one of the following practitioners: 
Dr Christine Rodda  
Dr Justin Brown  
Dr Philip Bergman  |

### External referral process

<table>
<thead>
<tr>
<th>Phone numbers</th>
</tr>
</thead>
</table>
| T: 1300 3 iCARE - ACCESS UNIT  
F: 959 iCARE - 9594 2273 |

**NB:** GP’s are requested to refer onto this service using the Victorian Statewide Referral Form housed in most clinical software. More information on VSRF – www.gpv.org.au then click on Resources or contact your local Divisions of General Practice.

### Internal referral process

<table>
<thead>
<tr>
<th>Phone numbers</th>
</tr>
</thead>
</table>
| T: Extension 49888  
F: 959 iCARE – 9594 2273 |

### Referrals will be received from

- GP  
- SH Emergency Department  
- Consultant at SH  
- SH Ward  
- SH Department  
- Consultants outside SH