

Diab HA12 Enable an individual with Type 2 diabetes 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. 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.how to manage hypoglycaemia
- 18.the medications used to manage diabetes
- 19.the effects of insulin on diabetes
- 20.types of insulin
- 21.how to obtain and store insulin
- 22.insulin delivery and blood testing systems
- 23.the range of delivery devices that are used in the UK
- 24.local sharps disposal procedure

25. how to avoid and how to manage hypoglycaemia
26. the long term complications of diabetes and when they are likely to occur
27. how to examine feet and assess risk status
28. how to monitor cardiovascular risk
29. how to monitor for renal disease
30. how to monitor for diabetic retinopathy
31. the law and good practice guidelines on consent
32. legal aspects of transporting insulin and hypodermic needles
33. the staff member's role in the healthcare team and the role of others
34. local guidelines on diabetes healthcare
35. local referral pathways
36. local systems for recording patient information
37. quality assurance systems
38. the process of notification for legal and insurance purposes
39. sources of practitioner and patient information on diabetes
40. contact details of local and national support groups
41. 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. encourage individuals and carers to monitor glucose levels and interpret results, and help them learn how to do this if they are willing to do so
2. help the individual and carer understand
 1. principles and techniques of injecting insulin, including how to use insulin delivery devices
 2. how to obtain supplies routinely and in non-routine situations
 3. issues of safe storage and disposal of equipment
3. help individuals and carers manage their fears and anxieties about the process by providing information, and psychological support
4. help individuals understand
 1. the effects of lifestyle, weight control, food and physical activity on insulin requirements
 2. how to manage the risks of hypoglycaemia
5. encourage the individual to inform the appropriate official bodies about the change in their treatment and explain relevant legal obligations and liabilities
6. agree on timing of first injection to meet individual's needs, and support the individual in administering the first injection
7. confirm arrangements for supporting the individual and carer in the following days and weeks
8. record the progress that has been made 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: HWB4 Enablement to address health and wellbeing needs