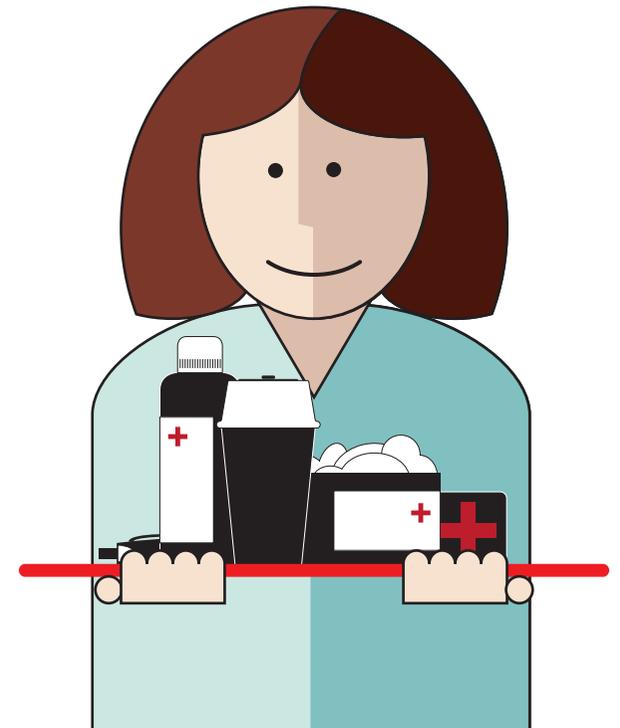


# INSTRUCTIONS FOR THE HOME MANAGEMENT OF PEOPLE WITH DIABETES

Caring for people who are ill by organising the environment and resources necessary to ensure a better quality of life







# Therapy

## Storage of medicine

Insulin stocks must be stored in a refrigerator. Vials and pens in use may be kept at room temperature for up to thirty days.

Do not use insulin after the expiration date printed on the pack.

The pen lasts for one month after first use.

Insulin pens that are currently being used in must be stored in places away from sources of heat.

Remove the needle after every use, the pen must not be kept with the needle inserted.

*In order to avoid forgetting to take your medicine, it is useful to divide pills in accordance with a weekly system, using a pill-box with a compartment for each day.*

 <b>BREAKFAST</b>	Name _____	Dose _____
	Name _____	Dose _____
	Name _____	Dose _____
	Name _____	Dose _____
 <b>MORNING</b>	Name _____	Dose _____
	Name _____	Dose _____
	Name _____	Dose _____
	Name _____	Dose _____
 <b>LUNCH</b>	Name _____	Dose _____
	Name _____	Dose _____
	Name _____	Dose _____
	Name _____	Dose _____
 <b>AFTERNOON</b>	Name _____	Dose _____
	Name _____	Dose _____
	Name _____	Dose _____
	Name _____	Dose _____
 <b>SUPPER</b>	Name _____	Dose _____
	Name _____	Dose _____
	Name _____	Dose _____
	Name _____	Dose _____
 <b>NIGHT TIME</b>	Name _____	Dose _____
	Name _____	Dose _____
	Name _____	Dose _____
	Name _____	Dose _____

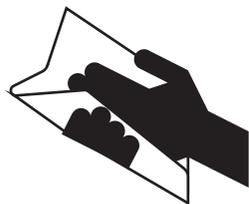


# Hygiene and organisation

## Your hands



Wash your hands thoroughly with soap and water.

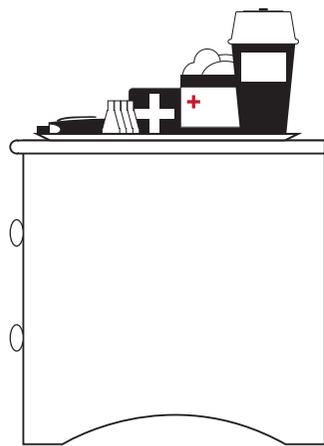


Dry your hands carefully.

