

OUTPATIENT GP REFERRAL GUIDELINES

SOUTHERN ADELAIDE DIABETES and ENDOCRINE SERVICES (SADES)

Southern Adelaide Local Health Network (SALHN)

Diabetes (Medical)

- Type 1 Diabetes
- Type 2 Diabetes (complicated or uncontrolled)
- Secondary Diabetes
- Monogenic Diabetes

Information Required

- Presence of Red Flags
- Duration of symptoms
- Associated symptoms
- Treatment to date including previous side effects
- Current medications prescribed, OTC and recreational drug use
- Medical, psychiatric and relevant psychosocial history
- Specific educational requirements e.g. insulin use
- Level of care LMO can provide
- Is patient on a Care Plan

Investigations Required

- HbA1c
 - Lipids
 - Microalbumin
 - Serum biochemistry including renal function
- If hypoglycaemia is problematic also consider**
- Coeliac screen
 - Morning serum cortisol
 - TFT
- If unsure of diabetes type**
- Serum anti GAD and islet cell antibodies
 - Ferritin, iron studies

Fax Referrals to

GP Plus Marion

7425 8687

GP Plus Noarlunga

8164 9199

Red Flags

- 🚩 Newly diagnosed Type 1 diabetes
- 🚩 Established or impending ketoacidosis
- 🚩 Hyperosmolar non-ketotic state – usually extreme dehydration and hyperglycaemia in type 2 diabetes
- 🚩 Decreased conscious state
- 🚩 Diabetic foot – see [Diabetes Foot Care Pathway](#)
- 🚩 Incomplete recovery after hypoglycaemia
- 🚩 Recurrent severe hypoglycaemia

Suggested GP Management

- Red flags – speak to on call Endocrine Registrar Ph (08) 8204 5511
- For infected foot ulcer – contact Vascular Department
- RACGP guidelines otherwise – on call registrar is available for advice

Clinical Resources

- RACGP general practice management of type 2 diabetes <http://www.racgp.org.au/your-practice/guidelines/diabetes/>
- Therapeutic Guidelines Endocrinology (2019)
- Type 1 Diabetes through the Life Span – A Position Statement of the ADA

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1.0	Sept 2014	Sept 2016	Original
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