



Adjusting insulin in clinical practice

Francesca Annan RD

Introduction

- Consider medication adjustment and the role of the diabetes dietitian
 - Why (or why not)
 - Knowledge and Competence
 - Governance Frameworks

Once upon a time

- Before non - medical prescribing for nurses
- Before Patient Group Directions
- Before working full time in Paediatric Diabetes
- Medication adjustment was part of my job roles
 - Insulin
 - Phosphate binders
 - PERT



Patient Specific Direction to Advise

- Agreed between head of Dietetics, the responsible clinician and the Chief Pharmacist (Tony Nunn)

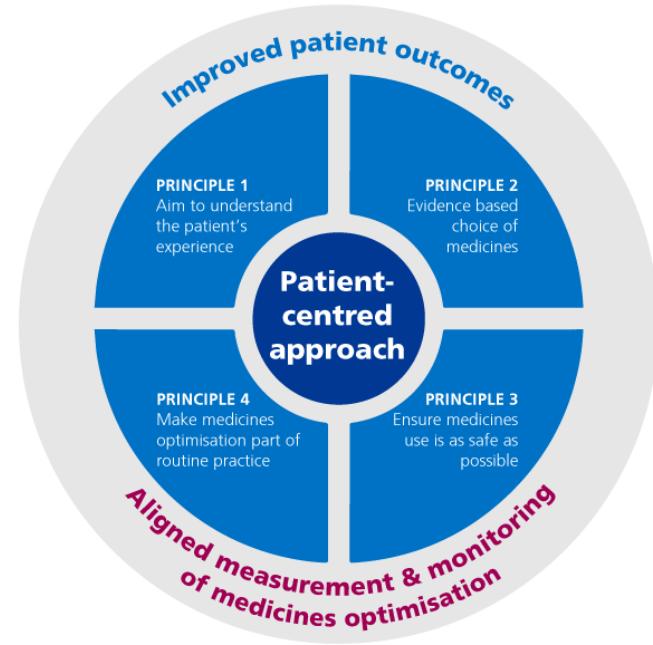
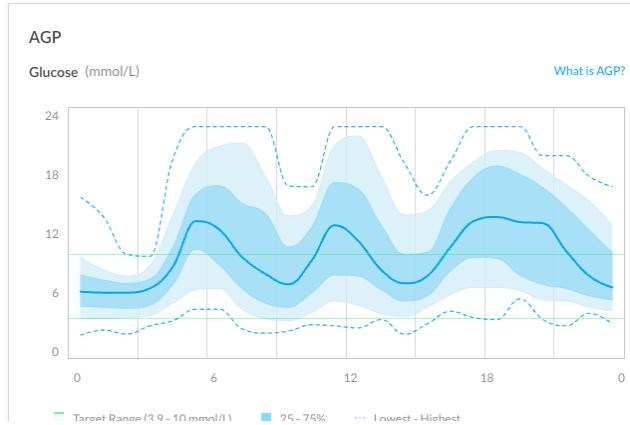
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Medication adjustment why?

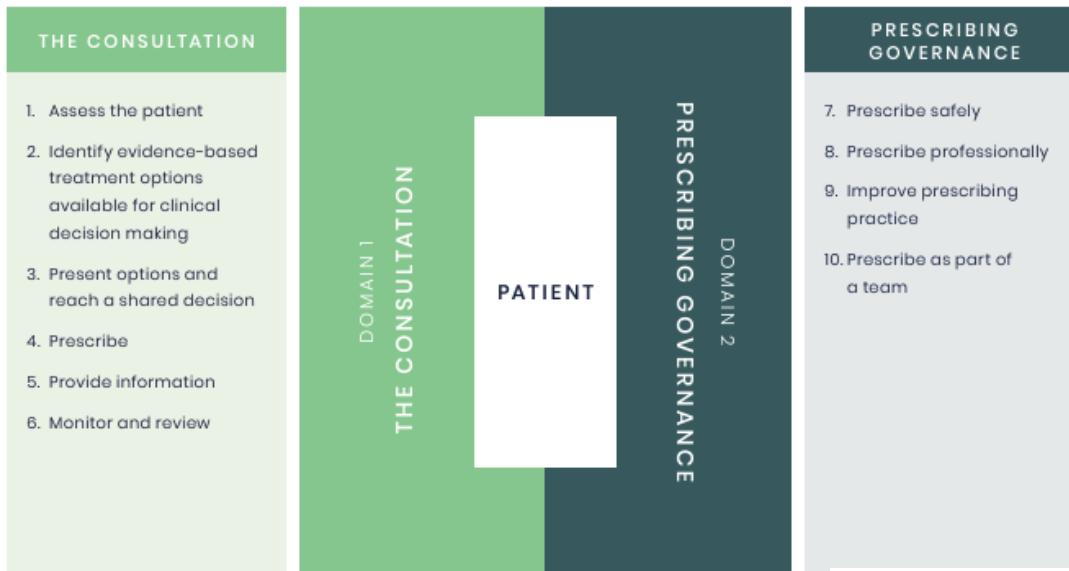
Aims of diabetes management?

Medicines optimisation – whose responsibility is it?



