

Recommended Topics to use as a Guide in Completing Assessments of Injection Technique

RECOMMENDED TOPICS

- Education about injection technique for delivery of insulin, including a review of hypoglycemia (causes, detection, treatment, and prevention) as well as when to check blood glucose and individualized pre- and post-meal targets
- Periodic review of injection technique and sites, especially when blood glucose control is suboptimal
- Use, care, and action of the medication(s) to be administered
- Choice of injection devices, considering ease of use and patient limitations, such as manual dexterity and hearing and visual impairment
- For prefilled devices: considering opened expiration date, total number of units/mg in device, and daily dose when choosing devices, when applicable
- Injection site selection and rotation, including teaching patient to examine sites for lipohypertrophy
- Choice of needle: length and gauge to maximize comfort and efficacy
- Technique
- Timing of injection related to the effect of medication, meals, activity, and stressors
- Targets for dosing adjustments related to monitoring, activity, stressors, and meals
- Injection discomfort and complications
- Safe disposal of used sharps
- Quality control including medication storage considerations, opened and unopened expiration dates
- Inspection of the injectable medication before each use

USE, CARE, AND ACTION

- Insulin should not be shaken since bubbles can interfere with proper dosing.
- Keep unopened containers in the refrigerator until first use.
- Store injectables that are in use at room temperature (65°-80° F) to avoid variation of absorption and comfort. Cold injections may absorb more slowly and can cause discomfort.
- Never freeze insulin. If frozen, insulin should be discarded.
- If insulin is altered in appearance, discard and use a new vial or pen (with a normal appearance) to ensure potency.
- Expiration dates of unopened medications should be checked prior to use. Once vial or pen is opened, follow manufacturer's instructions on when to discard. Dates can vary greatly from medication to medication, by brand, and by type of insulin.