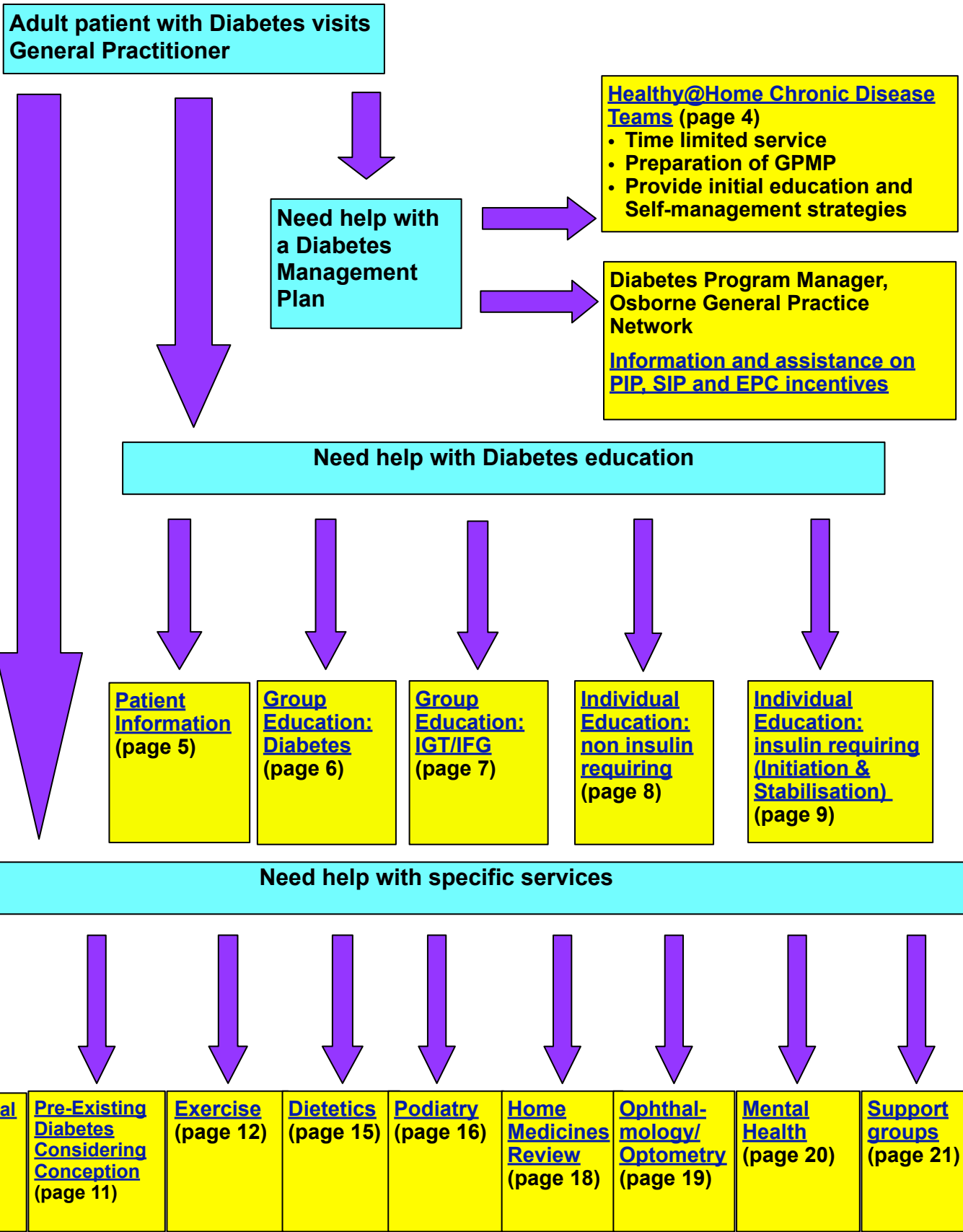


**Diabetes Resources
in the
Osborne General Practice Network area**



**Osborne Park
Hospital**

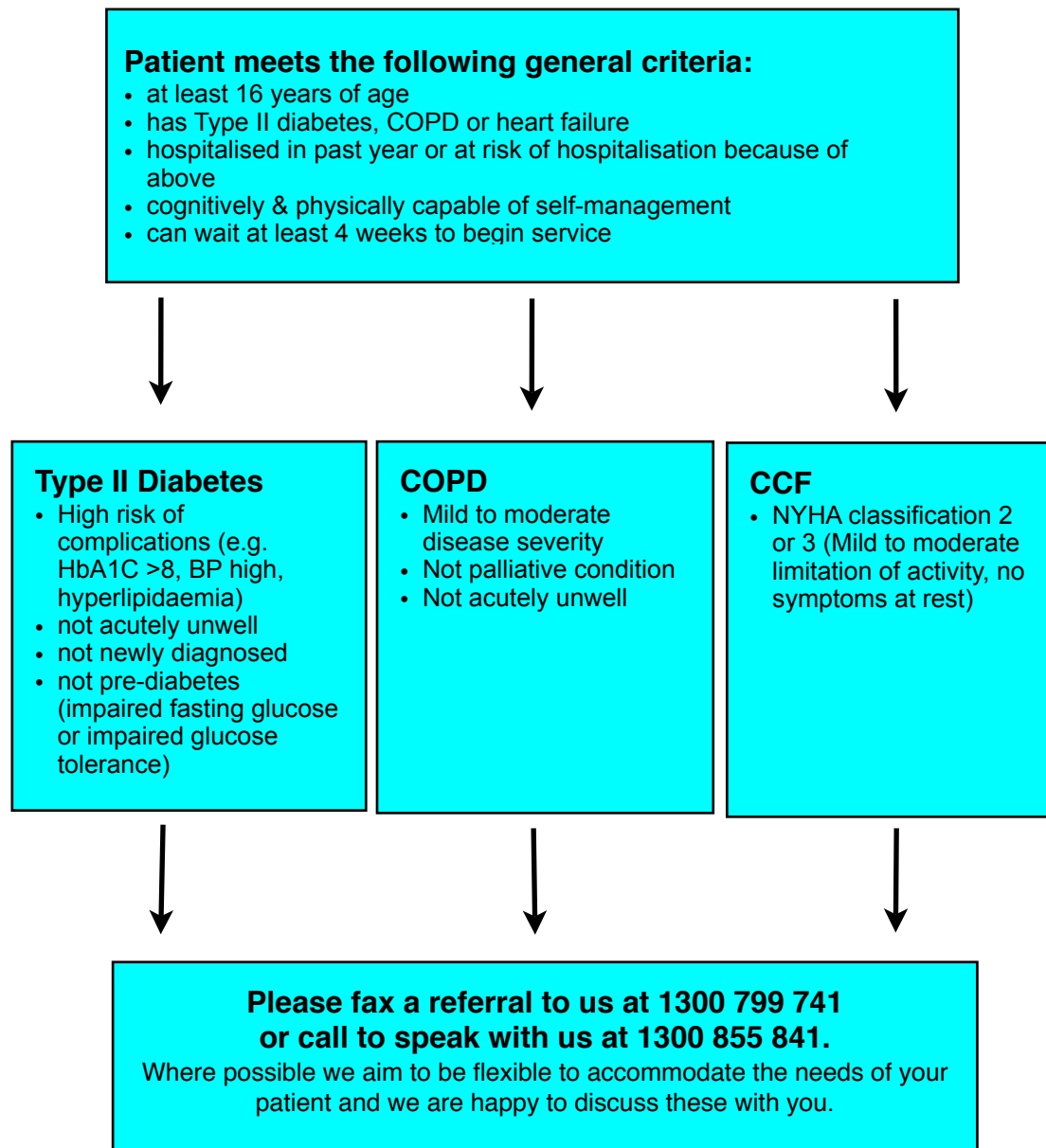
Map for diabetes services



Contents

Healthy@Home Chronic Disease Teams.....	4
Patient Information.....	5
Group Education - Diabetes	6
Group Education - Impaired Glucose Tolerance (IGT)/ Impaired Fasting Glucose (IFG).....	7
Individual Diabetes Education - for non-insulin requiring diabetes.....	8
Individual Diabetes Education - Insulin-requiring Type 1 and 2 diabetes (initiation & stabilisation).....	9
Gestational Diabetes.....	10
Pre-Existing Diabetes Considering Conception.....	11
Exercise	12
Dietetics	15
Podiatry.....	16
Home Medicines Review.....	18
Optometry & Ophthalmology.....	19
Mental Health.....	20
Support Groups	21

Healthy@Home Chronic Disease Teams



Please note that we CANNOT provide

- ongoing access to allied health care
- an acute service
- If patients are not suitable for our programs we will assist in providing you with information about current services available for these situations or with your consent refer on.

Patient Information

Free

Diabetes WA Information & Advice Line (DIAL)

- Anyone can call DIAL to receive assistance from a qualified and credentialed Diabetes Educator.
- Ph 1300 136 588.

Diabetes WA - agent for National Diabetes Services Scheme (NDSS)

