






Diabetes Medicine Use Review: Quality Markers

	Subject Covered	Key points	Resources
	Injection Technique	<ul style="list-style-type: none"> • Ensure needle and pen unit assembled correctly with new needle every injection • Mix insulin appropriately if indicated (intermediate and mixed insulins) Rock & Roll No shaking • Correct insertion of needle at 90 degrees and hold in situ for 10 seconds after plunger fully depressed. • Rotation of injection sites and prevention of lipodystrophy • Advice if lipodystrophy present • Correct disposal of sharps as per local guidelines. • Check needle size. Recommend that 4mm needles are used • Timing of GLP & Insulin injections. What advice about timing • Highlight correct Insulin storage- in the fridge & outside (Should be up to 4 weeks at room temperature when in use) 	<ul style="list-style-type: none"> • https://youtu.be/tG31xcNk4mU • https://www.rcn.org.uk/ • www.fit4diabetes.com • http://fitter4diabetes.com/ • https://www.diabetes.org.uk/Guide-to-diabetes/Managing-your-diabetes/Treating-your-diabetes/Insulin/
	Glucose Testing	<ul style="list-style-type: none"> • Follow APC testing guidelines for testing regimen. • Ensure correct technique followed for testing • Check that lancets, strips and testing machine are all compatible and no previous products remain on repeat slips • Identification of both mild and severe hypoglycaemia. • Treatment for hypoglycaemia and prevention of further episodes • Driving regulations regarding testing and hypoglycaemia DVLA policy & driving, are patients aware? Links to DVLA leaflets: https://www.gov.uk/government/publications/information- 	<ul style="list-style-type: none"> • https://www.diabetes.org.uk/Guide-to-diabetes/Monitoring/ • http://www.coventrywarksapc.nhs.uk/mf.ashx?ID=39f32bdc-e009-45f3-8dae-2252c412f190 • http://www.trend-uk.org/resources.php • https://www.gov.uk/government/publications/assessing-fitness-to-drive-a-guide-for-medical-professionals https://www.diabetes.org.uk/Guide-to-diabetes/Managing-your-diabetes/Testing/

		<p>for-drivers-with-diabetes</p> <ul style="list-style-type: none"> • Recognition of Hyperglycaemia and sick day rules • Time of testing – fasting/post prandial. • What to do with the test results? How does this impact on dosing? • Use of test sites. • Equipment- how old is the BG machine being used? Are patients using the BG machine correctly? • When requests for sugar free meds are received, ensure that pts are still testing. • Alert to SU's and driving, not just Insulins. • Type1 Ketone testing • Refer to local formulary for consumables & BG machines. 	<ul style="list-style-type: none"> • https://www.diabetes.org.uk/Guide-to-diabetes/Complications/Hypos-Hypers/
	<h2>Lifestyle advice</h2>	<ul style="list-style-type: none"> • Smoking status checked and cessation offered when appropriate • Physical activity is beneficial to achieving stable blood sugar and healthy BMI, check exercise referral programs locally. • Eat a healthy balanced diet, recognise foods high in carbohydrate and refined sugar. • Understand relationship between food and blood glucose • Understand need for regular eating pattern especially in relation to insulin and SU therapy • Diet- salt, sugar, portion size. Get the sugar App from PH website, ban the beige plate'. • Focus on activity rather than exercise. • If diet & exercise are adhered to this may require a dose reduction. • Taking injectables abroad for vacation, the do's and don'ts. • Fasting (Ramadan) & Hypos as well as exercise and hypos. • DM & COPD- the dangers of medicines interaction. 	<ul style="list-style-type: none"> • https://www.diabetes.org.uk/Guide-to-diabetes/Managing-your-diabetes/Healthy-eating/ • www.nhs.uk/change4life/ • https://fitterfutureswarwickshire.co.uk • https://www.diabetes.org.uk/Documents/Reports/nutritional-guidelines-2013-amendment-0413.pdf • https://www.diabetes.org.uk/FAQ/Travel-questions/

	<h2>Medication Adherence</h2>	<ul style="list-style-type: none"> • Help patients to organise medication into a simple regimen, the fewer time slots the better. • Ensure medications being taken at correct times of day and in relation to food where indicated. • Reinforce the importance of compliance to minimise risk of serious complications in the future • Assess for side effects of medications including insulin • Check that medicines aren't stockpiled and only order what is needed. • Medicines need to be stored correctly, also ensure the correct disposal of disposables. • Differentiate, when there are different types of insulin, which need to be taken and when. • What dose of insulin is the patient taking? This can be seen on SCR. • Provide medicines to patient in transparent plastic bag. • Is the treatment regime being adhered to? 	<ul style="list-style-type: none"> • APC dose calculator: http://www.coventrywarksapc.nhs.uk/Documents/Insulin-Supply-Calculator?Highlight=insulin+dose+calculator • DUK: GP leaflet & Pharmacy: https://shop.diabetes.org.uk/store/managing-your-diabetes/information/booklets-and-leaflets
	<h2>Screening for complications</h2>	<ul style="list-style-type: none"> • Screening services will identify complications early. Patients should receive: • Eye screening annually with retinal photography • Foot care review, HbA1c, cholesterol, renal function and blood pressure screening annually as a minimum • Ensure that eye and foot screening is prioritised. • Raise awareness of symptoms for Hypos & Hypers. • Follow the 15 Healthcare Essentials • Highlight the importance of blood testing, not only BM, but LFT/URE & ACR. 	<ul style="list-style-type: none"> • https://www.diabetes.org.uk/Guide-to-diabetes/Monitoring/Feet/Everyday-foot-care • https://www.nice.org.uk/guidance/conditions-and-diseases/diabetes-and-other-endocrinal--nutritional-and-metabolic-conditions/diabetes • 15 Healthcare Essentials: https://shop.diabetes.org.uk/store/managing-your-diabetes/information/booklets-and-leaflets/15-healthcare-essentials.aspx
