

DIABETES NZ – AUCKLAND BRANCH

MOBILE DIABETES AWARENESS SERVICE STORIES OF CHANGE

Here are two representative stories of change from the Mobile Diabetes Awareness Service (note that the photos are not of the clients mentioned in the stories).

Fears allayed

The value of returning to the same location (Countdown Onehunga) and being accessible during work lunch hours was evidenced when a Tongan woman who had been tested for diabetes by the Service encouraged her older sister to visit the Service when next in the area. Having had a bad experience watching their father with type 2 diabetes, they were both fearful of the condition.

The older sister's test for diabetes using the preferred HbA1c method (3-months average blood glucose) revealed undiagnosed diabetes which needed urgent medical attention. The Specialty Diabetes Nurse gave culturally appropriate advice and resources, allayed her fears, and referred her to a GP for the appropriate care.



Re-engaging with the primary care system

A Māori man in his 30's visited the Mobile Diabetes Awareness Service when it was stationed at the Ōtāhuhu Pool & Leisure Centre. His HbA1c test indicated his 3 months' average blood glucose was at the high end of the pre-diabetes range. He had had limited engagement with the primary care system in the past.



The Specialist Diabetes Nurse provided a GP referral and strongly encouraged him to return to his doctor, highlighting the long-term benefits of well managed diabetes. She also discussed culturally appropriate diet and exercise choices with him and inspired him to start by making small changes.

Within a week the client had engaged with his GP and received a follow up HbA1c test which also showed an infection that needed to be treated. His GP restarted him on Metformin (diabetes management medication) and since then he has been taking his medication regularly. This will help to prevent or the long-term complications of type 2 diabetes.