- Provides information about NDSS including registration forms, sub-agent listings, product order forms and fax sheets regarding the difference between NDSS registration and diabetes WA membership.
- Ph 1300 136 588 or www.diabetes.wa.com.au

Diabetes Australia - patient information sheets

- An extensive series of online patient information sheets.
- <http://www.diabetesaustralia.com.au> > Resources > Information Sheets.

Diabetes Australia - multi lingual patient information sheets

- An extensive series of online multi lingual patient information sheets.
- <http://www.diabetesaustralia.com.au> > Resources > Multi lingual website.

NSW Health - multilingual patient information sheets

- A series of online multi lingual patient information sheets.
- www.mhcs.health.nsw.gov.au > Search resources by topic or language >.

Osborne General Practice Network Diabetes Kit

- For newly diagnosed or existing diabetes with no previous education. Includes Diabetes Diary, NDSS registration form, membership form for Diabetes WA and a selection of patient information sheets.
- Ph 9201 0044.

Osborne General Practice Network Diabetes Diary

- For diagnosed or existing diabetes. Personal record of BSL's.
- Ph 9201 0044.

Osborne General Practice Network Your Diabetes Team Brochure

- Patient information checklist for diabetes management.
- Ph 9201 0044.

Group Education - Diabetes

Free

Diabetes Education Team Joondalup - Getting Started

- For newly diagnosed diabetes or patients with no previous diabetes education. Two x 3 hour sessions.
