



# AVIVA EXPERT EXPERIENCE

# ROCKINGHAM WESTERN AUSTRALIA



# Aviva Expert Usage

## Self Management Type 1 Education

Rockingham General Hospital Diabetes Centre



- ~ 48 Km from the Perth CBD
- Largest growing population in the South Metropolitan Area
- In patient and Outpatient Diabetes Education
  - individual, groups, pumps and specialised programs
- Outpatient Specialist Consultations

# Introduction of AVIVA EXPERT into ROCKINGHAM

- § Education of Staff at the Clinic
  - § Individually
  - § Small group
- § Quality Assurance Project
  - § Evaluation of AVIVA monitoring system in intensive management of type 1 diabetes
  - § A comparative evaluation study of the ease and benefits of use of the AVIVA monitoring system

# Patient Education

## § Individual Education of Clients

§ Carbohydrate counting and then Insulin sensitivity

## § Introduction into SMaRT1E program

§ Full Self Management Education program

§ Teach manually then distribute Aviva Expert following training

## § Evening Group introduction and education

§ Full education session given by local Roche reps.

# Patient Outcomes

## § Number of clients

- § Trial in November 2011 (12 patients)
- § Distributed to all T1DM since 2012
- § Total Patients using expert = 85

## § Client comments

- § “simpler diabetes management”
- § “Good, Reliable, Robust “
- § “Good data retrieval”
- § “It takes the guess work out and give you more confidence”
- § “I think it’s Freak’n Awesome.”

# Staff Observations

## § Educator observations

- § Ease of teaching
- § Need to help with Programming
- § Need to help with teaching when to recalculate Ratios and trouble shooting

## § Consultant comments

- § Better overall control
- § Patients stating that they like it that it is easier to calculate doses helps with overall control
- § Have started to see effects on HbA1c for some Patients