

# Diabetes Remission

## Telehealth Rapid Access Clinic Service (DR-TRACS)



### This document outlines:

- Eligibility Criteria for DR-TRACS
- Overview of DR-TRACS Program
- How to access the service
- Contact details

### ELIGIBILITY

- Above 18 years old
- Diabetes diagnosis in the last 2 years
- Central abdominal obesity
  - waist >80cm in women and >94cm in men
  - BMI >25
- Willing to make lifestyle changes

### PROGRAM OVERVIEW

The Diabetes Remission - TRACS is an intensive early intervention program aiming to induce diabetes remission by improving blood glucose levels and promoting weight loss, resulting in less diabetes medications and improved quality of life.

A team of endocrinologists and diabetes educators will work with the patient to create a treatment plan to assist the primary care team. This plan will include recommendations for medications, diet and exercise. In the primary health setting, the GP involved can assist to coordinate referral to community allied health practitioners and monitor patient's progress in coordination with the Royal Melbourne Hospital diabetes team. We are keen for the primary care teams to revise the Diabetes Remission plan as required and to communicate this back to the RMH diabetes team.

Patients will receive up to 3 Endocrinologist consultations to devise a Diabetes Remission plan based on discussions with the patient and diabetes nurse educator.

Patients will be linked with the Diabetes Remission Clinic for up to 12 months.

### ACCESSING THE SERVICE

To refer a patient, please fax a [referral form](#) to RMH outpatients 9342 8933.

What to include in the referral:

- Current contact details for patient
- Medication details
- Recent pathology results
- Information addressing eligibility criteria
- Any special needs, including interpreter services.

Please contact the Diabetes Remission team for any other enquiries.

### Contact

Diabetes Remission Clinic  
Contact hours: Tues - Wed, 8:00am-4:30pm  
The Royal Melbourne Hospital – City Campus  
Phone: (03) 9342 2600 or 0484 253 006  
Email: [DiabetesRemissionClinic@mh.org.au](mailto:DiabetesRemissionClinic@mh.org.au)