- Inclusion: patients living within area circumscribed by Two Rocks in the North, Mirrabooka (Alexander Drive) in the East and Mosman Park in the South.
- Ph 9400 9595, fax 9400 9503.
- Referral form can be found at <http://ogpn.com.au/projects/diabetes/diabetesgpprac.html>

Diabetes Education Team Joondalup – Taking Small Steps for Big Rewards

- For patients who have had previous diabetes education. A 6 week program on making and maintaining lifestyle changes.
- Inclusion: patients living within area circumscribed by Two Rocks in the North, Mirrabooka (Alexander Drive) in the East and Mosman Park in the South.
- Ph 9400 9595, fax 9400 9503.
- Referral form can be found at <http://ogpn.com.au/projects/diabetes/diabetesgpprac.html>

Diabetes WA Cook Smart & Shop Smart

- Cook smart is an interactive food preparation session designed to show you how to prepare tasty and healthy snacks and meals without compromising on taste.
- Shop Smart is a hands on tour of a local supermarket where you will learn to decipher and analyse food labels in order to make healthy choices at the checkout.
- Booking are essential. Ph 1300 136 588

Private fee

Diabetes WA – Classes & Seminars

- Interactive classes and seminars held at various locations. Topics, Eat Smart and GI Overview.
- Inclusion: Everyone at risk of or with diabetes. Free to NDSS registrants and members of Diabetes WA.
- Ph 1300 136 588.
- <http://www.diabeteswa.com.au> >What We Do > Education & Programs.

