



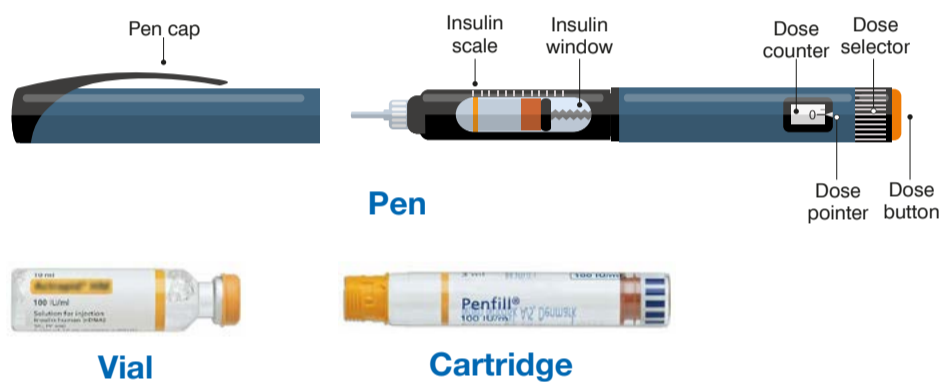
Insulin administration

Storage of insulin

Insulin in use can be stored for up to 30 days at room temperature, then must be discarded. Store unopened insulin in a fridge. If frozen or exposed to above 30-degree temperatures, do not use.

Do not use expired insulin.

Insulin devices



Insulin syringes

While insulin syringes are available in Australia, they are best avoided in residential aged care because:

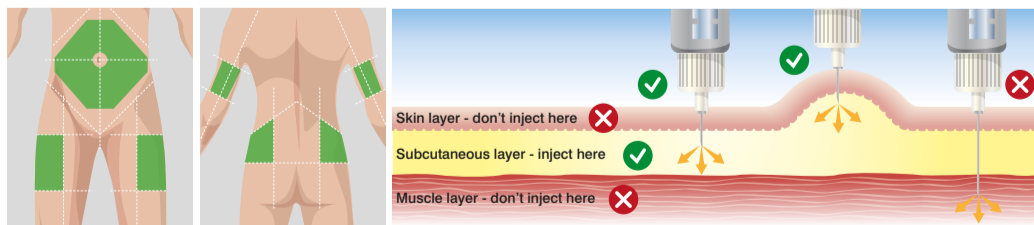
- » they do not come with a needle length less than 8mm where 4-6mm length is recommended
- » there is a potential and serious risk of dosing error when drawing up insulin, especially as more concentrated insulins are becoming available.



Injection site

Subcutaneous injection:

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

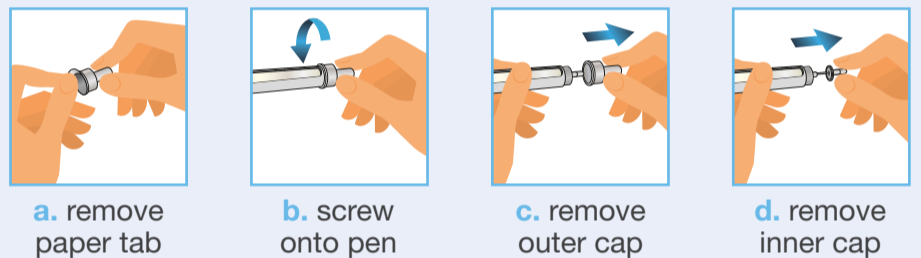


Using pen devices

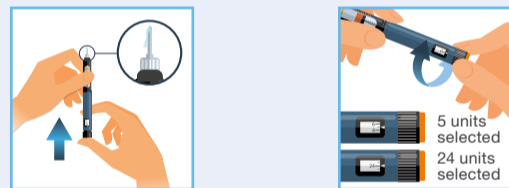
1 Mix with gentle roll, mix cloudy insulins only (NovoMix 30®, Protaphane®)



2 Attach a new needle (Note: safety needles and safe needle disposal systems are available to minimise risk of needle stick injury)



3 Prime needle with 2 units, holding pen upright dial up dose: second nurse to check



4 Inject and hold for 10 seconds



5 Safely remove and dispose of needle. If using safety needles, see manufacturers guidelines



Next steps

Six Minute Intensive Training posters:

Know your insulin, Hyperglycaemia, Hypoglycaemia, Sick day management.

Read:

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