

PHARMACY QI

Practical Tips for Quality Improvement

September 2017

SAFE INSULIN ADMINISTRATION

- Insulin is a high-alert drug that is often involved in medication incidents.

Proper Injection Technique is necessary to:

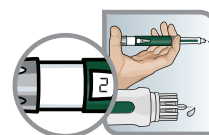
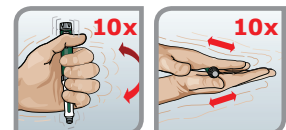
- reduce the risk of medication incidents
- improve blood sugar control for the resident

- ✓ **Check MAR** for specific insulin type and exact dose for the resident.
- ✓ **Rotate injection sites.** Using the same injection site could result in the formation of fatty lumps (lipohypertrophy), leading to reduced absorption, inefficacy of insulin, and hyperglycemia for the resident.

Disney, Shrek Room: 315 Bed: C		HOME	Happy Home		TMR: Feb, May, ...																								
		Ward:	15T	Facility Code:	ODP1234567																								
MEDICATION ADMINISTRATION RECORD Medical Pharmacy Master 590 Granite Crt, Pickering ON L1W 3X6 (905) 420-7335		Birthdate:	09-Jun-1941	Age:	72																								
		Gender:	Male	DOB:	258978125																								
		PHYSICIAN	Dr. Test, Doctor																										
MONTH	Jul	YEAR	2017																										
NOVOLIN ge 30/70 (10mL) 100 units/mL	HIGH ALERT																												
NOVOLIN ge 30/70 VIAL	0800	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28
INJECT 20 UNITS EVERY MORNING AND 18 UNITS EACH EVENING	20units	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28
10 VIA	SITE	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28
Dr. Test, Doctor Rx:6001187	2000	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28
	18units	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28
	SITE	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28

- ✓ **Check expiry date** of insulin pen/cartridge. Injecting expired insulin could result in poor blood sugar control.
- ✓ **Mix cloudy insulin (NPH or Premixed)** by gently tipping and rolling the pen 10 times until a milky white consistency is achieved. Never shake insulin.
- ✓ **Prime needle** by dialing 2 units of insulin on dial and pressing down on injection button. This ensures you have expelled out any air for accurate dosing.
- ✓ **Double check dialed dose.** Double checking you have the correct number of units before administering the dose will prevent a medication incident.
- ✓ **Hold the needle in skin** for at least 10 seconds after the injection is complete. This ensures that the full dose is deposited under the skin and better blood sugar control.

Date Opened	_____
Discard After	_____



References:

- FIT Technique Plus; www.fit4diabetes.com – 2017. Accessed July 4, 2017.
- Medical Pharmacies Policy and Procedure Manual (2017 version), Policy 3-12.

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