

Diabetes 10 Point Training



GIG
CYMRU
NHS
WALES

Bwrdd Iechyd Prifysgol
Caerdydd a'r Fro
Cardiff and Vale
University Health Board

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

4: Hypoglycaemia (low blood glucose)

- Prolonged hypoglycaemia can **KILL**
- Identify cause and **STOP IT** (refer to team if unsure)
- Refer to hypo treatment algorithm

5: Hyperglycaemia (high blood glucose)

- Prolonged hyperglycaemia increases length of stay and poor outcomes
- **Avoid PRN insulin actrapid**
- If blood glucose is consistently above 15: **Refer to diabetes team**

e-learning modules

www.cdep.org.uk

www.diabetesinhealthcare.co.uk



Insulin
safety video

6: How do I prescribe and administer insulin safely?

- Always write **UNITS** in full
- Prescribe at the **right time**
- Prescribe insulin by branded name
- Understand the action of different insulin types and strengths
- 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
- Follow VRlll guidelines

9: DKA (Diabetic keto-acidosis) and HHS (Hyperosmolar hyperglycaemic state)

- Seek senior advice and follow UHB guidelines (Diabetes intranet page)

10: Know how to refer to Diabetes Team (08.30-15.30 Monday to Friday excluding BH)

- Routine referrals via e-referrals and communications form
- Bleep [REDACTED] (UHL) (EU/AU MEAU only)
- Ante-Natal bleep
- Medical referrals contact Diabetes registrar on [REDACTED] (UHW)