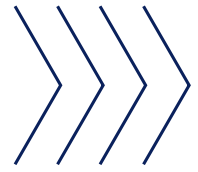


Diabetes Remission

Telehealth Rapid Access Clinic Service (DR-TRACS)



This document outlines:

- DR-TRACS Program
- What to expect
- Who will be involved?
- Who is eligible?
- What to do next?
- Contact details
- Interpreters and cultural support

DR-TRACS Program

This clinic is for adults with newly-diagnosed diabetes, delivered via telehealth. The goal of this clinic is to reverse your diabetes and improve your well-being.

What to expect

The program runs for 6 to 12 months. Your first visit will be with the diabetes nurse. You will then have at least 7 consultations with the Royal Melbourne Hospital team and have regular reviews with your General Practitioner (GP) to monitor your progress.

Blood tests are needed every 3 months. We will ask you to complete quality of life surveys at the first and last visit to help measure your response to treatment.

Who will be involved?

It involves a team of hospital specialists, diabetes nurses and dietitians. They will work with you, your GP and practice nurse to create a management plan. The plan may involve working with your local dietitian, exercise physiologist or psychologist.

Who is eligible?

You are eligible if you:

- Were diagnosed with diabetes in the last 2 years
- Have a GP who is willing to work with the RMH specialist team
- Are committed to make positive lifestyle changes

What to do next?

Talk to your GP or specialist regarding a referral to the Diabetes Remission Telehealth Rapid Access Clinic. If your GP require additional information, please provide our contact details as per below and the team will be able to answer their questions.

Contact Details

Diabetes Remission Clinic
Contact Hours: Tues & Wed 8:00am – 4:30pm
Royal Melbourne Hospital – City Campus
Phone: (03) 9342 2600
Email: DiabetesRemissionClinic@mh.org.au

Interpreters and cultural Support

A range of support services are available for clients and their carers. *Please let us know if you require interpreting services or have specific cultural requirements.*