

PROVIDER FOCUS

NO SUGAR COATING ABOUT DIABETES

Diabetes is a potentially dangerous disease with serious complications if left untreated. The Manawatu, Horowhenua, Tararua (MHT) Diabetes Trust is upfront about this, but also stresses the message that simple lifestyle and dietary changes can make a huge difference to your health.

Clinical Manager Jacqui Thompson said: "It is staggering how many people we see who really didn't realise how serious diabetes can be. We get this feedback constantly. But we are able to give people hope and a way to manage their illness."

MidCentral funds a large part of the work of the MHT Diabetes Trust, which provides free education and support services for people of all ages with diabetes in our region. It is a unique service in New Zealand and highly regarded by health professionals.

The Trust was established in 2000 and has six part-time permanent staff and a pool of registered nurses and registered dietitians, who work on a casual basis. Its work falls into two main areas: youth services; and education. Both overlap to some extent.

Jacqui Thompson, a registered nurse, runs the education programme. "We run 200 education modules a year, all funded by MidCentral. These modules comprise formal classes talking about what diabetes is, and how to manage it; and informal contact through other health provider groups.

"We also produce a "Take Action Pack" so people can set goals. We are not a one-on-one clinical service so we always encourage individuals to follow up with their health providers. We use the power of a group to

offer peer support and the strength that comes in numbers. For children through to people in their 90s, we are all about teaching self-management. It is a well-proven fact that the risk of complications really reduces with careful management of diabetes."

Youth services coordinator Andrea Bell said: "I organise support for those with diabetes from birth up to 24 years of age. This largely involves running camps and social events. For example next week we have got an e-bike riding evening. These kinds of events are really important so that young people feel connected and can make friends so they do not face diabetes alone."

Jacqui believes the work of the MHT Trust is unique in New Zealand. "There is no other diabetes service in the country with the variety of group education services and group support that we offer. We are very grateful for the funding provided by MidCentral and the community, which makes it all possible."

The MHT Trust's contact details are:
06 357 5992 or email:
admin@diabetestrust.org.nz
www.diabetestrust.org.nz

CENTENNIAL CLINICAL LIBRARY

The library has a new study area, which also has a comfy meeting space for two or three people. There are new study desks, a multi-purpose table and a laptop table, along with a couple of easy chairs.

There are screens that can be used if the space needs closing off.

Library staff have rearranged half of the collection in order to create the new space, but rest assured nothing was discarded in the process.

For staff who do not know where the library is, go past the entrance to the clinical lecture theatre on level one and keep going a short distance until you are see the door with the library sign.



Andrea Bell (Youth Co-ordinator), Sharon Langridge (Administrator), Jacqui Thompson (Clinical Manager), and Adrian Broad (Trust Manager).