



## Diab HA11 Assess the need for an individual to start insulin therapy

### OVERVIEW

This standard covers helping a person with Type 2 diabetes to begin insulin therapy, through a planned and managed introduction. It will be followed by the activities which cover providing the information and support an individual needs to start insulin therapy, and by helping the individual to continue with insulin therapy. The activities should be agreed with the individual, and with their carer(s) if the individual chooses to involve them. Users of this standard will need to ensure that practice reflects up to date information and policies. Version No 1

### KNOWLEDGE AND UNDERSTANDING

You will need to know and understand:

- 1.the NSF for diabetes
- 2.the NICE guidelines on diabetes monitoring, management and education
- 3.causes of diabetes
- 4.signs and symptoms of diabetes
- 5.normal and abnormal blood glucose and HbA1c values
- 6.how to monitor glucose levels, HbA1c, blood pressure
- 7.typical progressive patterns of diabetes
- 8.the importance and effects of patient education and self management
- 9.the psychological impact of diabetes, at diagnosis and in the long term
- 10.how to gather information from patients about their health
- 11.how to work in partnership with patients and carers
- 12.psychological reactions to injecting insulin
- 13.the social, cultural and economic background of the patient/carers group and relevant attitudes towards injecting insulin
- 14.the impact of nutrition and physical exercise
- 15.the effects of smoking, alcohol and illicit drugs
- 16.the effects of, and how to manage, intercurrent illness
- 17.the medications used to manage diabetes
- 18.the effects of insulin on diabetes
- 19.types of insulin
- 20.how to obtain and store insulin
- 21.insulin delivery and blood testing systems
- 22.the range of delivery devices that are used in the UK

- 23.local sharps disposal procedure
- 24.how to avoid and how to manage hypoglycaemia
- 25.the long term complications of diabetes and when they are likely to occur
- 26.how to examine feet and assess risk status
- 27.how to monitor cardiovascular risk
- 28.how to monitor for renal disease
- 29.how to monitor for diabetic retinopathy
- 30.the law and good practice guidelines on consent
- 31.legal aspects of transporting insulin and hypodermic needles
- 32.the staff member's role in the healthcare team and the role of others
- 33.local guidelines on diabetes healthcare
- 34.local referral pathways
- 35.local systems for recording patient information
- 36.quality assurance systems
- 37.the process of notification for legal and insurance purposes
- 38.sources of practitioner and patient information on diabetes
- 39.contact details of local and national support groups
- 40.how individuals can access local facilities for exercise and physical activity, education and community activities

## PERFORMANCE CRITERIA

You must be able to do the following:

- 1.accept the individual and carer as equal partners in the decision and encourage them to express their interests and concerns
- 2.assess the effectiveness of current medication and lifestyle therapies in managing the individual's diabetes
- 3.assess the medical case for the individual to start insulin therapy, compared with adjusting current medication and lifestyle therapies
- 4.help an individual with diabetes and their carer understand the choices, issues, benefits and risks relating to commencing insulin therapy
- 5.support the individual and carer who choose not to start insulin therapy to manage the individual's diabetes
- 6.where the individual chooses to start insulin therapy, assess the potential difficulties they may encounter in doing so, and consider how these difficulties might be addressed
- 7.help the individual and carer make informed choices about options available when commencing insulin therapy
- 8.agree the use of other medication with insulin, clarifying what will be continued and what will no longer be required
- 9.discuss and plan testing and monitoring of glucose levels
- 10.agree the appropriate forum for starting insulin, and agree what support the individual and carer will receive in the following days and weeks
- 11.record the decisions that have been agreed in a form that can be followed by other members of the care team and the individual and carer

## ADDITIONAL INFORMATION

This National Occupational Standard was developed by Skills for Health. This standard links with the following dimension within the NHS Knowledge and Skills Framework (October 2004) Dimension: HWB6 Assessment and treatment planning