

Information Prescriptions

The key to unlocking behaviour change

An overview for health professionals



First developed by Diabetes UK, more than **100,000** Information Prescriptions have been written into patient records in the UK. They have been shown to motivate and engage people living with diabetes to take action towards self-managing their diabetes. With agreement from Diabetes UK, Diabetes Australia has adapted the Information Prescriptions for Australian use.

The design of the Information Prescriptions allows best practice around care planning and goal setting to be done during routine care. They are an easy way to help your patients better understand their diabetes. They are also a gateway to more information and support for people living with diabetes.

This booklet will help you find out more about how they work and how to use them.

Disclaimer:

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What is an Information Prescription?

Information Prescriptions are a personalised single A4 page which include easy-to-read explanations, clear images and individual goals to help prevent diabetes health complications. They are designed to give people with diabetes the information that they need to understand, engage with and improve on their health targets.

General practitioners and other health care professionals can use Information Prescriptions to assist in their clinical practice and increase engagement of people with diabetes in their self-care.

Why Information Prescriptions matter?



Individual support

 a personalised document that is short and easy to read



National reach

they are available through the NDSS ndss.com.au



Fight against health complications

 clinically accurate information to support people with diabetes reduce the risks of serious diabetes-related complications



Opportunity to transform care

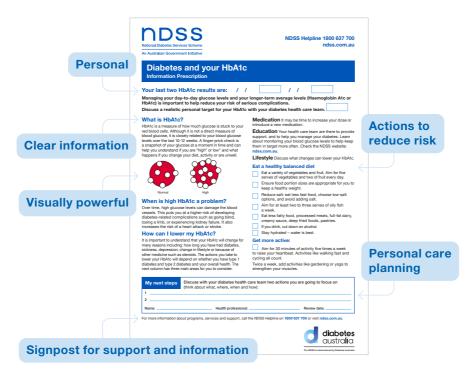
 designed to support care planning and behaviour change enabling self-care

Why are they needed?

The cost of diabetes to the Australian economy and health system is estimated at over \$14.6 billion per year. Diabetes is a leading cause of preventable hospital admissions in Australia. Information Prescriptions are a quick and effective tool. They increase a person with diabetes understanding of their condition and help them become more engaged in self-management.

How were they created?

Information Prescriptions were first developed by Diabetes UK. They are co-produced by clinicians, health academics, psychologists and people with diabetes. This ensures they are clinically accurate, easy to read and use the latest evidence in terms of supporting behaviour change.



Types of Information Prescriptions

There are ten diabetes Information Prescriptions adapted for the NDSS.

These cover key health markers that influence someone's risk of complications as well as additional information for clinicians and people with diabetes.



Diabetes and your blood pressure



Diabetes and your cholesterol



Diabetes and your HbA1c



My emotions and diabetes



Keeping your kidneys healthy



Diabetes and kidney disease





Contraception and pregnancy



Diabetes and your feet – low risk



Diabetes and your feet – moderate to high risk



Improving your diabetes knowledge

These are our three core Information Prescriptions. They focus on the three key health markers that influence someone's risk of complications, where less than 50 per cent of people with diabetes achieve the RACGP recommended targets.

(Burden of Diabetes in Australia: It's Time for More Action 2018)

People outside these targets for periods of time are at higher risk of diabetes related complications including blindness, kidney failure, amputation, heart attack or stroke.

What do health professionals consider to be the most valuable part of the Information Prescriptions?

The language

- » Easy to understand language to help people with diabetes keep track of their progress
- » Explains in simple terms what each element is and how it impacts diabetes

They are interactive

- » The ability to record personalised goals for that specific topic
- » Offering practical advice of what people living with diabetes can do themselves

"The Information Prescriptions help me to plan better if there is a problem with my results."

- Person living with diabetes

Language matters

Many health professionals and services acknowledge that people with diabetes need to participate actively in their self-care yet continue to use disengaging words and phrases that can disrespect the individual's autonomy. In many instances, such language is used without full appreciation of its unintended meaning or impact. Rather, we need more careful use of language that:

- Promotes active engagement. Discussing 'diabetes management options' or 'self-management choices' encourages people with diabetes to be actively involved in making decisions about their own health.
- 2. Supports the self-care efforts people make. Health outcomes depend largely on activities and choices people make outside of health consultations. Using respectful and comprehensible language can help individuals realise they are capable of and encouraged to make informed choices about their diabetes, and that their choices are respected.
- 3. Acknowledges the frustrations, anxieties, guilt and distress that could come with living with a chronic condition.

More information about language can be found at diabetesaustralia.com.au/position-statements.

You can access information prescriptions through your clinic medical software via HealthShare, as well as on the NDSS website ndss.com.au/information-prescriptions.