

[Unique Reference Number]

Help an individual using insulin therapy to manage their diabetes understand the effects of food, drink, physical activity and medication on their health and well-being



Overview

This standard covers working in partnership with an individual using insulin therapy to help them to manage their diabetes more effectively with a combination of diet, physical activity and insulin. The activities described in this competence may take place alongside the regular activities of care planning and of achieving tighter blood glucose control.

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 work in partnership with the individual and carer in a manner which encourages open communication and an honest exchange of views
- P2 assess through discussion
 - P2.1 the individual's understanding and acceptance of their diabetes
 - P2.2 their understanding of the effects of eating, diet, physical activity and illness on their diabetes
 - P2.3 their understanding of how insulin works and its interaction with energy input and output
 - P2.4 their ability to self manage
- P3 gather information on the individual's patterns of eating, diet, patterns of physical activity, and timings of insulin injections and dose adjustments
- P4 provide information, where appropriate, to help the individual improve their understanding of the effects of eating, diet, physical activity, illness, insulin therapy and other medication, on their diabetes, including on the prevention of long term complications
- P5 identify with the individual any potential basic changes to their patterns of eating, diet, physical activity and insulin dose adjustment which
 - P5.1 will assist in the management of diabetes
 - P5.2 will ensure continued complete nutrition
 - P5.3 will meet the individual's needs and preferences
 - P5.4 are consistent with national/local guidelines
- P6 support the individual in carrying out any changes that will benefit their health, acknowledging their achievements when they have been successful, and provide encouragement when they have encountered difficulties
- P7 refer the individual, with their informed consent, to another member of the care team if they require assessment, advice or assistance which you are unable to provide
- P8 make a record of the key points of discussions with the individual, that can be followed by other members of the care team, the individual and the carer, according to national/local guidelines

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Knowledge and understanding

You need to know and understand:

- K1 national guidelines on diabetes management, education and service delivery
- K2 theories of the causes of diabetes
- K3 signs and symptoms of diabetes, including WHO criteria for diagnosis
- K4 normal and abnormal blood glucose, HbA1c and ketones values
- K5 how to monitor glucose levels, HbA1c, ketones and blood pressure
- K6 the importance and effects of patient education and self management
- K7 the psychological impact of diabetes, at diagnosis and in the long term
- K8 how to gather information from patients about their health
- K9 how to work in partnership with patients and carers
- K10 the social, cultural and economic background of the patient/carer group
- K11 the impact of nutrition, particularly carbohydrates, on diabetes
- K12 the impact of physical activity on diabetes
- K13 the effects of smoking, alcohol and illicit drugs on diabetes management
- K14 the effects of, and how to manage, intercurrent illness
- K15 how to avoid and how to manage hypoglycaemia and hyperglycaemia
- K16 the use of insulin to manage diabetes
- K17 the medications used to manage diabetes
- K18 the long term complications of diabetes and when they are likely to occur
- K19 how to examine feet and assess risk status
- K20 how to monitor cardiovascular risk
- K21 how to monitor for renal disease
- K22 how to monitor for diabetic retinopathy
- K23 relevant professional guidelines, standards and codes of professional conduct
- K24 the law and good practice guidelines on consent
- K25 your role in the healthcare team and the role of others
- K26 local guidelines on diabetes healthcare
- K27 local referral pathways
- K28 local systems for recording patient information
- K29 sources of practitioner and patient information on diabetes
- K30 contact details of local and national support groups
- K31 how individuals can access 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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