

Checklist for Patients Starting Insulin Therapy

One of the most difficult transitions for diabetes patients is the use of insulin.

Regardless of the insulin treatment plan, patient education is necessary. The checklist below can help you make sure your patients have all the information they need when they're prescribed insulin therapy. Having this knowledge can help them adhere to their treatment regimen and take control of their condition.



Check here

► Does the patient have arrangements for patient and family education? (Visiting nurse, diabetes center?) ¹	<input type="checkbox"/>
► Does the patient understand how food and exercise impact his or her blood glucose? ²	<input type="checkbox"/>
► Has the patient been shown how to use a glucose meter? ³ — Has a health care professional watched the patient use one to make sure he or she is doing it correctly? — Does the patient understand how to read and interpret the results? — Does the patient know when to notify his or her physician?	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
► Has the patient been told how to recognize and treat hypoglycemia? ¹	<input type="checkbox"/>
► Does the patient understand how insulin works? ²	<input type="checkbox"/>
► Does the patient understand his or her insulin regimen? ¹	<input type="checkbox"/>
► Is the patient aware of the importance of adherence to his or her insulin therapy regimen? — Does he or she understand what can happen if the regimen is not followed? ²	<input type="checkbox"/> <input type="checkbox"/>
► Does the patient understand that the insulin dosage may change? ³	<input type="checkbox"/>
► Has the patient been told how to handle insulin and dispose of needles? ¹	<input type="checkbox"/>
► Does the patient know when to test for urine ketones and when to notify the physician? ¹	<input type="checkbox"/>
► Does the patient know how to self-monitor during illness? ¹	<input type="checkbox"/>
► Has the patient been given written prescriptions for: — Insulin — Glucagon — Syringes — Glucose meter, test strips, and lancets? ¹	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
► Has the patient been provided with educational materials about all of the above? ¹	<input type="checkbox"/>

References:

1. Agency for Healthcare Research and Quality. Physician checklist for starting insulin as an outpatient. http://www.ahrq.gov/populations/chroniccaremodel/_diabnotebk3693.htm. Accessed May 1, 2009.
2. National Institutes of Health. Insulin injection. Medline Plus Web site. <http://www.nlm.nih.gov/medlineplus/druginfo/meds/a682611.html>. Updated February 1, 2009. Accessed May 1, 2009.
3. Pearson T. Insulin therapy in patients with type 2 diabetes: overcoming patient and physician treatment barriers. Medscape Diabetes & Endocrinology. Medscape CME Web site. <http://cme.medscape.com/viewarticle/590729>. Published April 15, 2009. Accessed May 1, 2009.

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