

TO BE PHOTOCOPIED

Patient details:

Name:

Education checklist for insulin-treated diabetes

Introduction	Date	Signature	Comment
What is diabetes?			
What is good control? - short term (blood glucose levels) - long term (HBA1)			
Injections			
Insulin administration			
Pen devices			
Storage of insulin			
Safe disposal of needles			
Timing of injections			
Name and type of insulin			
Action of insulin			
Injection sites			
Site rotation			
Dose adjustment			
Honeymoon period			
Diet			
Basic dietary advice			
Detailed dietary advice (offer appointment with Specialist Dietitian for Diabetes)			
Advice on weight management			
Carb awareness if applicable			
Alcohol			
Blood glucose testing			
Timing/frequency			
Recording results			
Interpreting results			
Quality control of meter			
Safe disposal of lancets			

Not reviewed

Education checklist for insulin-treated diabetes (cont ...)

Hyperglycaemia	Date	Signature	Comment
Signs, symptoms			
Causes and prevention			
Ketones and ketoacidosis			
Illness			
Sick day rules			
Hypoglycaemia			
Causes			
Recognition			
Avoidance			
Treatment with diet			
Treatment with Glucogel			
Treatment with Glucagon			
Effect of exercise			
General			
Driving - DVLA - Insurance - Hypos			
Employment			
Retinopathy screening			
Benefits			
Free prescriptions			
NHS podiatry services			
Foot care information			
Smoking cessation advice			
Erectile dysfunction			
Contraception			
Pregnancy			
Pre-pregnancy counselling			
Holidays/travel			
Complications			
Annual review			
Exercise			
HBA1c			
Diabetes UK			