Appendix

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

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.