

SFHDiabIPT05

Provide ongoing support to an individual administering insulin by pump



Overview

This standard covers the activities associated with continuing support and monitoring individuals with Type 1 diabetes who are administering insulin by pump. Currently continuous subcutaneous insulin infusion is an option available in a few specialist centres and is a treatment that should be initiated only by a trained specialist team.

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 reiterate information about contact details and the availability of support from the specialist diabetes team
- P2 advise the individual of the availability of any regular group sessions for insulin pump users to provide peer support and ongoing education, encouraging them to attend
- P3 arrange for the individual to attend six monthly follow-up consultations to monitor progress and their self-management, health and welfare, eventually alternating these with the annual check conducted by the individual's General Practitioner
- P4 at monitoring meetings assess the individual's understanding of how to manage their diabetes using the insulin pump and diet and physical activity, help them to improve their understanding where appropriate, and reinforce key messages about self-management
- P5 in particular, help the individual learn how to:
 - P5.1 test their basal rate, choose the most appropriate rate, adjust the pump and monitor the effects
 - P5.2 test their bolus rate, adjust the dosage to the appropriate ratio, and monitor the effects
- P6 at monitoring meetings review the individual's management of the pump and glycaemic control, establishing whether, and if so how often, the individual has experienced diabetic ketoacidosis to assess the need to consider cessation of insulin pump therapy if control is poor
- P7 make accurate records of the instruction and support you have provided that can be followed by other members of the healthcare team, the individual and carer

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Knowledge and understanding

You need to know and understand:

- K1 national guidelines on diabetes management, education and service delivery
- K2 national and local guidelines for continuous subcutaneous insulin infusion
- K3 theories of causes of diabetes
- K4 signs and symptoms of diabetes, including WHO criteria for diagnosis
- K5 normal and abnormal blood glucose and HbA1c values
- K6 how to monitor glucose levels, HbA1c, blood pressure
- K7 the importance and effects of patient education and self management
- K8 the psychological impact of diabetes, at diagnosis and in the long term
- K9 the psychology of teaching and learning and of behavioural change
- K10 how to work in partnership with patients and carers
- K11 the social, cultural and economic background of the patient/carer group
- K12 the impact of nutrition and physical activity on diabetes
- K13 the carbohydrate content of foods
- K14 the effects of smoking, alcohol and illicit drugs
- K15 the effects of, and how to manage, intercurrent illness or surgery
- K16 how to avoid and how to manage hypoglycaemia and hyperglycaemia
- K17 the medications used to manage diabetes
- K18 continuous subcutaneous insulin infusion pumps and their operation
- K19 the current theories for calculating insulin to carbohydrate ratios, insulin sensitivity and basal insulin doses
- K20 the long term complications of diabetes and when they are likely to occur
- K21 how to examine feet and assess risk status
- K22 how to monitor cardiovascular risk
- K23 how to monitor for renal disease
- K24 how to monitor for diabetic retinopathy
- K25 the law and good practice guidelines on consent
- K26 your role in the healthcare team and the role of others
- K27 local guidelines on diabetes healthcare
- K28 local referral pathways
- K29 local systems for recording patient information
- K30 quality assurance systems
- K31 the process of notification for legal and insurance purposes
- K32 sources of practitioner and patient information on diabetes
- K33 contact details of local and national support groups
- K34 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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