Australian Diabetes Educators Association

- Online directory of credentialled Diabetes Educators.
- Select “find a credentialled Diabetes Educator” and scroll down to WA.
- Rebates available for patients on a GP Management Plan and Team Care Arrangement (MBS Items 721 and 723).
- Rebates from some private health funds.
- Ph 02 6287 4822.
- <http://www.adea.com.au>

Group Education - Impaired Glucose Tolerance (IGT)/Impaired Fasting Glucose (IFG)

Free

Osborne Park Hospital Healthy Lifestyle Program

- Education sessions covering healthy weight loss, exercise, cholesterol control, GI and healthy lifestyle principles for people living in the North Metropolitan area.
- Ph 9346 8128, Fax 9346 8498
- Referral form can be found at <http://ogpn.com.au/projects/diabetes/diabetesgpprac.html>.

Individual Diabetes Education - for non-insulin requiring diabetes

Free

Diabetes Education Team Joondalup

- One on one consultation and review for patients not suitable for group education (CALD, cognitive or physical impairment).
- Inclusion: patients living within area circumscribed by Two Rocks in the North, Mirrabooka (Alexander Drive) in the East and Mosman Park in the South.
- Ph 9400 9595, fax 9400 9503.
- Referral form can be found at the Osborne General Practice Network at <http://ogpn.com.au/projects/diabetes/diabetesgpprac.html>

Diabetes WA

- Diabetes education services for eligible Department of Veteran Affairs beneficiaries.
- Referrals to be made on DVA form (no. D904) or GP letterhead and must include the Veteran's provider number.
- Ph 1300 136 588, fax 9221 1183.

Private fee

Diabetes WA

- One on one consultation for topics including nutrition, problem solving and BSL's weight loss.
- Rebates available for patients on a GP Management Plan and Team Care Arrangement (MBS Items 721 and 723).
- Discounts for Diabetes WA members.
- Rebates from some private health funds.
- Ph 1300 136 588.
- www.diabeteswa.com.au

Australian Diabetes Educators Association

- Online directory of credentialled Diabetes Educators.
- Select "find a credentialled Diabetes Educator" and scroll down to WA.
- Rebates available for patients on a GP Management Plan and Team Care Arrangement (MBS Items 721 and 723).
- Rebates from some private health funds.
- Ph 02 6287 4822.
- <http://www.adea.com.au>

Individual Diabetes Education - Insulin-requiring Type 1 and 2 diabetes (initiation & stabilisation)

Free

Osborne Park Hospital Ambulatory Diabetes Care Service

- One on one consultation and review. Clinical Nurse Specialist available to assist with insulin initiation and stabilisation.
- Inclusion: patients living within area circumscribed by Two Rocks in the North, Mirrabooka (Alexander Drive) in the East and Mosman Park in the South.
- Inclusion: for insulin requiring patients only.
- Ph 9346 8102 or 9346 8000 with pager 188, fax 9346 8498.
- Referral form can be found at the Osborne General Practice Network at <http://ogpn.com.au/projects/diabetes/diabetesgpprac.html>
- You may also wish to visit the OPH website at <http://www.oph.health.wa.gov.au/gpinfo/diabetes.php>.

Sir Charles Gairdner Hospital Diabetes Outpatient Clinic

- One on one consultation and review by diabetes nurse and dietitian educators.
- Inclusion: for insulin requiring patients only.
- Exclusion: patients with newly diagnosed Type 2 Diabetes or uncomplicated Type 2 Diabetes will be referred on to community diabetes education services. Dietitian does not accept GP referrals.
- Referral in writing from a Medical Practitioner or Diabetes Specialist is required.
- Diabetes Clinic, 1st floor, E Block, SCGH, Hospital Avenue, Nedlands, 6009.
- Ph 9346 3355 Monday – Thursday or fax 9346 4905.

