

DIABETES TRANSITION INTRODUCTION



As kaitiaki (carers/guardians) of diabetes related services, it is a collective responsibility to establish an environment that facilitates a pathway for people with diabetes to navigate te ao mate huka - the world of diabetes¹.

Welcome Haere mai Talofa lava Malo e lelei Kia orana Bula

The Diabetes Service team would like to extend a warm welcome to our place. We are looking forward to working with you and your whānau and support team during this stage of your diabetes journey. Every diabetes team across Aotearoa is slightly different, below may be some members of your local team. We will aim to meet with you every three months, which is what is recommended by international guidelines.

YOU

You are the most important part of the diabetes team!

Diabetes Nurse - Tapuhi Mate Huka

Diabetes nurses have specialist diabetes experience. They can help you and your whānau with information and strategies for day-to-day management of diabetes including adjusting medications. They will be your main point of contact between appointments.

Diabetes Dietitian - Mātanga Kai

Diabetes dietitians provide education on establishing healthy eating patterns for life to promote normal growth and development. They can help match medication regimens with usual food patterns and physical activity.

Endocrinologist - Mātanga Rata Mate Huka

An endocrinologist is a doctor who specialises in conditions associated with the endocrine system, which includes diabetes. As they are a specialist they have the most current information and management guidelines that can help you successfully manage diabetes.

General Medical Specialist - Tākuta Hauora Tinana

A general medical specialist is a doctor who specialises in a range of health conditions, which includes diabetes. They have the most current information and management guidelines.

Nurse Practitioner - Mātanga Tapuhi

A nurse practitioner completes advanced nursing education that enables them to provide care to people with both common and complex conditions. They make diagnoses, order and interpret tests, prescribe medications, and provide treatment plans to promote health and wellbeing.

Diabetes Psychologist - Kaimātai Hauora Hinengaro

Diabetes psychologists specialise in working with people managing psychological factors associated with diabetes. They provide support if you are having issues that are significantly impacting your ability to manage your diabetes; or if your diabetes was affecting or causing a mental health problem.

Diabetes Podiatrist - Mātanga Waewae

Podiatrists manage diabetes foot related complications affecting the feet and lower limbs. This includes foot screening, education, prevention and treatment. If there are any concerns about your feet or legs a podiatrist will be able to assist.

Social Worker - Kaimahi Tauwhiro

Social workers provide support with stressors happening in a person's environment, including lifestyle choices, accommodation, finances, family harm, low motivation, study/work. All such factors can impact on a person's ability to manage their diabetes.

Hauora Māori Worker - Mātanga Hauora Māori

Hauora Māori workers help to navigate the health journey of Māori with the professional skill set of mana Māori and mātauranga Māori.

General Practitioner or Family Doctor - Rata Hauora Whānau

A GP may also be known as your family doctor. They assess, diagnose and treat people in the community. They work with people of all ages and have a broad range of medical knowledge on different health conditions. Your GP can also prescribe diabetes medications between diabetes appointments.

HOW TO CONTACT US:

Address:

Phone Number:

Email:
