

MEDIA RELEASE

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Nurses push for people with diabetes to self-manage blood glucose monitoring

Supporting people with diabetes to self-monitor and self-care empowers individuals, can improve long-term health outcomes, and is being encouraged by the Australian College of Nursing during National Diabetes Week.

Australian College of Nursing (ACN) Chief Executive Officer, Adjunct Professor Kylie Ward, said ACN had been vocal in its stance on people with diabetes self-management, and included this as one of five recommendations when joining the *Choosing Wisely Australia* campaign last year.

“People with diabetes who self-monitor and take carriage of their own care, with the support of highly-trained diabetes educators and nurses, are keeping a constant watch of their blood glucose levels to make sure they do not go too high or low.

“Glycaemic control is central to the management of diabetes. We know self-management is a valuable tool in reducing the incidence of complications, enhancing quality of life and reducing related health care costs.

“The Australian College of Nursing cannot condone the imposition of unnecessary blood glucose monitoring regimes that needlessly change a person’s routine, are random, low frequency and do not provide patients or health care professionals with information that enhances therapeutic goals.”

ACN is speaking out on diabetes self-management to coincide with National Diabetes Week, which runs from Sunday 9 July to Saturday 15 July.

The theme of this year’s campaign is *It’s About Time*, which aims to highlight that it’s about time that we acted as a nation to detect diabetes earlier, and in turn, save lives.

“When we joined the *Choosing Wisely Australia* campaign last year, ACN and our members provided five key recommendations,” Adjunct Professor Ward explained.

“One of these recommendations was not restricting the ability of people with diabetes to perform their own blood glucose monitoring. We don’t believe a person’s monitoring routine should be changed without a reasonable clinical indication.”

Choosing Wisely Australia brings together health colleges, associations and societies with the aim of challenging the way we think about health care and questions the notion that ‘more is always better’.

To learn more about ACN's *Choosing Wisely* first 5 recommendations [click here](#).



-ENDS-

For interviews contact ACN Executive Assistant Narelle Barrie on 02 6283 3459.

Notes to Editors: The Australian College of Nursing (ACN) is the national professional organisation for all nurse leaders and its aim is to ensure that the Australian community receives quality nursing care now and in the future. ACN is a membership organisation with members in all states and territories, health care settings and nursing specialties. ACN is also the Australian member of the International Council of Nurses headquartered in Geneva. An organisation not afraid to challenge industry issues affecting the nursing profession or Australia's health care, ACN is a well-connected and educated national body that drives change with people of influence to enhance the delivery of health services to the Australian community. ACN's membership includes nurses in roles of influence, including senior nurses, organisational leaders, academics and researchers.

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