

SFHDiabIPT06

Provide ongoing dietary education for an individual with Type 1 diabetes administering insulin by pump



Overview

This standard covers the activities of helping an individual with diabetes who is administering insulin by pump to continue to understand and develop the dietary implications of the therapy, and helping them to develop their knowledge and skills. You may do this through meetings arranged with the individual, to provide support for them as they use their insulin pump. The activities described in this standard will follow initial education about diet and insulin pump therapy. The activities described in this standard may take place at the same time as ongoing education about insulin pump therapy. Currently insulin pump therapy 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 communicate with the individual and carer throughout in a way that fully involves them in discussing how to manage the individual's diabetes
- P2 jointly review the individual's management of the pump, and their satisfaction with this form of administering insulin, and discuss how any difficulties may be addressed
- P3 through discussion, check the individual, and where appropriate the carer, is able to estimate their carbohydrate intake accurately
- P4 check with the individual that the insulin to carbohydrate ratio, insulin sensitivity and basal rate is acceptable to them and their target blood glucose level and, where problems have arisen, discuss how these may be resolved
- P5 help the individual, and where appropriate the carer, understand how the blood glucose is affected during and after physical activity, and how the insulin pump parameters can be set to manage these changes
- P6 provide information to help the individual understand the functions of the insulin pump to give different boluses for different food and meal types, based on the glycaemic index, quantity or frequency of carbohydrate consumption, fat and protein content
- P7 provide information on the effect of alcohol on blood glucose and how to prevent hypoglycaemia
- P8 provide information, where appropriate, to help the individual improve their understanding of the effects of eating, diet and physical activity on their general health
- P9 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
- P10 make accurate records of the education and support you have provided, and communicate with other members of the healthcare team to ensure there is a coordinated approach to providing care for the individual

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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 individuals 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 mathematics in relation to carbohydrate estimation
- K21 the long term complications of diabetes and when they are likely to occur
- K22 how to examine feet and assess risk status
- K23 how to monitor cardiovascular risk
- K24 how to monitor for renal disease
- K25 how to monitor for diabetic retinopathy
- K26 the law and good practice guidelines on consent
- K27 your role in the healthcare team and the role of others
- K28 local guidelines on diabetes healthcare
- K29 local referral pathways
- K30 local systems for recording patient information
- K31 audit and quality assurance systems
- K32 the process of notification for legal and insurance purposes
- K33 sources of practitioner and patient information on diabetes
- K34 contact details of local and national support groups
- K35 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 well being needs

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| Relevant occupations | Health, Public Services and Care; Health Professionals; Healthcare and Related Personal Services |
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