



AGENCY FOR
**CLINICAL
INNOVATION**

The Thinksulin App

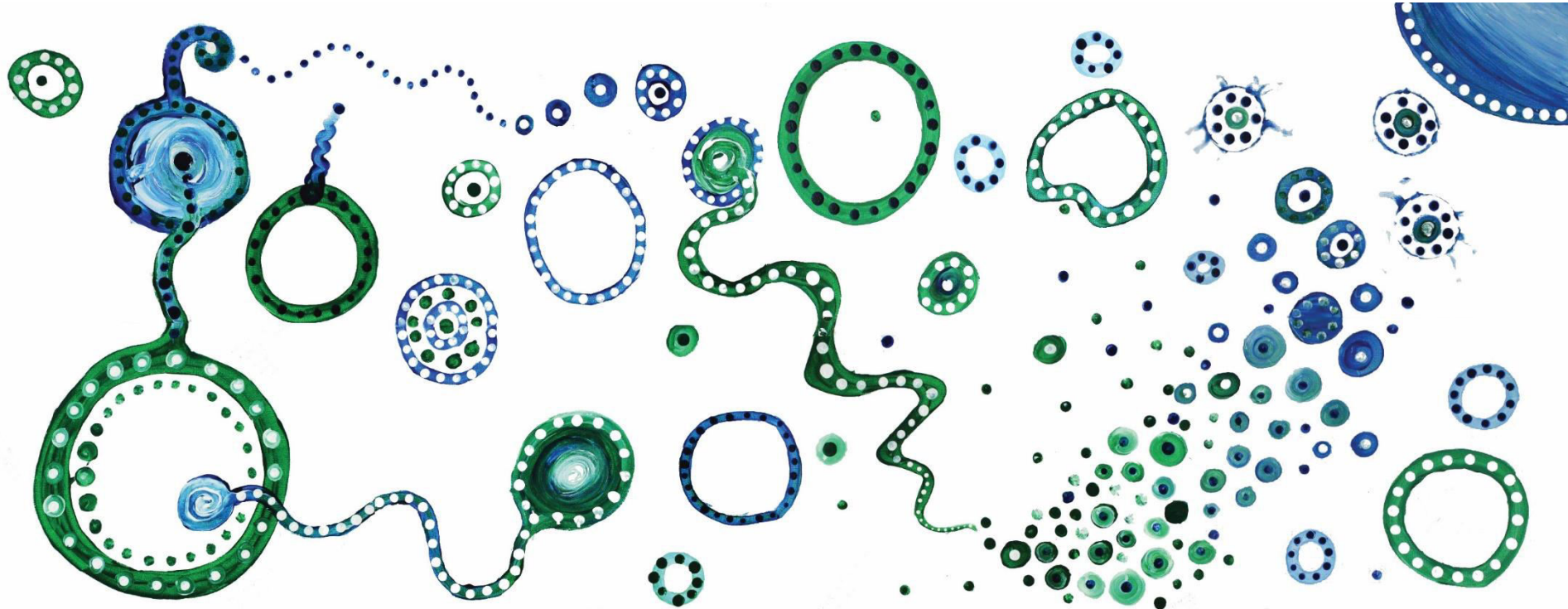
Improving inpatient care for people with diabetes

Diabetes and Endocrine Network

Marina Davis | Manager, Diabetes and Endocrine Network | ACI

Barbara Depczynski | Endocrinologist | Prince of Wales Hospital

The ACI acknowledges the traditional owners of the land that we work on.
We pay our respects to Elders past and present and extend that respect to
other Aboriginal peoples present here today.



What we know

- 1 in 11 people in NSW lives with diabetes ¹
- People with diabetes are frequently admitted to hospital for treatment of conditions other than diabetes
- Glycaemic instability is commonly observed amongst patients with diabetes - hyperglycaemia can increase risk of infection and other adverse outcomes
- If I have diabetes, I stay in hospital 6 days (2 days longer than other acute hospitalisations) ²
- Insulin is a HIGH RISK medication - consequences of errors in prescription can be severe
- The recognition of abnormal BGLs and insulin prescription is often the responsibility of Junior Medical Officers
- In 2015, evaluation of the NSW subcutaneous insulin prescribing chart found: *“there is a lack of awareness and understanding about components of best practice management of people with diabetes outside specialist endocrinology units”*

(1) Centre for Epidemiology and Evidence, Health Statistics NSW (NSW), Sydney: NSW Ministry of Health. Available at: www.healthstats.nsw.gov.au. Accessed (8 December 2015). NSW Population Health Survey (self-reported).

(2) NSW Admitted Patient Data Collection, presented by ACI Health Economics and Evaluation Team to NSW Endocrine Network (25 October 2016).

How is change being supported

The Inpatient Management of Diabetes Mellitus initiative includes:

- clinical partnership audits
- identification of local improvement projects
- change management support
- **a capability program to support best practice care** (for JMOs and nursing staff)



1. Identification
and Screening



2. Insulin
Management

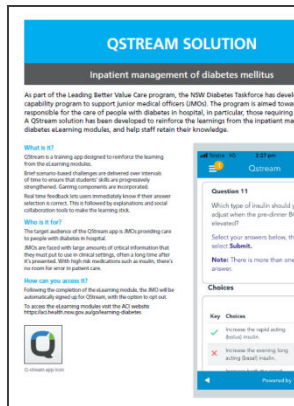


3. Patient Flow
and Transfer of
Care

Capability Building Program

The capability program consists of 3 components:

- “Thinksulin” - a clinical decision support app
- An eLearning program
- A Qstream solution



QSTREAM SOLUTION
Inpatient management of diabetes mellitus

As part of the Leading Better Value Care program, the NSW Diabetes Taskforce has developed capability program to support junior medical officers (JMOs). The program is aimed towards responsible for the care of people with diabetes in hospital. In particular, those requiring inpatient management. A Qstream solution has been developed to reinforce the learning from the inpatient management diabetes eLearning module, and help staff retain their knowledge.

What is it?
Qstream is a training app designed to reinforce the learning from the eLearning module. Brief scenario-based challenges are delivered over intervals of three minutes that challenge skills are progressively strengthened. Gaining components are incorporated. Real-time feedback is given immediately based on their answer selection correct. The feedback is explanation and correct collaboration tool to create the learning link.

Who is it for?
The target audience of the Qstream app is JMOs providing care to people with diabetes in hospital. JMOs are faced with large amounts of critical information that they must put to use in clinical settings, often a long time after it is presented. With high-stake medications such as insulin, there is no room for error in patient care.

How can you access it?
Following the completion of the eLearning module, the JMO will be automatically signed in to the Qstream, and the option to sign in. To access the eLearning module visit the ACI website: <https://aci.health.nsw.gov.au/gait/thinksulin>

Key Features:
- Increase the rapid editing of insulin
- Increase the existing long-acting insulin
- Increase the existing long-acting insulin



ELEARNING PROGRAM
Inpatient management of diabetes mellitus

As part of the Leading Better Value Care program, the NSW Diabetes Taskforce has developed capability program to support junior medical officers (JMOs). The program is aimed towards responsible for the care of people with diabetes in hospital. In particular, those requiring inpatient management. Three eLearning modules have been developed to support staff to deliver best practice insulin management in a hospital setting.

What is it?
The eLearning program is a series of videos and learning modules. Topics include:
- basics of blood glucose levels and insulin
- preventing and managing hypoglycaemia
- safety preventing and administering insulin.

The main objectives of the course are to improve patient care, safety and experience by:
- supporting clinicians to deliver best diabetes management, including proactive insulin management;
- reducing medication errors (specifically insulin);
- improving knowledge of staff;
- improving confidence of staff and empowering them to start or make suitable changes to blood glucose management;
- reinforcing appropriate referral criteria;
- supporting implementation of the NSW Adult Subcutaneous Insulin Chart.

Who is it for?
The target audience of Thinksulin is JMOs and nursing staff (without specialist skills/knowledge in diabetes management), however it can be used by any clinician responsible for the prescription and administration of insulin.

How can you access it?
For links to the module visit the ACI website: <https://aci.health.nsw.gov.au/gait/thinksulin>



THINKSULIN APP
Inpatient management of diabetes mellitus

As part of the Leading Better Value Care program, the ACI and NSW Diabetes Taskforce have developed Thinksulin, a clinical decision support app that supports junior medical officers (JMOs) to deliver best practice insulin management.

What is it?
Thinksulin point of care app that will provide information and decision support on blood glucose level targets, hypoglycaemia management, blood glucose monitoring, basal-bolus insulin regimen calculations, charting and dose review.

Who is it for?
The target audience of Thinksulin is JMOs and nursing staff (without specialist skills/knowledge in diabetes management), however it can be used by any clinician responsible for the prescription and administration of insulin.

