



healthylivingNT

## 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](http://www.adea.com.au) and NPS guidelines, [www.nps.org.au](http://www.nps.org.au) \**

**Client Name**..... **D.O.B**.....

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

**Insulin type:**

**Starting dose:**

**Frequency of injection:**

**Time of injection:**

**Titration Adjustment:**  As per Insulin titration Tool  
(Lantus/Toujeo/Novomix/Ryzodeg)  
 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:**

**Signature:**

**Date:**

Information Sheet

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Healthy Living NT  
is the trading name of the  
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of the Northern Territory  
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