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

INSULIN BY PEN

Safe at School

American Diabetes Association
Accurate and timely insulin dosing is a vital piece of a comprehensive plan.

GOAL: OPTIMAL STUDENT HEALTH AND LEARNING
LEARNING OBJECTIVES

Participants will be able to understand:

- Types of insulin pens
- Where on the body to inject insulin
- Preparation steps for insulin pen injection
- How to dose with an insulin pen
- How to inject with an insulin pen

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METHOD OF DELIVERY

- Insulin pens 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 PENS

Techniques for dosing and insulin delivery are similar for both types of pen devices
- Prefilled pens
- Reusable (cartridge) pens

Both long-acting or basal insulin and rapid-acting or bolus insulin are available in pens

Most students will only take rapid-acting or bolus insulin in school
INSULIN INJECTIONS

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

- Common sites: abdomen, thigh, buttocks, upper arms
INSULIN PEN: PREPARATION

1. Gather supplies. Verify insulin type
   - pen device (with cartridge)
   - pen needle
   - alcohol wipe
   - sharps container

2. Wash hands
3. Apply gloves
4. Have student chose injection site
5. Clean injection site
6. Screw on pen needle
INSULIN PEN: DOSING

7. Prime: Dial “2” units. *If the pen is being used for the first time, prime 4-6 units as per manufacturer’s instruction*

8. Hold upright. Remove air by pressing the plunger. *Repeat “Prime” if no insulin shows at end of needle*

9. Dial number of units to be administered as per DMMP
INSULIN PEN: INJECTING

10. Avoid injecting into muscle; if necessary pinch up the skin
11. Push the needle into the skin at 90°
   - 45° if necessary to avoid muscle
12. Release pinched skin
13. Push down on the plunger
14. Count to “10”
15. Remove and dispose of pen needle
16. Document time, dose, site, and blood glucose value

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Module 8 Pre – and Post – Tests: INSULIN BY PEN

This tool may be freely duplicated and distributed for training purposes
1. Many pens contain a built-in insulin cartridge.
   a. True
   b. False

2. Which is not a step to consider when administering insulin with a pen?
   a. Needle is screwed onto pen
   b. Insulin is drawn from vial
   c. Pen is primed
   d. Pen is dialed to appropriate dose
   e. Plunger injection button is pressed
WHERE TO GET MORE INFORMATION

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