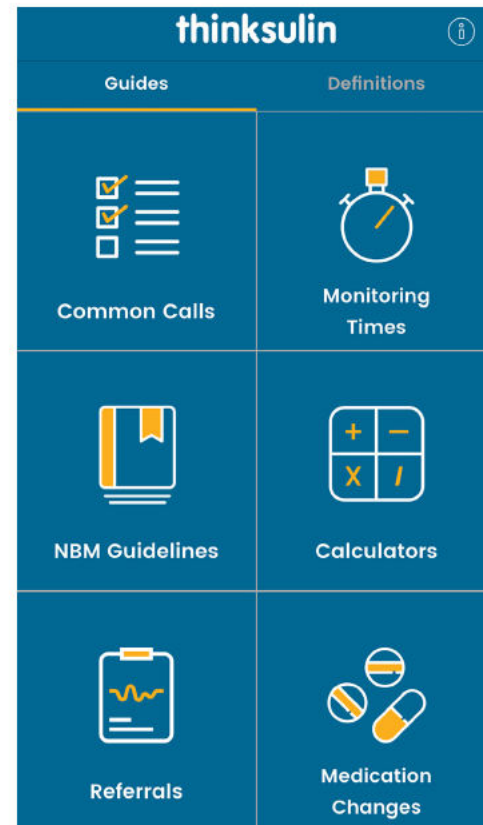
How can you access it?
Thinksulin is available to download for free in Google Play (for Android users) and in App Store (for Apple users). Scan the QR code to find out more.

Thinksulin app icon
[Download on the App Store](https://itunes.apple.com/au/app/thinksulin/id1444444444)
[GET IT ON Google Play](https://play.google.com/store/apps/details?id=com.thinksulin)

Thinksulin app interface:
- Guides
- Definitions
- Common Calls
- Monitoring Times
- NBM Guidelines
- Calculators
- Referrals
- Medication Changes

Thinksulin is a point of care app that provides information and decision support on:

- blood glucose level targets
- hypoglycaemia management
- blood glucose monitoring
- basal-bolus insulin regimen calculations
- charting and dose review.



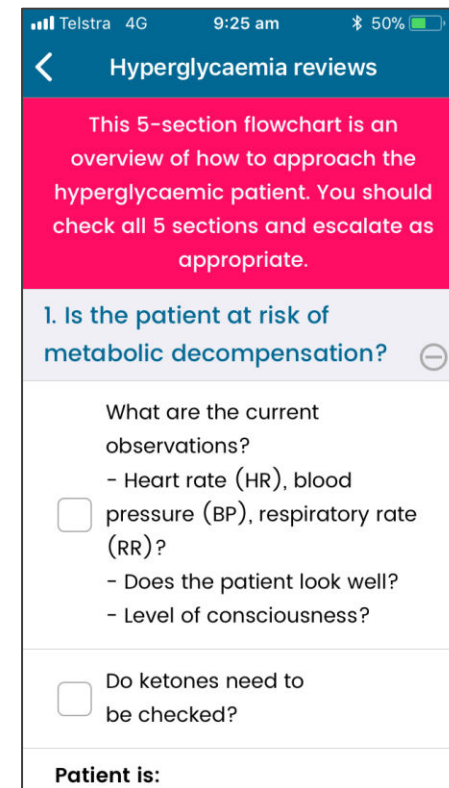
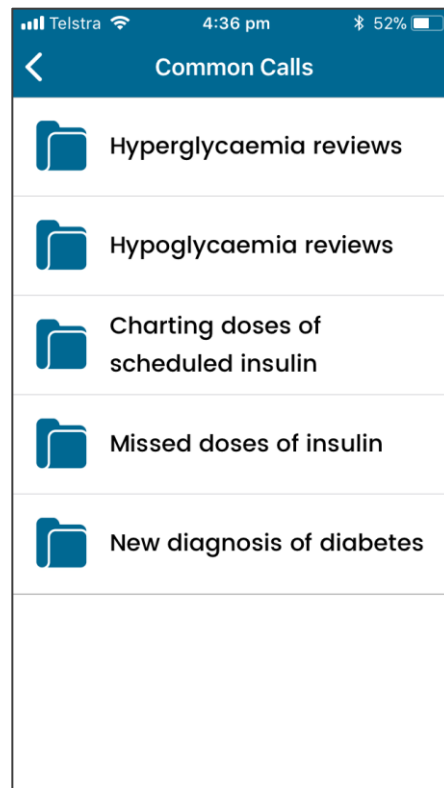
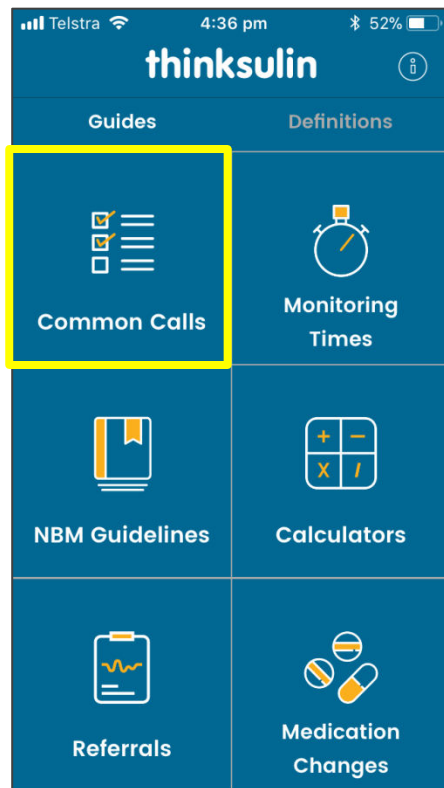
The target audience of Thinksulin is JMOs and nursing staff (without specialist skills/knowledge in diabetes management), however it can be used by any clinician responsible for the prescription and administration of insulin.

