



healthylivingNT

POLICY

Insulin Education and Titration Policy and Procedure

Aim

Clients with type 1 diabetes require immediate start of insulin and clients diagnosed with other types of diabetes, including diabetes in pregnancy, are often commenced on insulin to improve their glycaemic control. They are referred by a Medical Officer to Healthy Living NT for insulin commencement, education, support and titration. It is important that evidence-based recommendations are used for the education and administration of insulin and stabilisation.

Process

Customer Service Officer/Office Assistant

- Clients diagnosed with type 1 diabetes are seen as a priority
- Clients with diabetes in pregnancy are to be offered an appointment with the diabetes educator within the next 2 working days.
- Clients with other types of diabetes are to be offered an appointment within the next 2-7 working days.
- Clients are also encouraged to make an appointment with the dietitian.
- Client's NDSS registration to be done or updated to access free needles.

Diabetes Educator

- Diabetes Educators are to work within their scope of practice (AHPRA) and education provided as per ADEA 'Clinical Guiding Principles for Subcutaneous Injection Technique' https://www.adea.com.au/wp-content/uploads/2009/10/Injection-Technique-FINAL_170323.docx.pdf and www.nps.org.au/
- Diabetes Educators can titrate insulin doses once they have received a referral, a signed insulin titration form or written authority to do so from a Medical Practitioner. The written record or insulin titration form are found in the databases, clients file and/or O drive > Diabetes > Insulin titration forms.
- Review appointments are to be made within one week after insulin initiation and clients are then given the option of phoning or emailing a copy of their glucose levels for review. During ongoing stabilisation, monthly appointments should be made to ensure correct and safe injection technique, checking of injection sites for lipodystrophy and to support the client making this change to their diabetes self management.
- Clients who are able too are encouraged to self manage their insulin titration with ongoing education, support and insulin titration tools.

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Tiwi NT 0810
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Casuarina NT 0811
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Healthy Living NT
is the trading name of the
Diabetes Association
of the Northern Territory
Incorporated.

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is the registered NT
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Life. Be in it.



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Consultation	Education Staff		Date of Issue	17/10/2018
Approval By	CEO	Page 1 of 2	Current Version Number	2.0
Circulation (on approval)	All Staff		Review Cycle	Annual

- Darwin clients who wish to correspond via email for their ongoing insulin titration are given email diabeteshelp@healthylivingnt.org.au. Alice Springs clients who wish to correspond via email for their ongoing insulin titration are given email dneasp@healthylivingnt.org.au
- Darwin clients who are currently having their insulin titrated are to be put in the client databases and/or the insulin titration spreadsheet in the Darwin O drive and updated as needed. This ensures that if a diabetes educator is absent from the clinic due to being remote, on annual leave or unexpected leave such as sick leave the client/s will be continued to be followed up by another educator.
- In the instance that the Alice Springs diabetes educator will be absent for a length of time and have clients requiring follow up, these clients are to be handed over to Darwin educators. An email to be sent to diabeteshelp prior to their leave of absence clarifying who requires following up and ensure Alice Springs diabetes client database is up to date. The client is also to be advised of the educators absence and to be provided with contact details for the Darwin office.

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