

SFHDIabTX01

Provide therapy to meet the immediate healthcare needs of individuals newly diagnosed with Type 1 diabetes



Overview

This standard covers the actions that a healthcare practitioner should take in their initial meeting with an individual who has just been diagnosed with diabetes and is in need of insulin. This standard covers those situations where the individual is conscious and does not require emergency admission to acute care.

Users of this standard will need to ensure that practice reflects up to date information and policies.

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Performance criteria

- You must be able to:*
- P1 explain the need for insulin and gain the individual's consent for it to be administered
 - P2 arrange for the prescription and administration of appropriate insulin to meet the individual's immediate medical need
 - P3 communicate with the individual and carer throughout the discussion and examination in a manner which is appropriate to them and encourages an open exchange of views and information
 - P4 take a history from the individual and gather information on what they see as their health needs
 - P5 assess through discussion the individual's understanding of Type 1 diabetes, its management and acute complications
 - P6 provide basic advice about nutrition, in particular how the quantity and quality of carbohydrates affect blood glucose levels
 - P7 agree between the professional team and the individual a plan for their immediate diabetes care
 - P8 enable the individual to monitor their blood glucose and ketone levels by:
 - P8.1 assessing the individual's need and also their ability to monitor
 - P8.2 explaining the need to monitor blood glucose and ketones
 - P8.3 showing the individual how to monitor and record blood glucose and ketone levels
 - P8.4 providing suitable equipment and appropriate printed information
 - P9 enable the individual to administer their own insulin by:
 - P9.1 explaining the purpose of insulin in relation to the individual's diabetes
 - P9.2 providing initial doses of insulin and the most suitable device for the individual to administer it
 - P9.3 explaining and demonstrating how to inject insulin
 - P9.4 explaining how to safely dispose of sharps
 - P9.5 arranging follow-up meetings for learning insulin administration
 - P9.6 discuss hypoglycaemia, how it occurs and how it can be managed
 - P10 make arrangements to communicate with the individual's GP concerning the insulin therapy and providing further supplies
 - P11 confirm with the individual and carer the next steps in the process of managing their diabetes, including their next contact with the healthcare team, and who to contact if they need help
 - P12 make an accurate record of the discussion and examination that can be followed by other members of the care team, the individual and the carer

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Knowledge and understanding

You need to know and understand:

- K1 national guidelines on diabetes management, education and service delivery
- K2 theories of the causes of diabetes
- K3 signs and symptoms of diabetes, including WHO criteria for diagnosis
- K4 normal and abnormal blood glucose, HbA1c and ketones values
- K5 how to monitor glucose levels, HbA1c, ketones and blood pressure
- K6 the importance and effects of patient education and self management
- K7 the psychological impact of diabetes, at diagnosis and in the long term
- K8 how to gather information from patients about their health
- K9 how to work in partnership with patients and carers
- K10 the social, cultural and economic background of the patient/carer group
- K11 the impact of nutrition, particularly carbohydrates, on diabetes
- K12 the impact of physical activity on diabetes
- K13 the effects of smoking, alcohol and illicit drugs on diabetes management
- K14 the effects of, and how to manage, intercurrent illness
- K15 how to avoid and how to manage hypoglycaemia
- K16 the use of insulin to manage diabetes
- K17 other medications used to manage diabetes
- K18 the long term complications of diabetes and when they are likely to occur
- K19 how to examine feet and assess risk status
- K20 how to monitor cardiovascular risk
- K21 how to monitor for renal disease
- K22 how to monitor for diabetic retinopathy
- K23 relevant professional guidelines, standards and codes of professional conduct
- K24 the law and good practice guidelines on consent
- K25 your role in the healthcare team and the role of others
- K26 legal frameworks concerning prescribing
- K27 local guidelines on diabetes healthcare
- K28 local referral pathways
- K29 local systems for recording patient information
- K30 audit and quality assurance systems
- K31 the process of notification for legal and insurance purposes
- K32 sources of practitioner and patient information on diabetes
- K33 contact details of local and national support groups
- K34 how individuals can access facilities for exercise and physical activity, education and community activities

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Additional Information

External Links

This standard links with the following dimension within the NHS Knowledge and Skills Framework (October 2004):

Dimension: HWB6 Assessment and Treatment Planning

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Developed by Skills for Health

Version number 1

Date approved June 2010

Indicative review date June 2012

Validity Current

Status Original

Originating organisation Skills for Health

Original URN Diab TX01

Relevant occupations Health, Public Services and Care; Health Professionals; Healthcare and Related Personal Services

Suite Diabetes

Key words diabetes