Thinksulin is available to download for free in Google Play (for Android users) and in App Store (for Apple users).

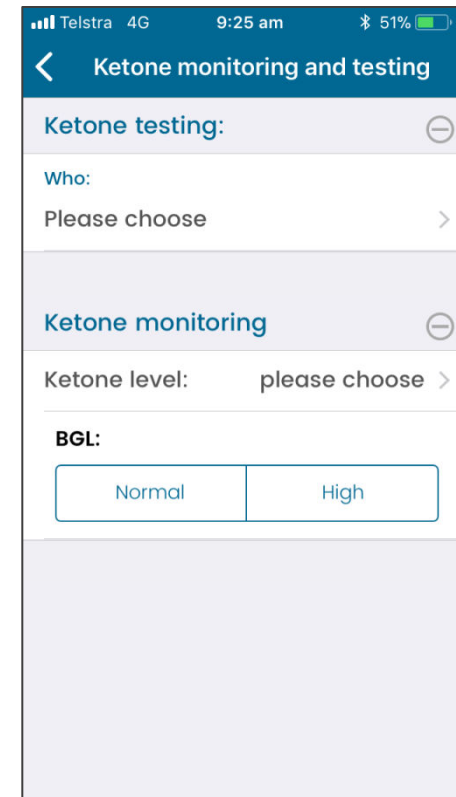
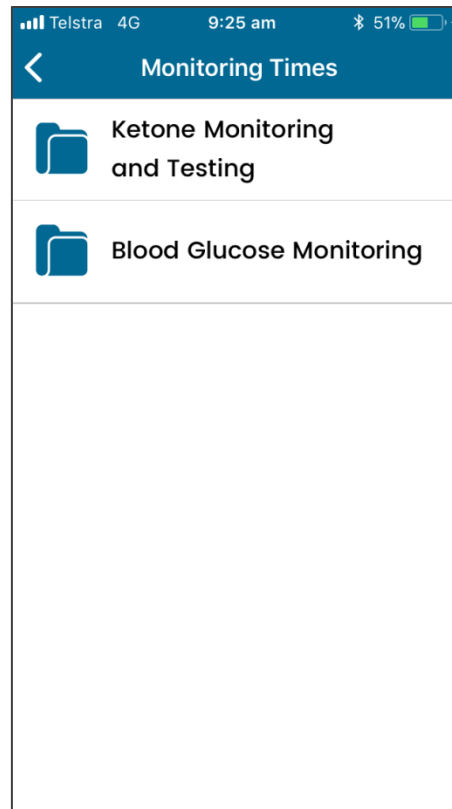
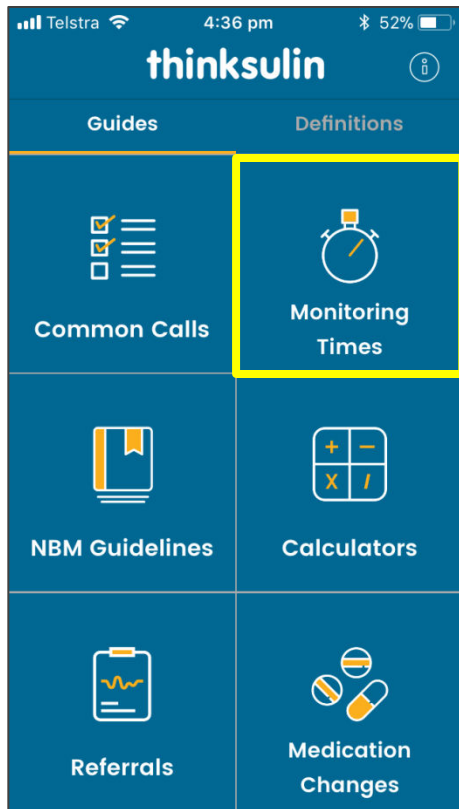
<https://aci.health.nsw.gov.au/go/thinksulin-ios>

