



Dietitians Association of Australia

Department of Health and Ageing
Pharmaceutical Benefits Advisory Committee
Post Market Review of Products Used in the Management of Diabetes
Stage 1: Review of Blood Glucose Test Strips - people with type 2 not treated with insulin

November 2012

The Dietitians Association of Australia (DAA) is the national association of the dietetic profession with over 5000 members, and branches in each state and territory. DAA is responsible for the Accredited Practising Dietitian (APD) program which is the foundation of self-regulation for dietitians in Australia. DAA is a leader in nutrition and advocates for better food, better health, and wellbeing for all. The DAA appreciates the opportunity to provide feedback to the Department of Health and Ageing Pharmaceutical Benefits Advisory Committee on the Stage 1 review of Blood Glucose Test Strips.

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DAA is committed to improving the management of diabetes in Australia to achieve optimal health outcomes for people with diabetes. Diabetes is a chronic and progressive disease which is increasing in incidence¹ and presents an escalating burden on health care. DAA has a role in contributing to, revision and dissemination related to clinical guideline development for diabetes, including medicines and devices.

Dietitians have a unique role in the multidisciplinary team for the provision of medical nutrition therapy (MNT) to assist in the self-management of type 2 diabetes. MNT is evidence based and well documented as a successful intervention process in diabetes management². MNT necessarily requires a sound knowledge of medicines and devices needed to deliver services to patients as dietitians use the results of self-monitoring blood glucose (SMBG) in clinical decision making and may also educate patients in the use of devices and interpretation of results as part of patient self-management.

Self monitoring assists people with diabetes to achieve target blood glucose levels for prevention of short term and long term complications of diabetes¹. People with type 2 diabetes who regularly monitor their blood glucose levels regardless of their mode of therapy achieve better glycaemic control^{3,4}, have reduced ongoing health care costs, and experience increased self confidence and motivation⁵ in their diabetes self care.

Testing of blood glucose levels, particularly post prandially and around exercise, provides feedback on the impact of the food and activity choices. This encourages people with diabetes understand better ways to manage their blood glucose levels. It also assists dietitians and other members of the diabetes care team when making decisions about therapy changes e.g. fasting blood glucose level problems versus mealtime elevations. Earlier and more aggressive treatment to target approaches in therapy can then be instigated⁶.

DAA supports access to medicines and devices, including subsidised blood glucose test strips, for people with type 2 diabetes regardless of their mode of treatment where this is needed to realise better health outcomes.

References

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