

Diabetes Skills Standard Training Checklist Insulin Syringe

The insulin vial in use may be stored in the refrigerator or at room temperature. Once the vial has been used it expires in 30 days. Back-up insulin vials should be stored in the refrigerator until first use.

Explanation/Return Demonstration
A. States purpose of procedure
B. The Individualized Student Health Plan (ISHP) is referenced for proper timing and dosing of insulin with insulin syringe.
C. Identifies supplies - Insulin vial, insulin syringe, alcohol wipes, sharps container, ISHP and Student Daily Diabetes Monitoring Log.
D. Procedure:
1. Wash hands , Acquire blood glucose reading, <i>When recess is before lunch, insulin dosing should be based on the pre-lunch blood glucose reading, not a pre-recess blood glucose reading.</i>
2. Determine insulin dose based on ISHP (insulin to cover carbs, insulin to correct high blood sugar or both). - Call parent as indicated in ISHP.
3. Wipe insulin vial top with alcohol and let dry. If drawing insulin from insulin pen - wipe rubber stopper on pen.
4. Lubricate insulin syringe by gently pulling plunger up and down several times.
5. Push plunger to top of syringe.
6. Place vial of insulin on flat surface. Push needle through the center of the rubber top of the vial. While holding syringe in vial turn vial upside down. <i>If drawing from an insulin pen - push needle through center of rubber stopper on end of pen and turn upside down. Follow same procedure below.</i>
7. Draw back insulin to fill at least ½ of the syringe. Slowly push all of the insulin back into the vial.
8. Pull the plunger down slowly to the correct number of units.
9. Look for air bubbles, tap syringe gently to raise air bubbles to the top, push air back into bottle and then pull plunger down slowly to the correct number of units. Sometimes it is easiest to push all of the insulin back into the vial and start over.
10. Check to make sure that the correct number of units have been drawn into the syringe.
11. Verify dosage with another delegated staff person. If student drawing up dose, school staff to verify.
12. Assist the student in choosing the injection site: Help to ensure that student is rotating sites for injection. <ol style="list-style-type: none"> Gently pinch/lift skin and insert needle at 90 degree angle. Push plunger in slowly to deliver insulin, once delivered count from 5-10 seconds with needle in place. Let go of "lift" while counting. Remove needle from skin. Check skin for leak-back by gently touching skin with finger. If leak back noted, document on Student Daily Diabetes Monitoring Log.
13. If appropriate, have student place used syringe in sharps container. Otherwise, UAP to place syringe in sharps container. Do not re-cap the needle.
14. Wash hands.
15. Document on Student Daily Diabetes Monitoring Log.