<https://aci.health.nsw.gov.au/go/thinksulin-play>

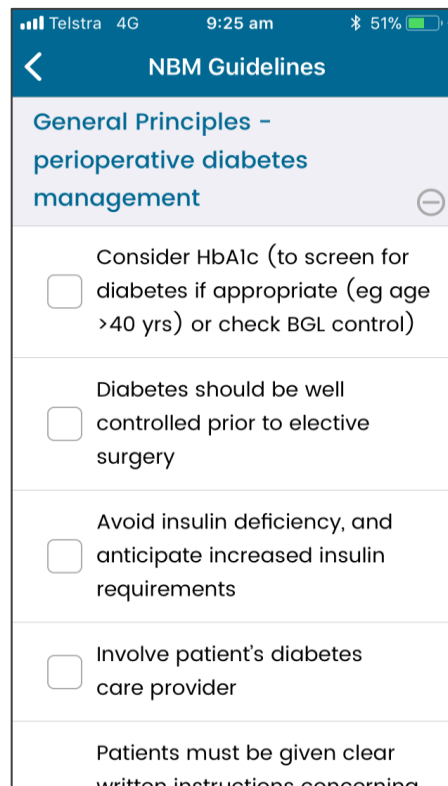
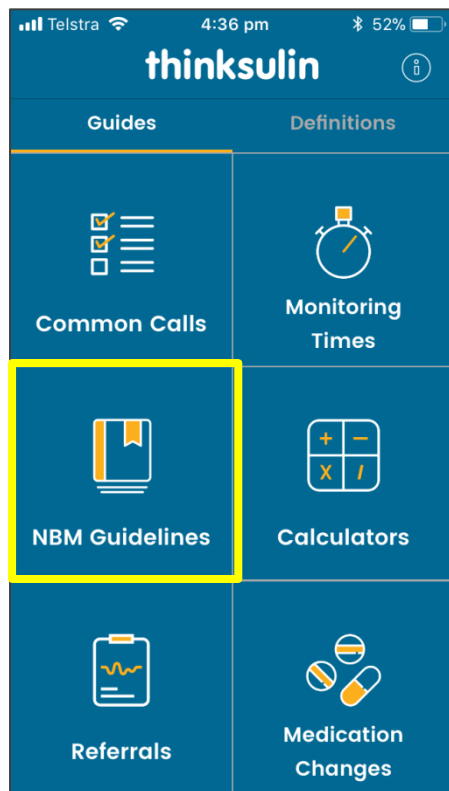
Thinksulin – Common Calls