Diabetes WA - Department of Veteran Affairs (DVA)

Beneficiaries

- Diabetes education services for eligible DVA beneficiaries.
- Referrals to be made on DVA form (no. D904) or GP letterhead and must include the Veteran's provider number.
- Ph 1300 136 588, fax 9221 1183.

Private fee

Diabetes WA

- One on one consultation and review. Diabetes Educator available to manage ongoing insulin adjustments for adult with type 1 or type 2 by no more than 2-4 units at one time.
- Insulin commencement management for adults with type 2 only.
- Referrals for insulin adjustment or commencement must be made on a Diabetes WA referral form. Call the 1300 no below for the form.
- Rebates available for patients on a GP Management Plan and Team Care Arrangement (MBS Items 721 and 723).
- Ph 1300 136 588, fax 9221 1183.

Australian Diabetes Educators Association

- Online directory of credentialled Diabetes Educators.
- Select "find a credentialled Diabetes Educator" and scroll down to WA.
- Rebates available for patients on a GP Management Plan and Team Care Arrangement (MBS Items 721 and 723).
- Rebates from some private health funds.
- Ph 02 6287 4822.
- <http://www.adea.com.au>

Gestational Diabetes

Free

Osborne Park Hospital Antenatal Clinic

- Weekly clinic with midwives and dietitians. One on one dietary counselling available for newly diagnosed GDM.
- Inclusion: patients attending OPH antenatal clinic.
- Exclusion: patients requiring insulin, patients weighing over 120 kg will be referred on to KEMH.
- Ph 9346 8211, fax 9346 8498.
- Referral form can be found at <http://ogpn.com.au/>. Please select *GP Resources* from the menu.
- You may also wish to visit OPH website at <http://www.oph.health.wa.gov.au/gpinfo/diabetes.php>.

For patients not attending OPH Antenatal Clinic, refer to delivering hospital.

King Edward Memorial Hospital for Women

- Education and counseling on pre-conception, pregnancy and after birth care for patients with pre-existing Type 1 or Type 2 diabetes.
- Ph 9340 2163 or 9340 2222 with pager 3309, fax 9340 2164.

Pre-Existing Diabetes Considering Conception

Free

King Edward Memorial Hospital for Women

- Education and counseling on pre-conception, pregnancy and after birth care for patients with pre-existing Type 1 or Type 2 diabetes.
- Ph 9340 2163 or 9340 2222 with pager 3309, fax 9340 2164.

Exercise

Free

North Metropolitan Commonwealth Carelink Centre

- Gives information on exercise and other services available only. Also provides information on physiotherapist led exercise activities.
- Ph 1800 052 222 or visit www.carelinknorth.com.au.

Taking small steps for big rewards - for people with diabetes

- Classes available in Joondalup and Osborne Park for patients with diabetes living with the North Metropolitan area. This is part of a comprehensive education and healthy lifestyle time-limited program for people with diabetes (including newly diagnosed).
- Ph 9400 9595, fax 9400 9503.

Healthy@Home program - for people with diabetes

- For patients with diabetes at risk of hospitalisation who are willing to be involved in a self-management program. Exercise is part of a time-limited comprehensive education and lifestyle program. Metropolitan-wide.
- Exclusions: patients with newly diagnosed diabetes.
- Ph 1300 799 741.

Osborne Park Hospital Healthy Lifestyles program

- For patients at risk of diabetes and heart disease living within the North Metropolitan area. Provides healthy lifestyle education and short-term exercise sessions.
- Ph 9346 8211, fax 9346 8498.

Seniors Recreational Council

- One on one and group activities for seniors.
- Ph 9492 9773, fax 9492 9775.

City of Joondalup - Be Active Program

- Walking group
- Ph 9400 4920, fax 9400 4928.

