

SIX-MINUTE INTENSIVE TRAINING:

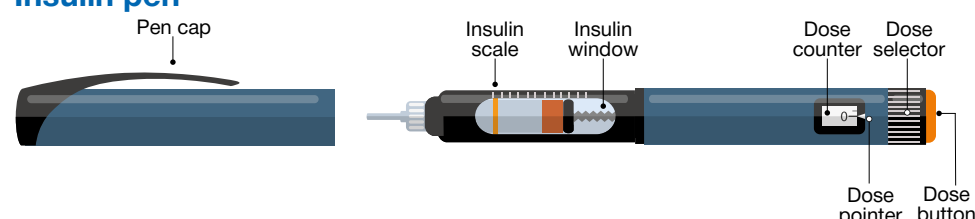
Insulin administration

Storage of insulin

Insulin in use can be stored for up to 30 days at room temperature, then it must be discarded. Unopened insulin should be stored in a fridge. Do not use insulin that is expired, has been frozen, or exposed to temperatures above 30 degrees.

Insulin devices

Insulin pen



Insulin syringes

Insulin syringes are available in Australia but they are best avoided in residential aged care because:

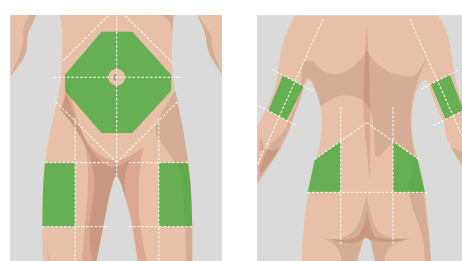
- » they do not come with a needle length less than 8 mm whereas a 4-6 mm length is recommended
- » there is a potential and serious risk of a dosing error when drawing up insulin into a syringe, especially as more concentrated insulins are becoming available.



Injection site

To perform a subcutaneous injection:

- » avoid scars and stretch marks
- » avoid muscle (pinch the skin if needed)
- » rotate site 1 cm away from last injection site (use injection chart)
- » use only 4–6 mm needles for pen devices.

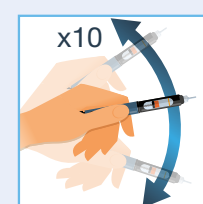


It is important to administer insulin at the correct time(s), as directed by the person's diabetes management plan.

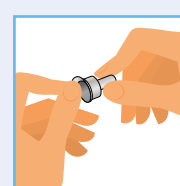
Only administer a mealtime bolus (rapid- or short-acting insulin) when the person's meal is available.

Using pen devices

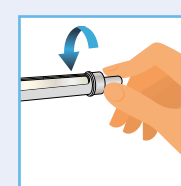
- 1** If the insulin is cloudy (such as NovoMix 30[®], Protaphane[®]) mix with a gentle roll (do not shake).



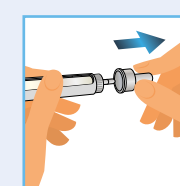
- 2** Attach a new needle (note: safety needles and safe needle disposal systems are available to minimise risk of injury).



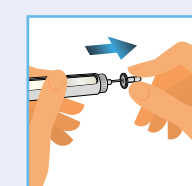
a. Remove paper tab



b. Screw onto pen

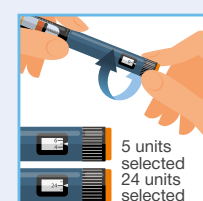
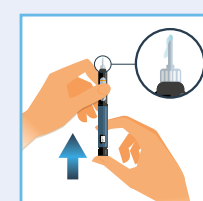


c. Remove outer cap

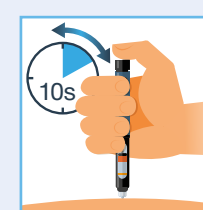


d. Remove inner cap

- 3** Prime needle by dialling up 2 units and performing an air-shot, holding pen upright. Then dial up insulin dose. Get a second nurse to check.



- 4** Inject and hold for 10 seconds.



- 5** Safely remove and dispose of the needle. If using safety needles, see manufacturer's guidelines.



Next steps

Read

- » **SIX-MINUTE INTENSIVE TRAINING POSTERS:** Know your insulin, Hyperglycaemia, Hypoglycaemia, Sick day management.
- » **Diabetes management in aged care: a practical handbook** – Chapter 11: Insulin