

## SFHDiabPT03

### Provide dietary education for an individual with Type 1 diabetes who is contemplating insulin pump therapy



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#### Overview

This standard concerns the activities of helping an individual with diabetes understand the dietary implications of insulin pump therapy, and helping them to develop their knowledge and skills. The activities described in this standard will follow an assessment of the suitability of insulin pump therapy for an individual with Type 1 diabetes. The activities described in this standard may precede, or take place at the same time as preliminary 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 arrange an initial education session on an individual or group basis and invite the individual, and where appropriate a carer, to attend
- P2 communicate with the individual and carer throughout in a way that fully involves them in discussing how to manage the individual's diabetes
- P3 through discussion, assess the individual's baseline knowledge of
  - P3.1 the effect of carbohydrate foods and insulin on their blood glucose level
  - P3.2 the foods that contain carbohydrate
  - P3.3 carbohydrate estimation or counting
- P4 check and reinforce the individual's understanding of
  - P4.1 how an insulin pump will help them to manage their diabetes
  - P4.2 what differences an insulin pump may make to how they manage eating and physical activity
- P5 explain and demonstrate relevant techniques for estimating the carbohydrate content of foods
- P6 allow the individual sufficient time to practise the techniques at home if necessary
- P7 check the individual, and where appropriate the carer, understands the skills required to estimate their carbohydrate intake accurately, and arrange follow up for further education if the individual, and where appropriate the carer, requires
- P8 using local guidelines, agree the appropriate insulin to carbohydrate ratio with the diabetes team and the individual, and encourage the individual to practise using the insulin to carbohydrate ratio to adjust their insulin doses according to the carbohydrate content of their meals and snacks
- P9 in discussion with the individual, and where appropriate the carer, jointly review the decision to commence insulin pump therapy and confirm whether or not to proceed, or arrange for the individual to have this discussion with an appropriate member of the healthcare team
- P10 make an accurate record of the outcome of your assessment and the decision to proceed, or not to proceed, that can be followed by other members of the healthcare team

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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 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 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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<b>Developed by</b>	Skills for Health
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<b>Relevant occupations</b>	Health, Public Services and Care; Health Professionals; Healthcare and Related Personal Services
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<b>Suite</b>	Diabetes
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<b>Key words</b>	diabetes
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