Karrinyup Shopping Centre Mall Walking group

- Walking group within shopping centre (temperature controlled) on Tuesday's and Friday's at 7.45 am.
- Ph 9420 7212, fax 9486 7955.

The Vario Health Institute at Edith Cowan University

- The Vario Health Institute offers an innovative wellness program for people who are glucose intolerant or suffering from type II diabetes.
- The program is multidisciplinary drawing on exercise physiology, nutrition and psychology to holistically manage the diabetic condition.
- Contact Professor Rob Newton for details. Ph 6304 5711, email r.newton@ecu.edu.au

Exercise

Minimal cost

City of Stirling

- For people living in the City of Stirling, of all ages and abilities.
- Centres in Balga, Dianella, Inglewood, Nollamara, Osborne Park and Scarborough.
- Ph 9345 8555 or visit <http://www.stirling.wa.gov.au/home>.

City of Wanneroo - Get active Wanneroo 10,000 program

- For people living in the City of Wanneroo or all ages and abilities.
- Centres in Girraween, Wanneroo, Quinns Rocks and Two Rocks.
- Phone Leisure and Cultural Services on 9405 5000, fax 94055499 or visit www.wanneroo.wa.gov.au.

City of Joondalup

- For people in the City of Joondalup. Except Aged or Disability pension and full-time students. Health Care Card holders are NOT eligible.
- Centres in Duncraig, Heathridge and Craigie.
- Ph 9400 4600, fax 9400 4928.

Prime Movers Incorporated

- For people aged 50 years and above but will make an exception for people with ill health.
- Low impact exercise classes. Covers all Perth Metropolitan areas.
- Ph and fax 9457 2913.

Living Longer, Living Stronger program

- Must be over 50 years old.
- Gyms in Metropolitan area.
- Do not need to join gym but pay a minimal fee.
- Ph 9321 2133, fax 9321 2707.

Arena Joondalup - Life ball program

- For people age 40 years and above.
- Involves modified netball activities at a walking pace as well as thinking strategies.
- Ph 9300 7111, fax 9300 1199.

Easy Beat Walkers Incorporated -NGO

- People over 50 years
- Lifestyle program which includes exercise and walking
- 9405 7997 or 9307 3446.

Community Physiotherapy Services

- Metropolitan wide for people over the age of 75 or with chronic medical conditions, who require a physiotherapist to supervise exercise. A GP referral is required.
- Ph 9224 1783, fax 9224 1784 or visit www.health.wa.gov.au/cps

Diabetes WA

- Tai Chi instructed by a Physiotherapist.
- Ph 1300 136 588.
- www.diabeteswa.com.au

Exercise

Private fee

Private Exercise Physiologist

- Link patients with an exercise physiologist in your area. For people with disabilities and chronic medical conditions. Contact WA branch of the Australian Association for Exercise and Sports Science (AAESS), ph 9371 8563 or email wapresident@aaess.com.au. Alternatively, you can visit the website for the Australian Association for Exercise and Sports Science at <http://www.aaess.com.au/non/practitioners.asp> or call head office on 07 3856 5622.

Dietetics

Free

Osborne Park Hospital Nutrition & Dietetics Department

- One on one consultation and review for patients commencing insulin therapy or those who are insulin requiring and needing dietary consultation.
- Inclusion: patients living within the North Metro area.
- Inclusion: for insulin requiring patients only.
- Ph 9346 8211, fax 9346 8498.
- Referral form can be found at the OPH website at <http://www.oph.health.wa.gov.au/gpinfo/diabetes.php>

Diabetes Education Team Joondalup

- One on one consultation and review for patients not suitable for group education (CALD, cognitive or physical impairment).
- Inclusion: patients living within area circumscribed by Two Rocks in the North, Mirrabooka (Alexander Drive) in the East and Mosman Park in the South.
- Exclusion: patients requiring insulin.
- Ph 9400 9595, fax 9400 9503.

