

When you leave hospital

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

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

The prescription will be based on your blood glucose readings during your stay, which will be accurately recorded on your electronic health record.

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>



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

Contact us

My ward: _____

My GP: _____

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To find out more about our Trust visit
www.royalberkshire.nhs.uk

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

RBFT Centre for Diabetes & Endocrinology
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Insulin self-management scheme for diabetes

Information for patients with diabetes staying in hospital

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

What is the insulin self-management scheme?

The insulin self-management scheme allows you to use your expertise to control your insulins for best management of your glucose.

You will be assessed to ensure that self-management is suitable for your needs.

You do not have to self-manage and you may withdraw from it at any point. If you agree to do so, 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 you are going for a procedure or if you are on an insulin infusion, nursing staff will temporarily manage your diabetes and insulin.
- The CGM sensor can continue to be worn but the nursing staff are likely to need to do additional finger-prick checks.
- If you are admitted to hospital while using an insulin pump, the medical team may temporarily change your insulin delivery to insulin pens/insulin infusion if there are any concerns. The Diabetes Team will review your treatment and advise when it is appropriate to restart your insulin pump.

If any visitor or patient tries to take your insulin, please notify a nurse or midwife immediately.