



Know your insulin

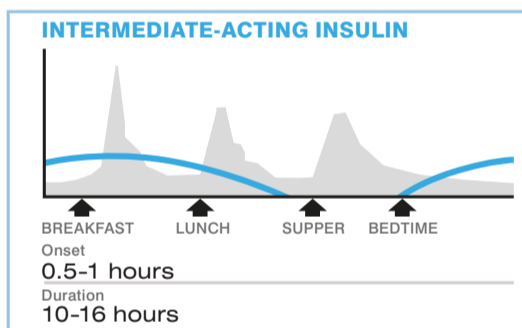
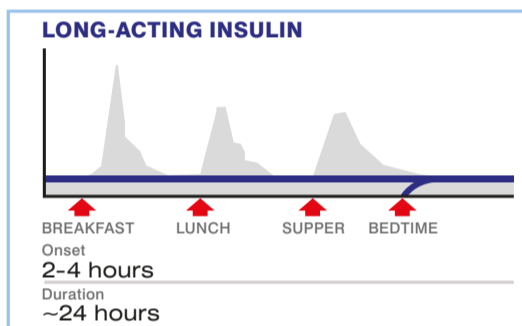
What is insulin?

Insulin is a hormone produced by beta cells in the pancreas. It works by:

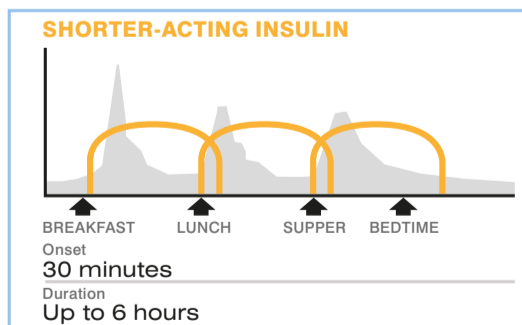
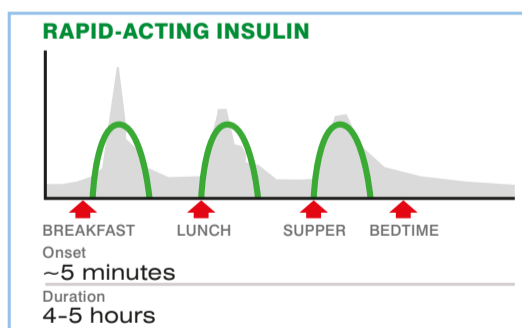
1. allowing glucose to move from the blood stream and into cells for energy: and
2. controlling the release of glucose from the liver.

Types of insulin

1. Basal insulin A background insulin, medium to long-acting, used to control fasting glucose levels (between meals).



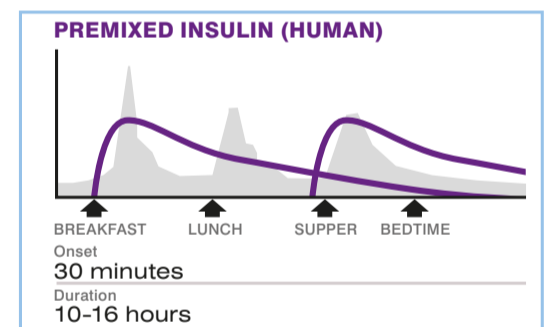
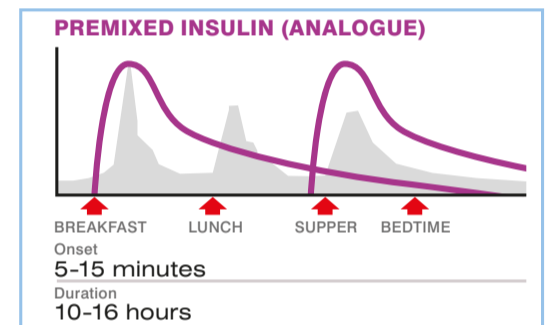
2. Bolus insulin An ultra-rapid, rapid or short-acting insulin given before meals or for correction of blood glucose levels. (Note: Rapid-acting insulins must be given at mealtime, no more than 15 minutes before a resident starts eating. Fiasp must be given during or immediately after the meal).



Who needs insulin?

For all people with type 1 diabetes injected insulin is essential and should never be stopped. Some people with type 2 diabetes will require insulin injections as their condition progresses.

3. Premix insulin A mix of 2 types of insulin (combining bolus and basal). Should be given at meal time no more than 15 minutes before a resident starts eating. Can be given twice a day at least 6-8 hours apart.



Next steps

Six Minute Intensive Training posters:

Insulin administration, Hyperglycaemia, Hypoglycaemia, Sick day management.

Read:

- Diabetes management in aged care: a practical handbook – chapter 11: Insulin