

## SFHDiabHD3

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



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#### 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.

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#### Performance criteria

*You must be able to:*

- P1 assess the individual's need for support, through discussion with the individual and carer, and through gathering information from the healthcare team
- P2 ensure the individual and carer know who to contact for support and advice, for routine and for emergency needs
- P3 help individuals solve any emerging problems with injection techniques, and with safety, storage and disposal of equipment
- P4 review and agree with the individual and carer
  - P4.1 targets for well-being, HbA1c and, if available, home glucose test levels including urine
  - P4.2 titration of dosage, based on blood/glucose monitoring
  - P4.3 guidelines for diet, physical activity, and managing illness
- P5 provide information and support to help the individual and carer understand how to adjust their own dosage as appropriate
- P6 assess and reinforce the individual's and carer's understanding of the causes of hypoglycaemia and how to prevent and manage it
- P7 identify and agree how to meet any additional education needs appropriate to the individual and carer
- P8 provide support to help individuals and carers develop coping strategies for their fears and anxieties
- P9 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
- P10 review the outcomes of the therapy in partnership with individuals and carers, in a way that encourages them to express their interests and concerns
- P11 review the physical effects of insulin therapy at appropriate intervals through examination, measurement of HbA1c levels, and discussion with individual and carer
- P12 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
- P13 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
- P14 agree changes that might be made to the insulin therapy to resolve problems, taking into account
  - P14.1 the wishes of the individual and carer
  - P14.2 the risks and benefits that are involved
- P15 review targets and agree new target levels for blood glucose where appropriate
- P16 record the outcomes of the review in a form that can be followed by other

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members of the care team, 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 an in-depth understanding of 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 the medications used to manage diabetes
- K18 the effects of insulin on diabetes
- K19 types of insulin
- K20 how to obtain and store insulin
- K21 insulin delivery and blood testing systems
- K22 the range of delivery devices that are used in the UK
- K23 local sharps disposal procedure
- K24 how to avoid and how to manage hypoglycaemia
- K25 the long term complications of diabetes and when they are likely to occur
- K26 how to examine feet and assess risk status
- K27 how to monitor cardiovascular risk
- K28 how to monitor for renal disease
- K29 how to monitor for diabetic retinopathy
- K30 the law and good practice guidelines on consent
- K31 legal aspects of transporting insulin and hypodermic needles
- K32 the staff member's role in the healthcare team and the role of others
- K33 local guidelines on diabetes healthcare
- K34 local referral pathways
- K35 local systems for recording patient information
- K36 of quality assurance systems
- K37 the process of notification for legal and insurance purposes
- K38 sources of practitioner and patient information on diabetes
- K39 contact details of local and national support groups
- K40 how individuals can access local facilities for exercise and physical

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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: HWB6 Assessment and treatment planning

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