



Insulin initiation education check list | eden

➔ A GUIDE TO INSULIN INITIATION EDUCATION
FOR HEALTH CARE PROFESSIONALS

☑ TIMING, ACTION AND DOSAGE OF INSULIN

Provide guidance on the timing of insulin relative to meals and the insulin's time-action profile. Advise on the starting dose and that titration will occur until individualised target glucose levels are achieved.

☑ INJECTION TECHNIQUE

Demonstrate mixing of insulin (cloudy or premixed insulins), attaching a new needle, priming of the needle, dialing the dose, injecting at a 90-degree angle, depressing the plunger and keeping the needle in the skin for 10 seconds before removing.



i For more information see:
Eden infographic: 'Prime, dose, inject, dispose'

☑ SAFE DISPOSAL OF SHARPS

Advise that the needle is removed from the insulin pen after each injection and disposed of in a sharps box. Refer to local guidance for sharps collection services.

☑ INJECTION SITE ROTATION

Provide guidance on the importance of injection site rotation to avoid lipohypertrophy.

i For more information see:
Eden infographic: 'Think lipo, think hypo' insulin in primary care

☑ STORAGE OF INSULIN

Un-opened Insulin needs to be refrigerated. In-use insulin can be stored at room temperature for approximately one month. Always check the manufacturer's guidelines for specific insulin types. Never freeze or expose insulin to high temperatures as this can alter its effectiveness.

☑ DVLA & CAR INSURANCE

People on insulin for more than three months, have a legal responsibility to inform the DVLA. They can report their condition online at gov.uk/diabetes-driving, print and post the relevant form, or call the DVLA on ☎ 0300 790 6806. They should also notify their car insurance company that they are now using insulin.

i For more information see:
gov.uk/government/publications/information-for-drivers-with-diabetes

☑ GLUCOSE MONITORING

Advise people how to monitor their blood glucose or sensor glucose with flash or CGM devices. Encourage them to keep a paper or digital logbook of their readings to help them make safe adjustments to insulin based on the results.



☑ HYPOGLYCAEMIA AWARENESS & MANAGEMENT

Provide guidance on the common signs and symptoms of hypoglycemia and the recommended treatment with fast acting carbohydrate, followed by re-checking glucose and then consuming longer acting carbohydrate once the glucose levels have returned to above 4.0 mmol/L.

i For more information see:
Eden infographics: 'How to treat a hypo' & 'A helping hand with hypos'

☑ DVLA REGULATIONS, INSULIN & MONITORING

Group 1 (car and motorbike) licence holders need to check glucose levels before driving and every two hours while driving, on longer or multiple journeys. Before driving to ensure safety, the glucose level needs to be above 5.0 mmol/L. If the glucose is between 4.0-5.0 mmol/L, a carbohydrate snack should be consumed and driving should only begin once glucose has risen above 5.0 mmol/L. Avoid driving if glucose is less than 4.0 mmol/L. A source of fast acting glucose and monitoring equipment should be available in the car. It is not advisable to keep these supplies in the car permanently due to temperature changes.

☑ SICK DAY GUIDANCE

Provide guidance on managing glucose levels when feeling unwell, including frequency of blood glucose monitoring, how to check for ketones (for those with type 1 diabetes), how to adjust insulin doses, and when to seek medical advice.

i For more information see:
Eden infographics: 'Sick day rules type 1 diabetes' & 'sick day rules type 2 diabetes'

☑ DIET AND PHYSICAL ACTIVITY

Provide advice on maintaining a healthy diet and physical activity routine to limit weight gain. Discuss the effects of exercise on glucose levels and provide guidance on adjusting insulin doses based on physical activity. Discuss how alcohol can affect glucose levels and potentially increase the risk of hypoglycaemia.



☑ HOLIDAY TRAVEL ADVICE

When travelling by air, insulin should be stored in hand luggage only, to avoid freezing in the aircraft hold. It is advisable to bring extra insulin, needles, and glucose monitoring supplies in case of loss or breakage. Medical cool bags can be purchased for long-haul travel to maintain insulin at a cool temperature.

For further information contact:

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