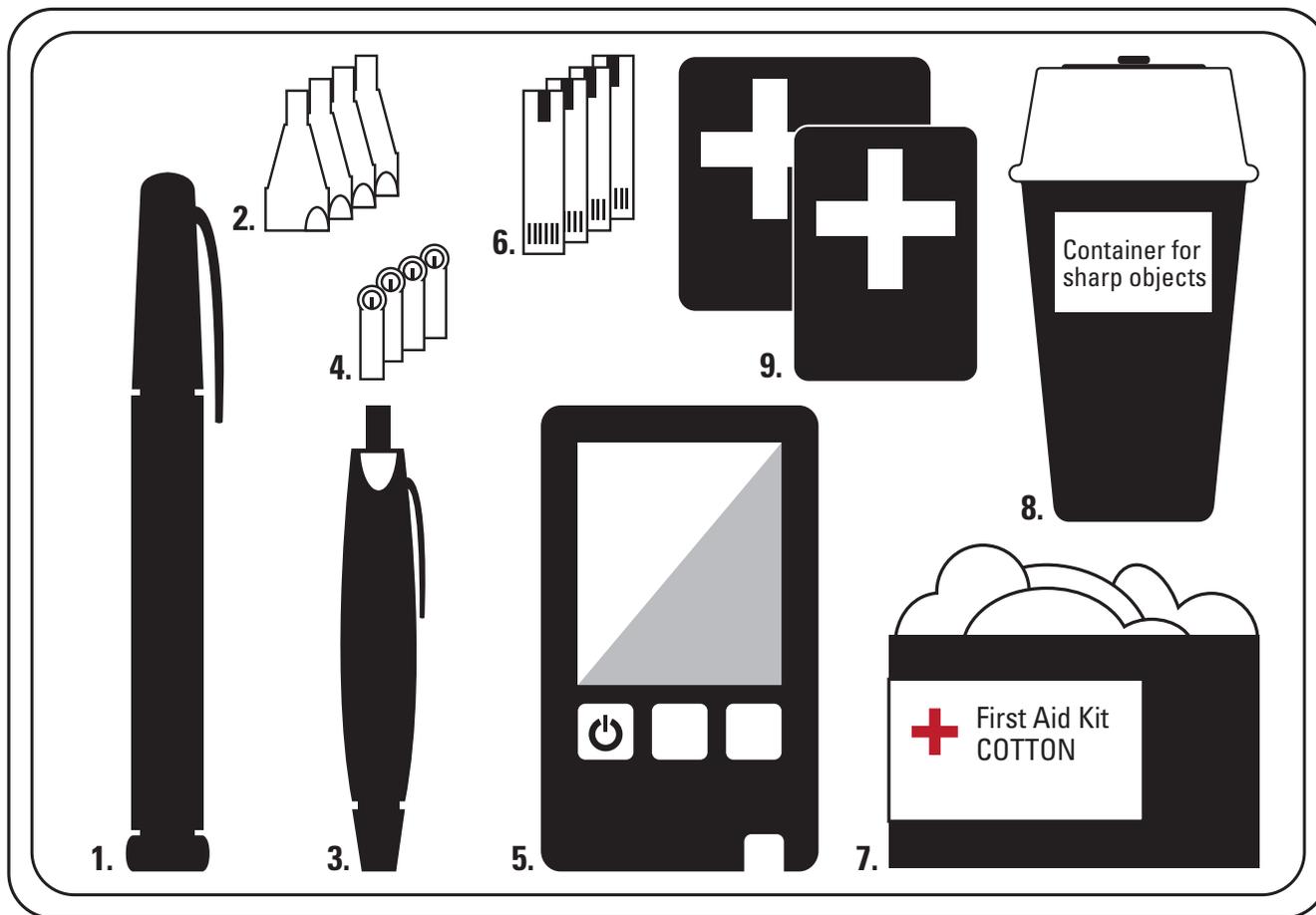
## How to prepare the material

The worktop must be:

- Clean
- Convenient
- In an area with plenty of light



Keep everything you need on a well-organised tray.



1. Insulin pen
2. Needles for the insulin pen
3. Lancing device
4. Needles for the lancing device
5. Glucose meter

6. Test strips
7. Cotton
8. Container for the disposal of sharp objects
9. Other medicine

*The organisation of the environment and the proper management of medicines a better quality of life for the patient.*



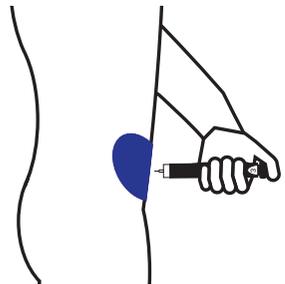
# Technique for injecting insulin



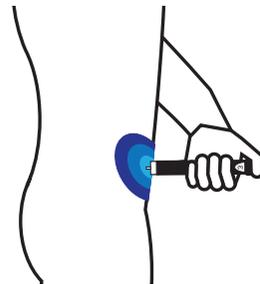
**1.** Wash your hands and the area you will be injecting.



