

Insulin Therapy Titration Referral to Diabetes Nurse Educator

Initiation and Titration of Insulin for type 2 diabetes in the Ambulatory Setting

Insulin therapy is increasingly recommended for many people with type 2 diabetes. Commencement of insulin therapy demands a concurrent process of insulin initiation and adjustment and education of the person with diabetes. The initiation and titration of insulin in the ambulatory setting allows for the appropriate adjustment of insulin doses within the context of normal daily activities.

As part of a multidisciplinary health professional team Diabetes Nurse Educators can assist with insulin adjustment and stabilisation.

*National Standards for the development and quality assessment of services initiating insulin therapy in the ambulatory setting, 2004, Australian Diabetes Educators Association, www.adea.com.au and NPS guidelines, www.nps.org.au **

Name.....D.O.B.....

Adjust insulin dosage for stabilisation according to these instructions.

Insulin	Protaphane	Humulin NPH
	NovoMix 30	Humalog Mix 25
	Lantus	

Starting dose

Frequency	once daily	twice daily
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Time of administration

Adjust every 3-4 days / every week *

When FBGL >10 mmol/L increase by 4 – 5 units

When FBGL >6 mmol/L and <10 mmol/L increase by 2 units.

When BGL < 4mmols decrease insulin by 2-4 units.

Additional request

..... (signature) Date / /

Dr Name

Location

Healthy Living NT

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