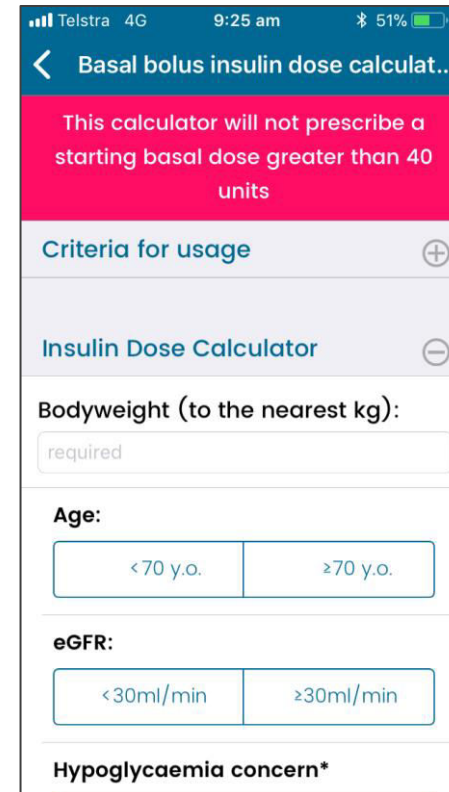
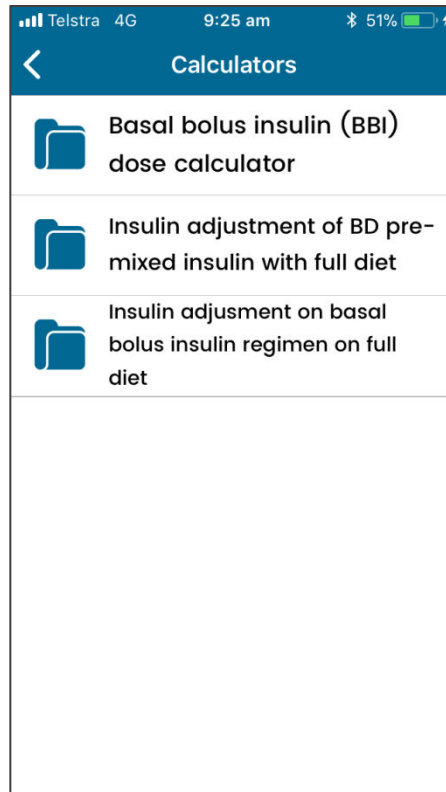
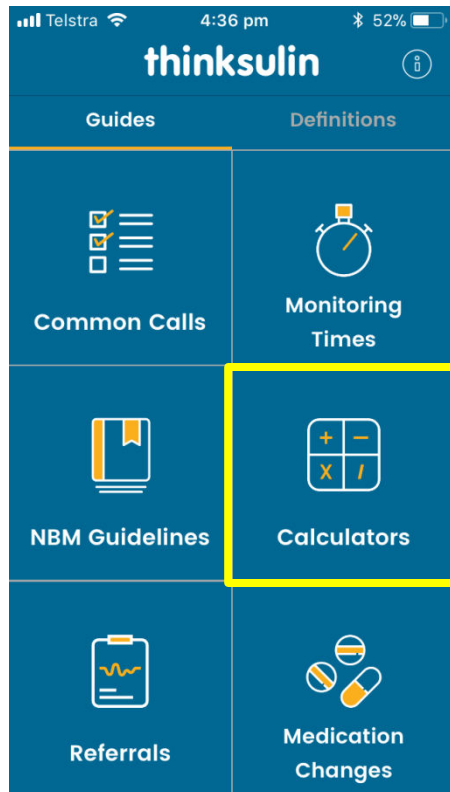
Thinksulin – Monitoring Times



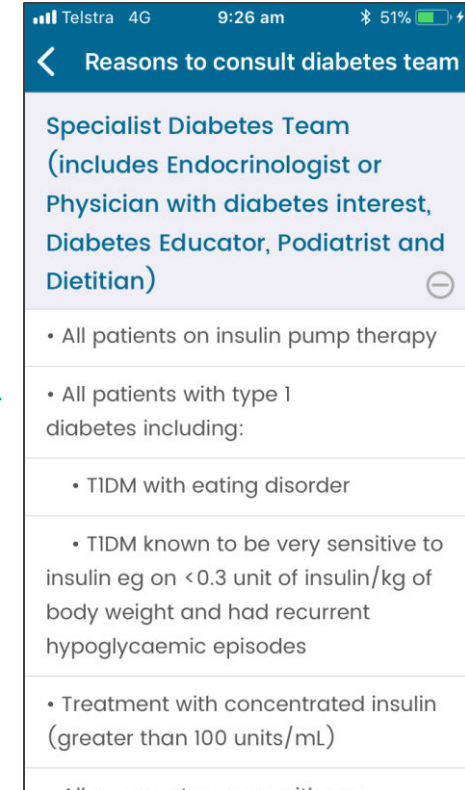
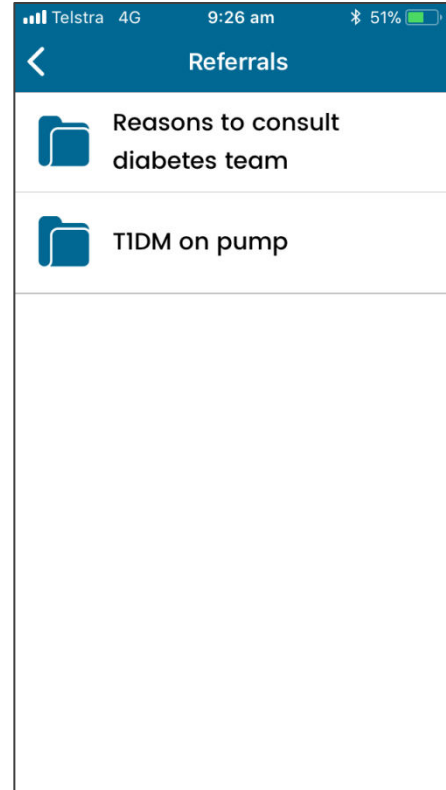
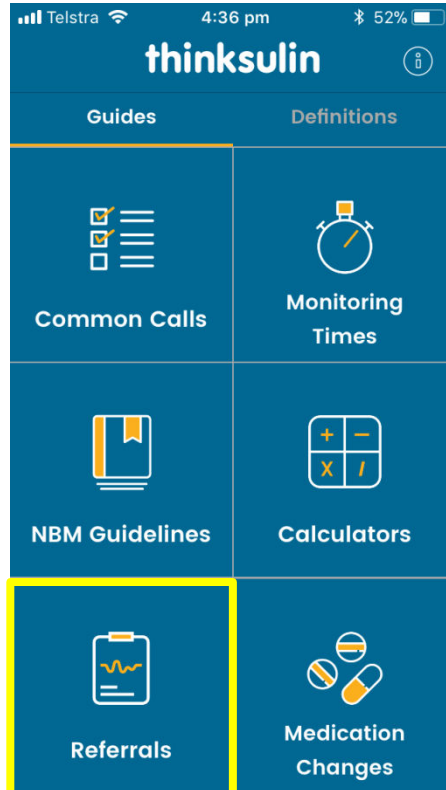
Thinksulin – NBM Guidelines