Competency Framework for Prescribers

Figure 1:
The Competency Framework for all Prescribers





Knowledge and Competence

- What do you need to know for safe practice?
 - Pharmacology knowledge
 - Clinical knowledge

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- What is insulin?
- What does insulin do?
- What are the potential side effects
- Drug interactions?

Insulin promotes cellular uptake of glucose, particularly in muscle and adipose tissues, promotes energy storage via glycogenesis, opposes catabolism of energy stores, increases DNA replication and protein synthesis by stimulating amino acid uptake by liver, muscle and adipose tissue

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Insulin also promotes growth and is required for the actions of growth hormone.....



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Glycaemic impact of food



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Physical activity and health and insulin

- Physical activity has long term health benefits but also has acute effects on glucose levels and insulin
- Impacts
 - Insulin absorption
 - Insulin distribution
 - Glucose uptake

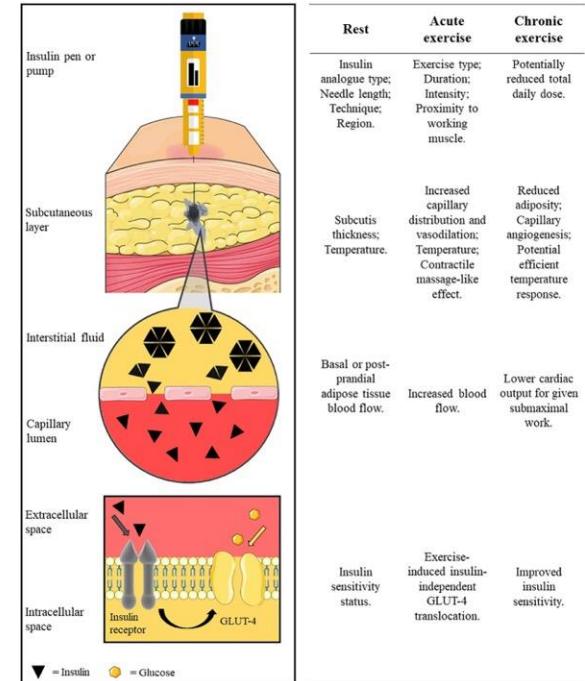
MINI REVIEW article

Front. Endocrinol., 21 October 2020 | <https://doi.org/10.3389/fendo.2020.573275>



Factors Influencing Insulin Absorption Around Exercise in Type 1 Diabetes

Jason P. Pitt¹, Olivia M. McCarthy¹, Thomas Hoeg-Jensen², Benjamin M. Wellman¹ and Richard M. Bracken¹





Governance frameworks

- Adjusting a prescribed medication – agreement of the responsible clinician/s
- Medicines management agreement
- Written authority to adjust medication with a clear framework



UCLH



Governance frameworks

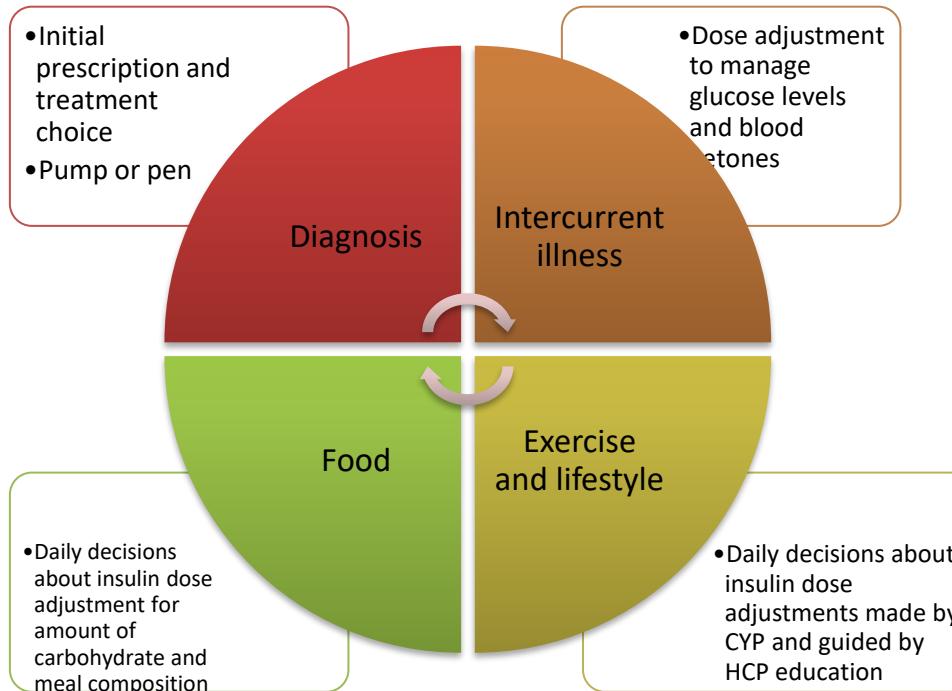
- Is it in your job description?
- Do you need indemnity insurance or are you covered by vicarious liability?
- Do you have appropriate clinical supervision and support

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Insulin adjustment guidelines

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Insulin adjustment guidelines





Don't forget these



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Francesca Annan RD
Lead Dietitian CYP Diabetes, UCLH
NHS London Region Clinical Lead
francesca.annan@nhs.net