Private fee

Diabetes WA

- One on one consultation for topics including nutrition, problem solving, BSL's weight loss.
- Rebates available for patients on a GP Management Plan and Team Care Arrangement (MBS Items 721 and 723).
- Discounts to Diabetes WA members.
- Rebates from some private health funds.
- Ph 1300 136 588, fax 9221 1183.

Dietitians Association of Australia

- Online directory of Accredited Practising Dietitians.
- Rebate available for patients on a GP Management Plan and Team Care Arrangement (MBS Items 721 and 723).
- Rebates available from some private health funds.
- DAA head office Ph 02 6282 9555.
- Visit <http://daa.asn.au> > Find an APD. Select area of practice (specialisation) and Division of General Practice to refine your search.

Podiatry

Free

Sir Charles Gairdner Hospital

- No direct referral. GPs who wish to refer can only do so via referral to the Diabetes outpatient clinic.
- For people with Type 1 diabetes, complicated Type 2 diabetes and those with high risk of complications.
- Ph 9346 3373, fax 9346 3676.
- www.scgh.health.wa.gov.au/health_professionals/index/html

Osborne Park Hospital

- For patients with current concession card living in catchment area 6017-26, 6029, 6060-61, 6064, 6027-28, 6030-35, 6037, 6065.
- Ongoing routine care only provided to those assessed at high risk by podiatrist at OPH.
- Ph 9346 8338, fax 9346 8008.
- http://www.oph.health.wa.gov.au/services/ah_podiatry.php.

North Metropolitan Commonwealth Carelink Centre

- Gives information on podiatry and other services available only.
- Ph 1800 052 222 or visit www.carelinknorth.com.au

Department of Veteran Affairs (DVA)

- For Gold card holders or White card holders with eligibility for specific condition accepted by DVA. Needs GP referral.
- DVA will provide a list of podiatrists who accept the Gold and White card with no out-of-pocket cost to patients.
- DVA information line - Ph 133254.

Minimal cost

Community Vision - Joondalup

- For patients living in the City of Joondalup on an aged or disability pension. Domiciliary service available if housebound. Podiatry centres at Woodvale and Whitford.
- EPC and medicare referral not accepted.
- Non government organisation.
- Ph 9301 8222, fax 9301 8282.

City of Wanneroo

- For patients living in the City of Wanneroo, aged >55 and in receipt of a pension. Health Care Card holders are NOT eligible. Domiciliary service available if housebound. EPC plans are NOT accepted.
- Centres in Girraween, Alexander heights, Wanneroo, Quinns Rock and Two Rocks.
- Ph 9405 5600, fax 9405 5697.

Podiatry

Minimal cost

City of Stirling

- For patients living in the City of Stirling, aged >55 and in receipt of an Aged or Disability pension. Health Care Card holders are NOT eligible. Domiciliary service available upon assessment by Community Services Department. EPC plans are accepted. Referral not required.
- Centres in Balga, Dianella, Inglewood, Nollamara, Osborne Park and Scarborough.
- Ph 9349 5999 or visit <http://www.stirling.wa.gov.au/home/services/Seniors/Podiatry.htm>.

Private fee

Australian Podiatry Association (WA branch)

- Information on podiatrists in the community are available through the Australian Podiatry Association (WA branch).
- Most podiatrists will accept referrals using Medicare Allied Health Team Care Arrangement items.
- Ph 6389 0225 or visit www.findapodiatrist.org/index.asp for a list of podiatrists - search by postcode, suburb, clinic name or podiatrist surname.

UWA Podiatry Clinic

- Patients seen by Podiatric Medicine students under the direct supervision of experienced Podiatrists. The clinic offers reduced fees for general podiatry services.
- Services are not claimable via health funds or medicare.
- Ph 6488 4522 or visit www.meddent.uwa.edu.au/podiatry

Home Medicines Review

Free

Osborne General Practice Network

- Facilitates the process of HMR from referring to completion.
- Works with Chronic Disease Management team to provide early detection and management of medicine related problems.
- Provides a list of pharmacies and accredited pharmacists who can provide the service of HMR.
- Ph, 9208 9505.
- Please visit the Home Medicines Review website at ODGP <http://www.odgp.com.au/projects/QUM/HMR.html>

Community Pharmacy

- Please refer patient to their local community pharmacy

NDSS sub-agents

- A listing of NDSS WA sub-agencies.
- [www.diabeteswa.gov.au/what we do/NDSS/sub agents](http://www.diabeteswa.gov.au/what-we-do/NDSS/sub-agents).