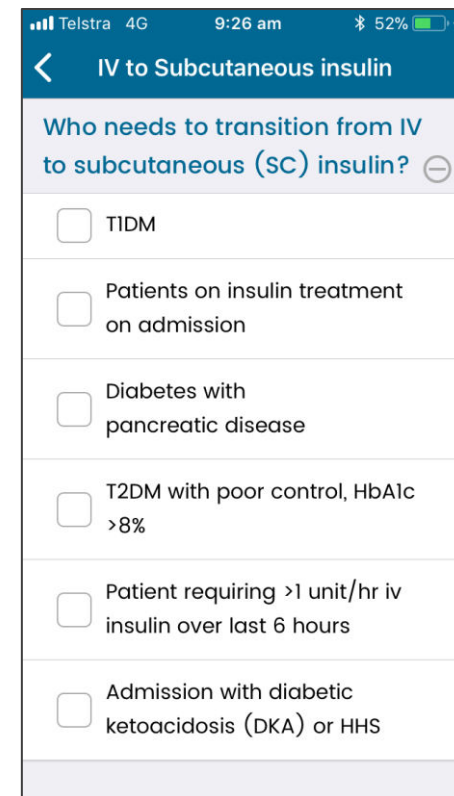
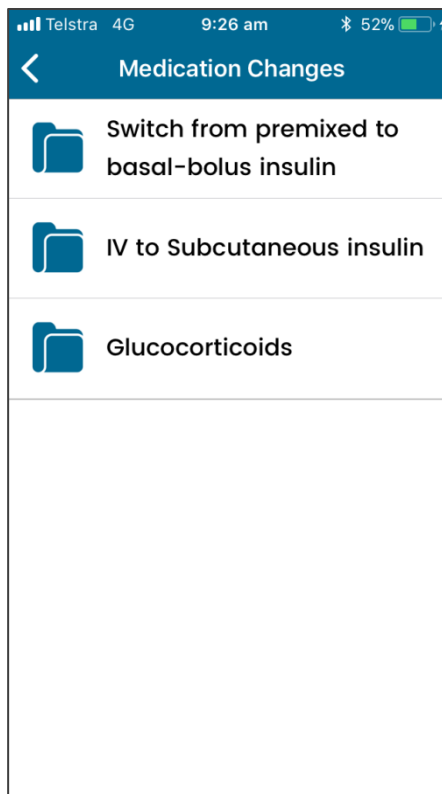
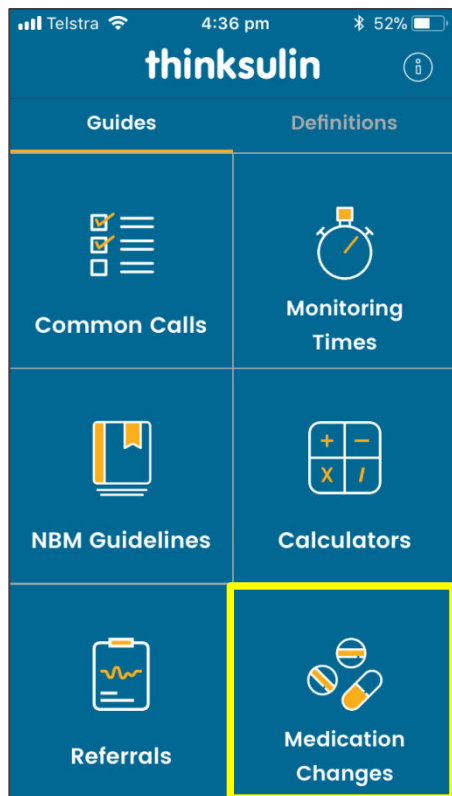
Thinksulin – Calculators



