

SFHDiabHA12

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.

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Performance criteria

You must be able to:

- P1 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
- P2 help the individual and carer understand:
 - P2.1 principles and techniques of injecting insulin, including how to use insulin delivery devices
 - P2.2 how to obtain supplies routinely and in non-routine situations
 - P2.3 issues of safe storage and disposal of equipment
- P3 help individuals and carers manage their fears and anxieties about the process by providing information, and psychological support
- P4 help individuals understand:
 - P4.1 the effects of lifestyle, weight control, food and physical activity on insulin requirements
 - P4.2 how to manage the risks of hypoglycaemia
- P5 encourage the individual to inform the appropriate official bodies about the change in their treatment and explain relevant legal obligations and liabilities
- P6 agree on timing of first injection to meet individual's needs, and support the individual in administering the first injection
- P7 confirm arrangements for supporting the individual and carer in the following days and weeks
- P8 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

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Knowledge and understanding

You need to know and understand:

- K1 the NSF for diabetes
- K2 NICE guidelines on diabetes monitoring, management and education
- K3 causes of diabetes
- K4 signs and symptoms of diabetes
- K5 normal and abnormal blood glucose and HbA1c values
- K6 how to monitor glucose levels, HbA1c, blood pressure
- K7 typical progressive patterns of diabetes
- K8 the importance and effects of patient education and self management
- K9 the psychological impact of diabetes, at diagnosis and in the long term
- K10 how to gather information from patients about their health
- K11 how to work in partnership with patients and carers
- K12 psychological reactions to injecting insulin
- K13 the social, cultural and economic background of the patient/carer group and relevant attitudes towards injecting insulin
- K14 the impact of nutrition and physical exercise
- K15 the effects of smoking, alcohol and illicit drugs
- K16 the effects of, and how to manage, intercurrent illness
- K17 how to manage hypoglycaemia
- K18 the medications used to manage diabetes
- K19 the effects of insulin on diabetes
- K20 types of insulin
- K21 how to obtain and store insulin
- K22 insulin delivery and blood testing systems
- K23 the range of delivery devices that are used in the UK
- K24 local sharps disposal procedure
- K25 how to avoid and how to manage hypoglycaemia
- K26 the long term complications of diabetes and when they are likely to occur
- K27 how to examine feet and assess risk status
- K28 how to monitor cardiovascular risk
- K29 how to monitor for renal disease
- K30 how to monitor for diabetic retinopathy
- K31 the law and good practice guidelines on consent
- K32 legal aspects of transporting insulin and hypodermic needles
- K33 the staff member's role in the healthcare team and the role of others
- K34 local guidelines on diabetes healthcare
- K35 local referral pathways
- K36 local systems for recording patient information
- K37 quality assurance systems
- K38 the process of notification for legal and insurance purposes
- K39 sources of practitioner and patient information on diabetes
- K40 contact details of local and national support groups

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K41 how individuals can access local facilities for exercise and physical activity, education and community activities

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Additional Information

External Links

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

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