



## **Appendix**

**This appendix was part of the submitted manuscript and has been peer reviewed.  
It is posted as supplied by the authors.**

Appendix to: Newlyn N, McGrath RT, Fulcher GR. Evaluation of the performance and outcomes for the first year of a Diabetes Rapid Access Clinic. *Med J Aust* 2016; 205: 172. doi: 10.5694/mja16.00460.

### Diabetes Rapid Access Clinic at Royal North Shore Hospital – Referral Criteria

- Emergency room presentation for diabetes review that requires urgent consultation where this is appropriately provided in an out- as opposed to in-patient setting. Such referrals would come from either the on-call Endocrinologist or Advanced Trainee;
- Recent severe and/or frequent hypoglycaemia;
- Secondary hyperglycaemia from acute illness, where outpatient management is possible;
- Patients with hyperglycaemia requiring urgent insulin start or review of insulin management, please note non urgent insulin initiation and stabilisation will be referred to insulin stabilisation clinic;
- Hospital discharge follow-up for complicated patients (multiple co morbidities, complex social circumstances, steroids) please note follow-up of inpatient insulin initiation will be done via the insulin stabilisation clinic.

### Treatment Provided at the Diabetes Rapid Access Clinic

- Diabetes education comprising:
  - Target blood glucose levels (fasting, post-meals, pre-activity, before bed) and self-monitoring of blood glucose;
  - Insulin action, timing and basic adjustment principles;
  - Management and treatment of hypoglycaemia;
  - Sick day management.
- Adjustment or initiation of diabetes medications including:
  - Initiation or cessation of oral anti-hyperglycaemic agents;
  - Initiation of insulin;
  - Adjustment of insulin doses.
- Review of weight, blood pressure and lipids; medications optimised if necessary and pathology repeated.
- Referrals arranged to Endocrinologist, GP and Allied Health services such as diabetes health assessment unit, dietician and/or high risk podiatry.