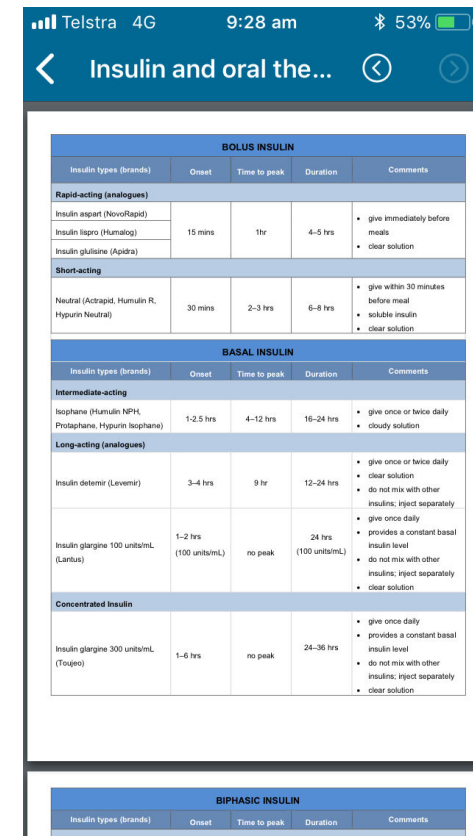
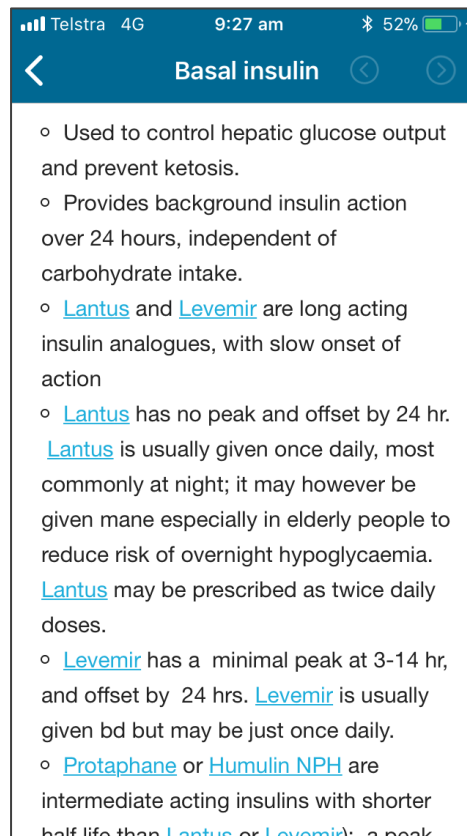
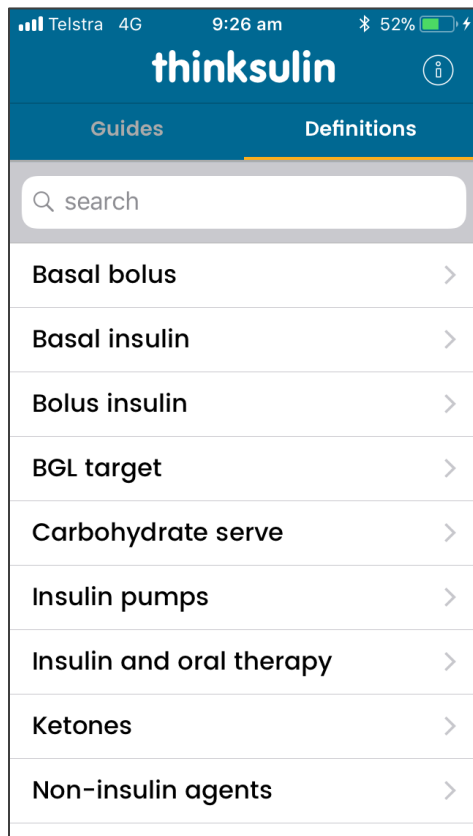
Thinksulin – Referrals



Thinksulin – Medication changes



Thinksulin – Definitions



Level 4, 67 Albert Avenue
Chatswood NSW 2067

PO Box 699
Chatswood NSW 2057

T + 61 2 9464 4666
F + 61 2 9464 4728

aci-info@health.nsw.gov.au
www.aci.health.nsw.gov.au

Contact Details:

Marina Davis
Network Manager, Diabetes and Endocrine Network
02 9464 4621
Marina.Davis@health.nsw.gov.au



AGENCY FOR
CLINICAL
INNOVATION