Diabetes Care Tasks at School: What Key Personnel Need To Know

**INSULIN BY SYRINGE AND VIAL**

American Diabetes Association
Accurate and timely insulin dosing is a vital piece of a comprehensive plan.
Participants will be able to understand:

- Types of syringes
- Where on the body to inject insulin
- Preparation steps for syringe injection
- How to dose with a syringe
- How to inject with a syringe
METHOD OF DELIVERY

- Syringe and vial may be used for those on injections *but also* for those on insulin pump therapy during times of pump malfunction

**Insulin injection**
- Prescribed insulin therapy
- Prescribed as back-up plan if insulin pump malfunctions
- Prescribed for only certain seasons — determined by student, parent/guardian and provider

**Insulin pump**
- Prescribed and intended year-round *unless* pump malfunction
- Prescribed and used for only certain seasons — determined by student, parent/guardian, and health care provider
INSULIN INJECTIONS

- Inject into fat layer under skin
- Rotate sites
- Student should choose site

- Common sites: abdomen, thigh buttocks, upper arms
INSULIN SYRINGES

• Sizes – 30, 50, 100 units
  – Whole unit markings
  – Half unit markings, less common

• Disposal
  – Do not reuse
  – Do not recap
SYRINGE AND VIAL: PREPARATION

1. Get Supplies
   - Insulin (Verify type of insulin)
   - Syringe
   - Alcohol wipe
   - Disposable gloves
   - Sharps container
SYRINGE AND VIAL: PREPARATION

2. Wash hands and apply gloves

3. Clean the insulin vial
SYRINGE AND VIAL: PREPARATION

4. Have student select injection site

5. Clean the injection site
SYRINGE AND VIAL: PREPARATION

6. Check the insulin dose

7. Remove the cap from syringe
SYRINGE AND VIAL: PREPARATION

8. Pull the plunger down to number of units to be administered

9. Inject air into bottle
SYRINGE AND VIAL: DOSING

10. Draw out prescribed number of units of insulin as per DMMP
SYRINGE AND VIAL: INJECTING

11. Pinch up the skin
12. Push needle into skin at 90°
   - 45° if necessary to avoid muscle
13. Release pinch
14. Push the plunger in
15. Count to “5”
16. Remove needle and dispose of syringe
17. Document time, dosage, site, and blood glucose value
Module 11 Pre – and Post – Tests:

**INSULIN BY SYRINGE AND VIAL**

*This tool may be freely duplicated and distributed for training purposes*
1. Rotating injection sites is important.
   a. True
   b. False

2. Insulin syringes should be recapped.
   a. True
   b. False

3. Which site is not an injection site:
   a. Upper arm
   b. Stomach
   c. Calf
   d. Thigh
   e. Buttocks
WHERE TO GET MORE INFORMATION

American Diabetes Association
1-800- DIABETES
www.diabetes.org/safeatschool