

# Insulin

## INFUSION SETS

### TEACHING/OPTIMIZATION CHECKLIST

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Topic	Content	Date(s)	Instructor(s)
1. Insulin infusion set selection	<p>Appropriateness of:</p> <ul style="list-style-type: none"> <li>■ Cannula material</li> <li>■ Cannula length</li> <li>■ Insertion angle</li> <li>■ Tubing length</li> <li>■ Mode of insertion</li> <li>■ Disconnect mechanism _____</li> </ul>		
2. Site selection	<ul style="list-style-type: none"> <li>◆ Palpate and inspect injection sites for lipodystrophy</li> <li>◆ Review site selection</li> <li>◆ Review rotation (different body parts)</li> </ul>		
3. Insertion technique	<ul style="list-style-type: none"> <li>◆ Manual insertion</li> <li>◆ Device-aided insertion</li> <li>◆ Caregiver training</li> </ul>		
4. Priming	<ul style="list-style-type: none"> <li>◆ Detecting air in tubing</li> <li>◆ Purging air from tubing</li> <li>◆ Cannula priming:                             <ul style="list-style-type: none"> <li>■ Steel needle</li> </ul> </li> </ul> <p>(0.0u) New Insulin Delivery Recommendations - suggest smallest length cannula to avoid IM insertion</p> <ul style="list-style-type: none"> <li>○ 6mm cannula (0.3u)</li> <li>○ 8mm cannula (0.4u)</li> <li>○ 9mm cannula (0.5u)</li> <li>○ 10mm cannula (.6u)</li> <li>○ 13mm cannula (0.7u)</li> <li>○ 17mm cannula (.7u)</li> </ul>		

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## Teaching/ Optimization Checklist

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5. Disconnection guidelines (if indicated - not necessary with “patch” pump)	<ul style="list-style-type: none"> <li>◆ Duration, frequency limits</li> <li>◆ Hourly insulin replacement via bolus</li> <li>◆ Sterility of site and tubing connector</li> <li>◆ Do not remove insulin cartridge from chamber or separate tubing from cartridge while connected</li> <li>◆ Always disconnect at infusion set hub</li> </ul>		
6. Site change frequency	<p>Optimal: every 48 hours As tolerated: up to 72 hours</p>		
7. Skin health	<ul style="list-style-type: none"> <li>◆ Site preparation</li> <li>◆ Signs of infection, scarring, irritation, sensitivity</li> <li>◆ Skin care after set removal</li> <li>◆ When to contact healthcare team</li> </ul>		
8. Troubleshooting	<ul style="list-style-type: none"> <li>◆ Occlusions (silent or alarm activated)</li> <li>◆ Blood in the cannula/tubing</li> <li>◆ Adhesion issues</li> <li>◆ Pain/irritation/infection</li> <li>◆ Leakage of insulin</li> <li>◆ Unexplained hyperglycemia</li> <li>◆ Ketone testing procedure, response to ketones</li> <li>◆ When to contact diabetes care team</li> </ul>		
9. Sharps disposal	(Per local guidelines)		
10. Reorders	<ul style="list-style-type: none"> <li>◆ Who to contact</li> <li>◆ Order frequency</li> <li>◆ Number IIS/mo</li> <li>◆ Number of reservoirs/mo</li> </ul>		