



**Initiation and Titration of Insulin for Type 2 diabetes in 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 \**

**Client Name:** \_\_\_\_\_ **DOB:** \_\_\_\_\_

**Adjust insulin dosage for stabilisation according to these instructions**

**Insulin type:**

**Starting does:**

**Frequency of injection:**

**Time of injection:**

**Titration adjustment:**  As per company insulin titration tool (Lantus/Toujeo/Ryzodeg etc)  
 Or other insulin/orders (please explain below)

**Target range:** HbA1c: \_\_\_\_\_ Fasting BGL: \_\_\_\_\_ other: \_\_\_\_\_

**Oral medications (please name)**

Continue: \_\_\_\_\_

Cease: \_\_\_\_\_

**Other diabetes injectable medications (please name)**

Continue: \_\_\_\_\_

Cease: \_\_\_\_\_

**Additional request:** \_\_\_\_\_

**Dr Name:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Signature:** \_\_\_\_\_