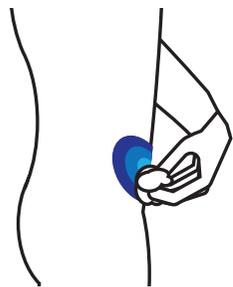
**2.** Prepare all the material: screw in the needle, prepare the dose of insulin and remove the protective cap.



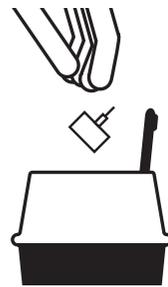
**3.** Insert the needle perpendicularly into the injection area.



**4.** Inject all the way in and count to 10 before withdrawing the needle from the skin.

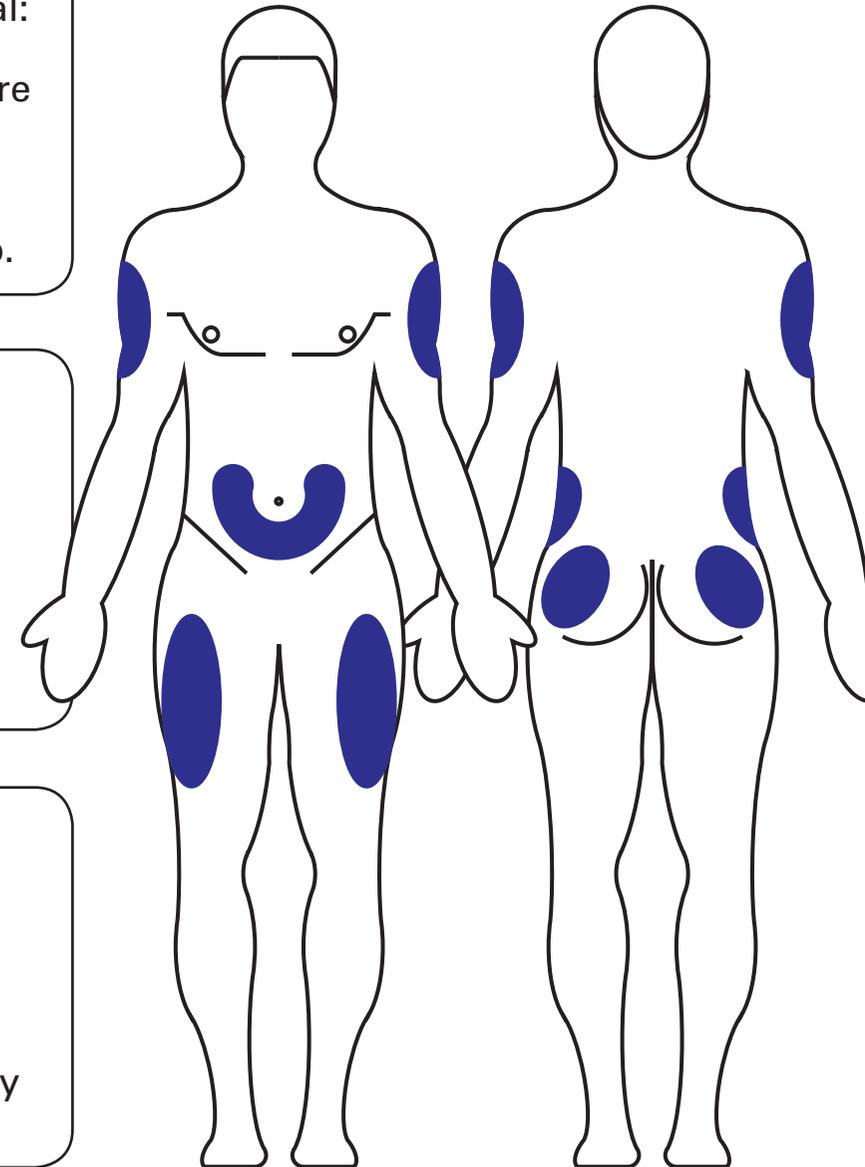


**5.** Dab the skin without rubbing.



**6.** Unscrew the needle and place it in the specific container so that it cannot cause anybody harm.

## Places in which to insert a needle

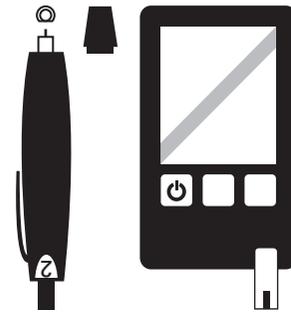




# Self-monitoring of blood glucose



**1.** Wash your hands and ensure your patient does the same.



**2.** Prepare all the material: insert the needle into the lancing pen and insert the test strip into the glucose meter. Wait for the OK.

## Expiry of the blood glucose self-monitoring plan:

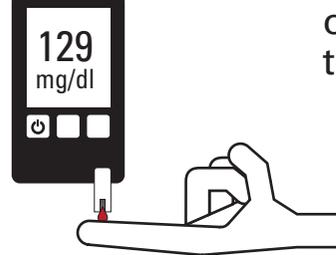
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**3.** Prick the patient's finger, after having adjusted the device, depending on the thickness of the patient's skin.



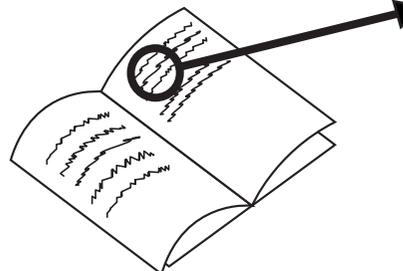
**4.** Place a drop of blood near the test strip.

## Glucose meter maintenance

Check the expiry date of the test strips

Keep the equipment clean

Always keep a spare battery in case the one in use runs flat



					
7.00	129 mg/dl	13.00	140 mg/dl	19.00	_____
9.00	135 mg/dl	15.00	_____	21.00	_____
11.00	115 mg/dl	17.00	_____	23.00	_____

