

Checklist for Education of Initiation of Injectable Therapies

Date:	
Patient Name:	
Family member/carer:	
Educator Name:	

Initial education on injection technique	Review of injection technique
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Task	Notes
Timing and action of prescribed medicines	
Dose of medicine(s) required	
Assembly of the pen device including loading insulin cartridge if applicable	
Preparation of the device for injection, including attaching pen needle & priming	
Drawing up of insulin for syringes	
Choice of injection sites	
Importance of and guidelines for site rotation	
Preparation of skin prior to injecting	
Importance of washing hands prior to preparing the device and injecting	
Choice of optimal needle length	
Recommended needle length recorded for obtaining supplies from NDSS outlets	
Importance of single use of needles and syringes	
Injection technique including angle of injection and use of a lifted skin fold, where required	
Storage of injectable medicines according to manufacturers' instructions	
When to discard medicines	
Safe disposal of sharps	
SBGM including appropriate frequency and timing in relation to injection regimen	
Hypoglycemia including symptoms, prevention and treatment.	
Check injection sites for signs of lipohypertrophy (LH)	
Advice on avoiding injecting in areas of LH, if applicable	
Other	

Sharps Disposal

Programs for disposal of sharps vary between states/territories within Australia as well as within the various local council areas. Links to current recommendations for each state and territory can be found below.

NSW	https://www.safesharps.org.au/
QLD	http://www.health.qld.gov.au/qnsp/
VIC	http://www.health.vic.gov.au/aod/about/needle.htm
SA	http://www.diabetessa.com.au/health-professionals/do-you-know-how-to-dispose-of-your-sharps.html
WA	http://www.public.health.wa.gov.au/3/463/2/safe_disposal_of_needles_and_syringes.pm
ACT	http://www.act.gov.au/browse/topics/health/needle-and-syringe-disposal
TAS	http://www.dhhs.tas.gov.au/___data/assets/pdf_file/0017/109232/Safe_Sharps_Disposal_DL_Draft_1.0CH.pdf
NT	http://www.ntahc.org.au/programs/needle-a-syringe-program

Resources

BD Diabetes Care

Contact: 1800 656 100

My guide to injecting diabetes medication (Flyer – tear off pad)

Think...about injection rotation (Flyer – tear of pad)

Injecting Diabetes Medication (Booklet)

Starting Injectable Diabetes Medication (Booklet)

Novo Nordisk

Contact 1800 668 626

Product information can be found at

www.novonordisk.com.au

Changing Diabetes Website -

<https://www.changingdiabetes.com.au/resources>

(information guides, videos and other resources)

Novo Nordisk Diabetes Treatment Range (Flyer – tear off pad)

Novofine Patient User Guide (Folded brochure) FlexPen

How to Use sheet (Flyer)

NovoPen Echo How to Use sheet (Flyer)

NovoPen 4 How to Use sheet (Flyer)

Novorapid Patient User Guide (Booklet)

Levemir Patient User Guide (Booklet)

Victoza Patient User Guide (Booklet)

Lilly Diabetes

Contact: 1800 023 764

Lilly Insulin Range (Flyer – tear-off pad)

KwikPen: A how-to-use guide (Flyer – tear off pad)

Humapen Savvio Instructions for Use (Flyer – tear off pad)

Starting premixed insulin therapy for Humalog Mix 25 or Humalog Mix 50 (Booklet)

Astra Zeneca

Contact: 1800 805 342

Byetta Quick Start Guide (Flyer – tear off pad)

Byetta Getting Started (Booklet)

Sanofi

Contact: 1800 818 806

Lantus SoloSTAR Leaflet (flyer – tear off pad)

http://products.sanofi.com.au/aus_cmi_LantusSolostarLeaflet.pdf

Apidra SoloSTAR Leaflet

Toujeo SoloSTAR Leaflet

Toujeo how to inject video

<http://videos.sanofi.com.au/howtoinjectvideo/>

Toujeo online education resources

<https://www.toujeo.com.au/login>

Toujeo product familiarisation program (PFP) – for prescribers only <http://toujeopf.com.au/>