

THE RIGHT PERSON

Diabetes
Specialist
Nurse
Forum
UK

Get it right! Use these top tips to make sure you are insulin safe.

1 Always confirm date of birth/hospital number to avoid mistakes

2 Check prescription date to ensure it is current for that person

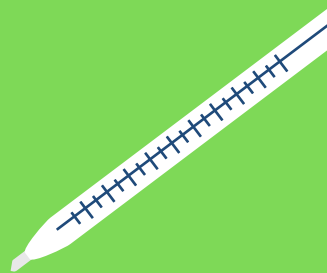
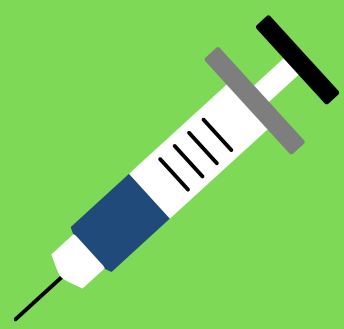
3 Confirm the insulin brand name & concentration matches the prescription

4 You can always ask the person with diabetes too! They often know their diabetes inside out

5 There are many different insulin regimes and will be tailored to individual needs

6 Biosimilar insulins are not bio equivalent & cannot be used interchangeably.

7 ALWAYS DOUBLE CHECK



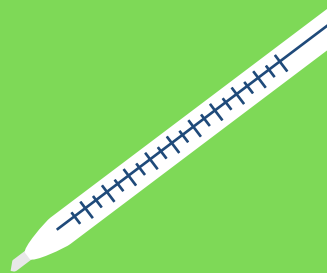
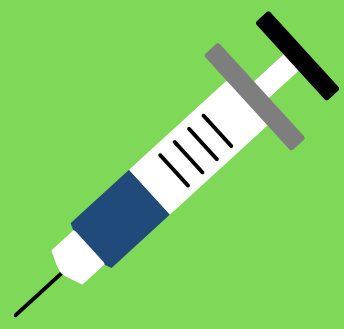
INSULIN SAFETY WEEK 2020
#THINKINSULIN

THE RIGHT WAY

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Likely the most important thing you can do to ensure safety with insulin!

- 1 Check injection site for lipohypertrophy before giving insulin
- 2 If insulin is cloudy in colour, mix & re-suspend properly
- 3 Use 4-5 mm pen needles. Use insulin safety needles if administering for someone else
- 4 Check needle is patent by doing a test dose or air shot before injection
- 5 Inject at 90 degree angle into the subcutaneous tissue, choosing a non lumpy site
- 6 Hold the needle in the skin for 10 seconds after insulin injected to ensure full dose given
- 7 Remove needle from insulin pen & dispose of safely in yellow sharps bin



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THE RIGHT INSULIN

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There are soooo many different types of insulin.
& it's important to understand the differences

1 Some insulins sound similar but their action is very different. E.g. Humalog and Humalog Mix 25. Always DOUBLE check

2 Always check the name of the insulin against the prescription

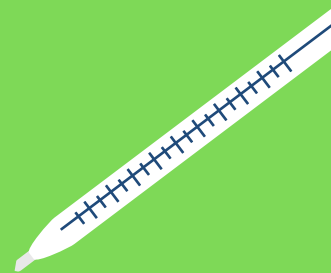
3 Be aware of different concentrations of insulin: 100 units/ml, 200 units/ml & 300 units/ml

4 Tresiba & Humalog are available in both 100 & 200 units/ml - Always check the strength

5 Biosimilar insulins are also available such as Abasaglar, Semglee & Insulin Lispro Sanofi

6 Biosimilar insulins are not the same as the original product & cannot be used interchangeably

7 Insulin should ALWAYS be prescribed by BRAND name



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THE RIGHT TIME

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There are soooo many insulins and the timings can be confusing. Here is a quick overview...

1 Rapid acting and mixed insulin analogues are usually given just before meals

2 Human and animal insulin are usually given 20-30 minutes before food

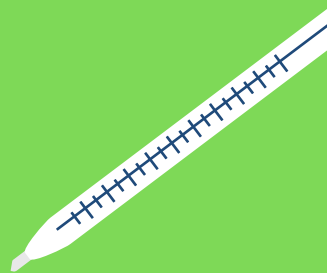
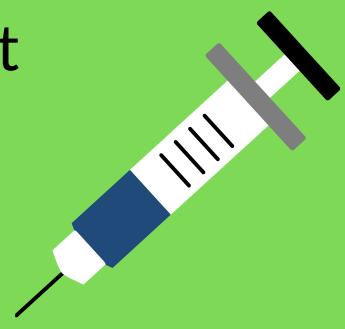
3 Basal insulin analogues are usually given once daily (sometimes twice) at approx. the same each day.

4 Intermediate insulins can be given once a day or twice daily

5 Giving insulin at incorrect times can result in both high blood glucose levels and hypos

6 Cloudy insulin needs mixing properly before injection

7 Clear insulin does not need mixing before injecting



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THE RIGHT DEVICE

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Not all insulin's come in every device so know what you are using & why!

1 Know what device a person living with diabetes is using. They all look similar but are not



2 Pre filled disposable pen, insulin cartridge for use with a reusable pen, vial, or insulin pump

3 In use pre filled pens, cartridges & vials need to be discarded 28 days after being removed from the fridge*

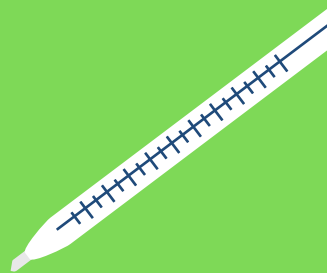


4 Re usable pens and insulin pumps should NOT be discarded

5 If in hospital, insulin device should be labelled and date of opening documented



6 If you notice any cracks in the device it will need to be replaced



7 Avoid leaving a needle of the end of the insulin pen devices



*this may vary depending on the insulin, please refer to manufacturers advice

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PRESCRIPTIONS

Follow our top tips for a perfect insulin prescription!

1 Always write UNITS as UNITS & do not abbreviate to "U" or "IU"

2 Always specify the correct device e.g. Flextouch pen/
Kwikpen/solostar pen

3 Always specify the correct concentration of insulin e.g. 100 units/ml, 200 units/ml or 300 units/ml

4 Always check the correct route e.g. subcutaneous (SC) or intravenous (IV)

5 Always prescribe insulin by BRAND name not generic name e.g. Lantus not Glargine

6 If hand writing, write number of units as number and word e.g 10 (ten)

7 If using electronic prescribing please DOUBLE check the insulin and device you have selected is correct