Optometry & Ophthalmology

Free

Optometrists who bulkbill for the consultation

- Information and contact details on all optometrist who are members of the Optometrists Association and also their specific related areas of expertise. (Not all optometrists have the equipment for diabetic retinopathy).
- Ph, 9380 6688, fax 9380 6622.

Sir Charles Gairdner Hospital - Eye clinic

- Need referral from GP or optician
- Screening for diabetic retinopathy and related diabetic complications.
- Ph 9346 4979, fax 9346 4146.

Private fee

Optometrists who charge a private fee

- Information and contact details on all optometrists who are members of the Optometrists Association and also their specific related areas of expertise. (Not all optometrists have the equipment for diabetic retinopathy).
- Ph, 9380 6688, fax 9380 6622.

Ophthalmologists

- Information about ophthalmologists in the community are available under "medical practitioners" in the yellow pages or Steve Hodby's specialist list (medical and surgical specialist directory) which is available via Steve Hodby's practice on 9386 1040 or fax 9386 5272.

Mental Health

Private fee

Australian Psychological Society

- Directory of Psychologists.
- Visit http://www.psychology.org.au/psych/referral_service/Default.aspx and search by location and by health issue.
- Ph 03 8662 3300. Toll free: 1800 333 497. Fax 03 9663 6177. Email: contactus@psychology.org.au
- Rebates available under a GP Mental Health Plan
- Information for GP's regarding the Better Access to Mental Health Care Initiative available at <http://www.adgp.com.au/site/index.cfm> > Better Access.

Australian Association of Social Workers

- Directory of Social Workers
- Visit http://www.aasw.asn.au/about/prof_practice/mental.htm and select 'Find a mental health social worker' and search by state and Division.
- Ph 9420 7240. Fax 9486 9766. Email aaswwa@highway1.com.au
- Rebates available under a GP Mental Health Plan
- Information for GP's regarding the Better Access to Mental Health Care Initiative available at <http://www.adgp.com.au/site/index.cfm> > Better Access.

Australian Association of Occupational Therapists WA

- Directory of Occupational Therapists.
- Visit <http://www.otauswa.com.au/> and select 'Find an OT' and search by keyword and service area (north, south, etc).
- Ph 9388 1490. Fax 9388 1492. Email info@otauswa.com.au.
- Rebates available under a GP Mental Health Plan.
- Information for GP's regarding the Better Access to Mental Health Care Initiative available at <http://www.adgp.com.au/site/index.cfm> > Better Access.

Support Groups

Free

Diabetes WA

- A list of WA support groups.
- A collection of people with diabetes, who regularly get together to share information, experiences and knowledge, therefore supporting each other and working together to improve each others quality of life.
- <http://www.diabeteswa.com.au/>>people with diabetes>support groups>.

This resource has been developed jointly by the Osborne General Practice Network and Osborne Park Hospital by:

- Dr Moira Sim, Liaison GP, Osborne Park Hospital.
- Paulina Montibeler, Program Officer, Obesity, Childhood Obesity & Diabetes, Osborne General Practice Network.
- Priscilla Rispoli, Health Promotion student.

We thank the following organisations for their input:

- Diabetes Australia WA
- North Metropolitan Area Chronic Disease Service
- Sir Charles Gairdner Hospital
- GP Coastal
- NMAHS Ambulatory Care Program
- Diabetes Education Team Joondalup
- The Nutrition Specialists

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Contact details: Osborne General Practice Network 9201 0044.

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