

Diabetes 10 Point Training

1: The Patient

Listen to the patient: they manage their diabetes 365 days a year

2: Know the difference between the types of Diabetes

- Patients with Type 1 Diabetes need insulin for life
- Patients with Type 2 Diabetes can be on tablets alone or with insulin
- If the patient is on insulin: assume that they need it!
- Stopping their insulin can seriously harm your patient

3: Feet

- Look at the patient's feet
- Always remove dressings
- Problem?
- Refer to podiatry/ vascular if urgent (see Freenet)

4: Hypoglycaemia (low blood glucose): *4 is the floor*

- Hypoglycaemia can **KILL**
- Identify cause & **STOP IT** (refer to the team if unsure)
- Refer to hypo treatment algorithm

5: Hyperglycaemia (high blood glucose)

- Prolonged hyperglycaemia increases LOS & poor outcomes
- **Avoid PRN insulin** actrapid
- If blood glucose is consistently above 15: **Refer to diabetes team**

6: How do I prescribe and administer insulin safely?

- Always write **UNITS** in full
- Prescribe at the **right time**
- Understand the action of different insulin types
- Never omit long acting insulin
- If insulin dose is omitted: ESCALATE immediately

7: How do I manage a tube fed patient on insulin?

- Give insulin at start of feed
- Stop or reduce insulin if feed interrupted/stopped
- Remember to review insulin dose when feed is increased/reduced
- Refer to team if unsure

8: Does my patient need IV insulin? (Not DKA/HHS)

- Not if they are eating and drinking
- Only in: NBM/peri-operatively/acutely ill patients
- Continue basal insulin alongside iv insulin
- Always use RFH iv insulin pack and follow guidelines
- All patients receiving IV insulin **MUST** receive IV Dextrose

9: DKA and HHS

Seek senior advice and follow Trust Guidelines

10: Know how to refer to Diabetes Team

- Bleep 1967 8am - 4pm Monday to Friday
- Urgent out of hours referrals contact medical registrar on -call bleep 2527
- Urgent referrals: DKA/HHS/Acute diabetic foot/Severe, recurrent hypoglycaemia/pregnancy
- Routine referrals: See Diabetes Management Chart