

## Further information

<https://www.diabetes.org.uk/guide-to-diabetes/managing-your-diabetes>

<https://www.diabetes.org.uk/guide-to-diabetes/life-with-diabetes/hospital>



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To find out more about our Trust visit

[www.royalberkshire.nhs.uk](http://www.royalberkshire.nhs.uk)

**Please ask if you would like this information in another language or format**

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**NHS**

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# Insulin self-management scheme for diabetes

Information for patients with diabetes staying in hospital

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## **This leaflet is for patients with diabetes on the insulin self-management scheme. It explains how it works and its benefits.**

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### **What is the insulin self-management scheme?**

The insulin self-management scheme allows you to record your own blood glucose levels in order to give yourself the appropriate dose of insulin you require at the correct time each day.

You will have regular assessments to ensure that self-management is suitable for your needs.

You do not have to be on the scheme and you may withdraw from it at any point. If you agree to join the scheme, we will ask you for verbal consent and document this in your electronic health record.

We will give you all the necessary information and support you need in order to monitor your blood glucose levels and administer your own insulin during your hospital stay. The diabetes specialist nurses are available to answer any questions, if you need help.

Your nurse will monitor your blood glucose levels and your administration of insulin will be recorded on your health record. This information will also be used by the medical team to review your treatment.

If your blood glucose readings are less than 4 mmol/L or above 10 mmol/L, or you administer any treatment for the management of hypoglycaemia (hypos), you must always inform your nurse, so that this is recorded accurately on your health record.

### **What are the benefits of insulin self-management?**

Managing your insulin during your hospital stay allows you to keep your independence and have responsibility for your diabetes. The main benefits of self-administration of your insulin are:

- Improved glucose control.
- Appropriate timing of insulin around mealtimes.
- Ability to make appropriate dose adjustments based on regular blood glucose measurements.

### **Important information**

- Initially, we would ask you to bring in a supply of your own insulin and your blood glucose meter from home, as well as supplies of continuous glucose monitors or any insulin pump consumables you need. Further supplies can be provided by the pharmacy department if needed, but please let staff know in plenty of time.

- A sharps bin will be provided for you to safely dispose of needles / lancets.
- You will be responsible for the safekeeping of your insulin. Any unopened or unused insulin will be locked away in the ward fridge. Your nurse will access this for you when you need it.
- **If any visitor or patient tries to take your insulin please notify a nurse or midwife immediately.**

### **Leaving hospital**

When you are ready to go home, the doctors will write a prescription for your current insulin dose and type.

This is used to inform your GP of any changes and for the pharmacy department to dispense insulin for you if needed.

In order for this to be accurate, the doctor must be able to see what your blood glucose readings have been and what dose you have been administering during your stay. Your nurse will ensure this data is available on your health record.

**Please feel free to ask your nurse or ward pharmacist any questions about this scheme.**



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