Tayside Managed Clinical Network for Diabetes
Tayside Insulin Management Programme

Aim
To enable you to improve your knowledge and skills regarding Carbohydrate Counting and Insulin Dose Adjustment.

Outcomes
At the end of this programme and with further reading and practice you will be able to:

Day 1
Physiology of Diabetes
• Describe the basic physiology of digestion, absorption and metabolism.
• State the potential signs and symptoms of hyperglycaemia (high blood glucose levels).
• Discuss the action of insulin.
• Differentiate between the 2 main types of diabetes.
• Discuss how increased blood glucose levels can lead to the complications of diabetes.
• Verify that diabetes is a chronic condition.

Nutrition
• Describe how and why dietary advice has changed and understand the current dietary philosophy in relation to modern insulin regimens.
• Identify the protein, fat and carbohydrate contents of foods.
• List where CHO is found and compare with sources of fat & protein. Know that most foods are a combination but understand the need to recognise foods that require insulin.
• Determine the quantity of carbohydrates found in different products by correctly reading food labels.
• Explain how to get CHO values from reference tables.
• Calculate CHO values from the weight of a food.
• State the purpose of food diaries & how to complete them on acetates for next week.

Blood Glucose/HbA1c
• Explain what HbA1c is.
• State the normal values for HbA1c.
• Recognise why good blood glucose control is important.
• Recognise the importance of DCCT findings.
• Decide on individual target HbA1c.
• Decide on a strategy and realistic time period to achieve goals.
• Verify the essential role that blood glucose monitoring plays in the self-management of their condition.
• Adjust treatment or lifestyle according to blood glucose results.
• Verify that target blood glucose control reduces the risk of developing long-term complications.
• Apply the knowledge and skills gained to actual situations.
• Decide how often you require to monitor blood glucose levels.
• Decide pre meal target.
• Determine if correction dose is necessary.
• Verify that it is important to measure blood glucose levels before food and only occasionally after food.

Action of insulin /insulin dose adjustment
• Differentiate between the different types of insulin used.
• Discuss the duration and action of the different types of insulin used.
• Discuss the principles of insulin dose adjustment.
• Calculate your individual insulin to CHO ratio.
• Calculate your individual correctional insulin dose.
• Identify the appropriate times to give your insulin.
• Calculate your individual basal insulin rate.

→ please turn over
• Recognise that individuals have different insulin requirements.
• Recognise factors that may influence your insulin requirements.
• Recognise when any changes to your insulin doses may be necessary.
• Carry out any changes needed during coming week.
• Identify correct injection technique.
• Discuss prevention of lipohypertrophy.
• State appropriate storage of insulin.

Please note the programme is flexible according to the specific needs of the group.