# 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
- Current prescribed, OTC and recreational drug use
- Medical, psychiatric and relevant psychosocial history
- Specific educational requirements eg 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 type of diabetes**
- Serum anti GAD and islet cell antibodies
- Ferritin, iron studies

## Fax Referrals to

<table>
<thead>
<tr>
<th>Location</th>
<th>Phone 1</th>
<th>Phone 2</th>
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<tbody>
<tr>
<td>Flinders Medical Centre</td>
<td>8204 8960</td>
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<tr>
<td>Repatriation General Hospital</td>
<td>8374 2591</td>
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<tr>
<td>Noarlunga Hospital</td>
<td>8384 9711</td>
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<tr>
<td>GP Plus Noarlunga</td>
<td>8164 9199</td>
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## 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
- Foot ulcer with infection – refer to Vascular department
- Incomplete recovery after hypoglycaemia
- Recurrent severe hypoglycaemia

## Suggested GP Management
- Red flags – speak to on call Endocrine Registrar Ph (08) 8204 7758
- For infected foot ulcer – contact Vascular Department
- RACGP guidelines otherwise – on call registrar is available for advice

## Clinical Resources
- Type 1 Diabetes through the Life Span – A Position Statement of the ADA

General information to assist with referrals and the and Referral templates for FMC and RGH are available to download from the SALHN Outpatient Services website [www.sahealth.sa.gov.au/SALHNoutpatients](http://www.sahealth.sa.gov.au/SALHNoutpatients)