

Access to the following health professionals may vary depending upon your location (eg Diabetes Service, Community Health, privately)

Referral criteria



Diabetes Educator

- New diagnosis
 - Self management education indicated
 - HbA1c >8%*
 - Hypoglycaemic episodes
 - Onset of complications
 - Psychological, social, medical or adjustment issues/changes
 - Change in management such as commencing insulin/changes to other medications
 - Prior to planned surgery, or travel
 - Difficulties with managing diabetes anticipated/experienced
 - Patient is planning pregnancy/pregnant
- * Goal HbA1c: <7

Dietitian

- New Diagnosis
- Medical Nutrition Therapy indicated
- HbA1c >8%
- Episodes of hypoglycaemia
- Obesity
- Complications
- Patient is planning pregnancy/pregnant
- Change in management such as commencing insulin/changes to other medications
- Sudden unexplained weight loss or gain

Endocrinologist

- Existing co-morbidities/ complications requiring review
- Patient considering pregnancy or pregnant
- HbA1c persistently >8% following intervention by Diabetes Educator/ Dietitian
- Review of pharmacological management required

Support Groups

- Group support considered beneficial to management including self management

Pharmacist/Community Pharmacy ^{14, 15}

- Review of medications, including;
 - action, effectiveness
 - dose, timing, combinations
 - side effects
 - contraindications including complementary medicines
 - compliance
 - changes
 - insulin, oral hypoglycaemic agents
 - education
- Referral for Home Medications Review (HMR)

Oral Health Professional ¹³

- Dental and periodontal problems are common in people with diabetes who need to see a dentist regularly (eg yearly)

Vascular Surgeon

- Symptoms and signs of ischaemia of lower limbs
- Arterial ulceration
- Carotid Bruits

Podiatrist ¹⁸

- Ideally initially¹⁸ and if
- Clinical signs of 'At or High Risk Foot', i.e.:
 - Foot ulceration
 - Foot amputation
 - Neuroarthropathy
 - Peripheral neuropathy
 - Peripheral vascular disease
 - Foot deformity

Indigenous Health Worker

- Aboriginal and Torres Strait Island People requiring culturally appropriate support

Ophthalmologist/ Optometrist ^{6, 18}

- Adult: at time of initial diagnosis¹⁸
- If patient is or becomes pregnant conduct a comprehensive eye examination within the first trimester⁶
- Refer to Ophthalmologist/ Optometrist every two years if no retinopathy and yearly once Diabetic retinopathy is identified⁶

Urgent Referral to Ophthalmologist essential if

- Diabetic retinopathy is found that is at a greater level than the presence of occasional microaneurysms⁶
- Diabetic Macular Oedema⁶
- Declining visual acuity⁶

Psychologist

- Difficulty adhering to diabetes treatment
- Difficulty implementing required lifestyle changes/self care behaviours
- Significant stress
- Sexual dysfunction
- Anxiety/frustration/anger
- Frequent admissions for DKA
- Depression
- HbA1c >8%
- Needle Phobia
- Cognitive difficulties
- Complex mental health history

Exercise Professional

- Requires assistance with exercise program
- Conditions affecting activity levels eg. Musculo-skeletal conditions

Nephrologist ¹⁶

- Impaired renal function, eGFR <60 ml/min/1.73m²