



ACCESS-AID Study – Accelerating Care, Capacity & Equity in AID Systems for New Zealanders with Type 1 Diabetes

Information for Health Care Professionals

This study aims to assist usual health care teams across Aotearoa, to help people who want an automated insulin delivery (AID) system, to get access by utilising a remote hub – a clinical care team to facilitate and support AID starts over a 3-month period. Whilst better control of glucose levels is a key outcome for this trial, other features such as burden reduction, improved quality of life and treatment satisfaction will also be explored. AID systems link an insulin pump, glucose sensor and computer algorithm to automate insulin delivery. The AID system calculates a person's "basal" needed and adjusts it every 5 minutes. It can also deliver a "bolus" of extra insulin automatically if glucose levels are too high.

Who is eligible to be referred to the Hub?

1. Any person (child or adult) diagnosed with Type 1 Diabetes or another condition (e.g. pancreatogenic diabetes) that meets the PHARMAC criteria for an insulin pump and is suitable for remote education and follow up.

We also require agreement from the persons existing healthcare teams, that they will continue to see the patient, as per standard care, after they have exited the study (i.e., after they have started AID and been supported by our team for 12-weeks). Healthcare teams will be updated about their patients progress throughout their enrolment in the study. Upon exit from the study, our team will do what we can to ensure a smooth transfer of care (e.g., connecting CGMs to usual healthcare clinics). Transfer back to the normal health care team will be flexible and will be delayed discharge if any issues and/or suboptimal glycaemia and vice versa.

How can you refer patients to the study?

You can refer patients to the study by completing our online referral form - https://redcap.link/accessaid_study_hp_referral . Please ensure you have discussed this referral with the interested patient, before completing the form. Please fill out the form with as much detail as possible. Alternatively you can just include a recent clinic letter with the relevant information to simplify the process.

You (or your interested patient) may also contact the study team at access.aid@otago.ac.nz , or via the contact details below. Patients may also self-refer to the hub, but need the agreement of their healthcare team before partaking in the study.

Professional Development / Upskilling Opportunities

Our experienced clinical team will be conducting a fortnightly, drop-in webinar series to support healthcare professionals across Aotearoa in building confidence and capability in insulin pump and Automated Insulin Delivery (AID) systems. Open to all clinicians with an interest in CGM and AID specifically those who have referred patients to the Hub, the series will explore a wide range of topics related to AID over time. Each one-hour session will include approximately 20 minutes of focused teaching on a specific aspect of pump therapy (e.g. interpreting pump data, managing exercise, conducting effective initiation appointments), followed by case-based discussion and Q&A. Case studies may be submitted in advance or brought to the session for collaborative discussion and clinical problem-solving, drawing on the expertise of the remote hubs clinical staff facilitators and peers.

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