

## Diab HD3 Help individuals with Type 2 diabetes to continue insulin therapy

### OVERVIEW

This standard covers supporting a person with Type 2 diabetes who has recently taken responsibility for their own insulin therapy, including reviewing and evaluating the effectiveness of the therapy, in partnership with the individual and carer. 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.of 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.assess the individual's need for support, through discussion with the individual and carer, and through gathering information from the healthcare team
- 2.ensure the individual and carer know who to contact for support and advice, for routine and for emergency needs
- 3.help individuals solve any emerging problems with injection techniques, and with safety, storage and disposal of equipment
- 4.review and agree with the individual and carer
  - 1.targets for well-being, HbA1c and, if available, home glucose test levels including urine
  - 2.titration of dosage, based on blood/glucose monitoring
  - 3.guidelines for diet, physical activity, and managing illness
- 5.provide information and support to help the individual and carer understand how to adjust their own dosage as appropriate
- 6.assess and reinforce the individual's and carer's understanding of the causes of hypoglycaemia and how to prevent and manage it
- 7.identify and agree how to meet any additional education needs appropriate to the individual and carer
- 8.provide support to help individuals and carers develop coping strategies for their fears and anxieties
- 9.record the progress that has been made with the therapy in a form that can be followed by other members of the care team and the individual and carer
- 10.review the outcomes of the therapy in partnership with individuals and carers, in a way that encourages them to express their interests and concerns
- 11.review the physical effects of insulin therapy at appropriate intervals through examination, measurement of HbA1c levels, and discussion with individual and carer

- 12.listen to the individual and carer describe how the insulin therapy is fitting into their lifestyle and discuss what changes might be made to manage any difficulties
- 13.review the individual's and carer's knowledge and understanding of the individual's diabetes and their care plan, and offer appropriate information to help them learn more
- 14.agree changes that might be made to the insulin therapy to resolve problems, taking into account
  - 1.the wishes of the individual and carer
  - 2.the risks and benefits that are involved
- 15.review targets and agree new target levels for blood glucose where appropriate
- 16.record the outcomes of the review in a form that can be followed by other members of the care team, 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