**5.** Read the result and record it in the glycaemic diary.

*If you are running a temperature your blood sugar level may increase; it is important not to discontinue your diabetes therapy. Inform your doctor of the situation.*



# Hypoglycaemia

Hypoglycaemia is said to be present when the rate of glucose in the blood falls below normal values

## The main symptoms

Trembling

Sweating

Sudden hunger pains

Confusion/Drowsiness

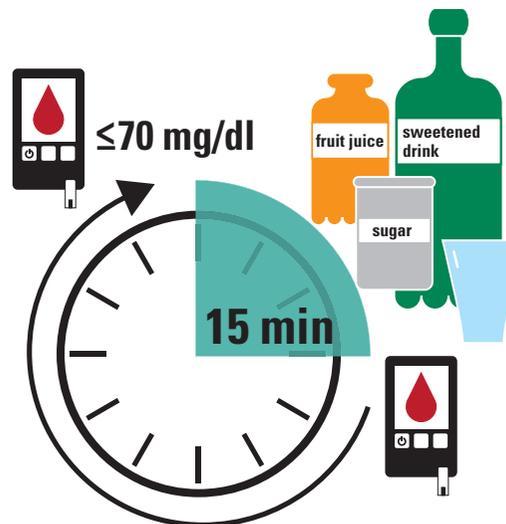


In the event of loss of consciousness, do not feed the person sugar but call the 118 emergency number instead!

*We recommend always having some sugar at hand even when you are not at home.*

## The 15 minute rule

1. Measure your blood sugar levels.
2. If the value is equal to or less than 70 mg/dl, give the patient 3 sachets of sugar or 1 fruit juice or 1 glass of a sweetened soft drink (circa 15 g of sugar).
3. If the blood sugar level is still less than 70 mg/dl repeat the procedure every 15 minutes until the value is equal to or higher than 80/100 mg/dl.



# Outpatient monitoring

## What to bring with you

1. Glycaemic diary
2. Glucose meter
3. Complete diagram of the therapy to date
4. Recent laboratory tests  
The glycated haemoglobin test is ESSENTIAL
5. Laboratory tests may be performed after the last diabetes visit



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Prodotto da  
SCVD Gestione delle complicanze del Diabete  
AO Città della Salute e della Scienza - SGAS

Diabetologo Dr. A. Bruno  
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