DIABETES CARE TASKS AT SCHOOL: What Key Personnel Need to Know
Goal: Optimal Student Health and Learning

Accurate and timely insulin dosing is a vital piece of a comprehensive plan.
Learning Objectives

Participants will be able to understand:

• *Types of insulin pens*
• *Where on the body to inject insulin*
• *Preparation steps for insulin pen injection*

Participants will be able to demonstrate:

• *How to dose with an insulin pen*
• *How to inject with an insulin pen*
Insulin Pens

• Techniques for dosing and insulin delivery are similar for both types of pen devices:
  — Prefilled pens
  — Reusable (cartridge) pens

• Both long-acting or basal insulin and rapid-acting or bolus insulin are available in pens

• Most students will only take rapid-acting or bolus insulin in school
Where to Give Insulin: On Target!

- Inject into fat layer under skin
- Rotate sites
- Student should choose site

- Common sites: abdomen, thigh buttocks, upper arms
Insulin Pen: Preparation

1. Gather supplies. Verify insulin type
   - *pen device (with cartridge)*
   - *pen needle*
   - *alcohol wipe*
   - *sharps container*
2. Wash hands
3. Apply gloves
4. Have student chose injection site
5. Clean injection site
6. Screw on pen needle
Insulin Pen: Dosing

7. Prime: Dial “2” units. *If the pen is being used for the first time, prime 4-6 units as per manufacturer’s instruction*

8. Hold upright. Remove air by pressing the plunger. *Repeat “Prime” if no insulin shows at end of needle*

9. Dial number of units to be administered as per DMMP
**Insulin Pen: Injecting**

10. Pinch up the skin
11. Push the needle into the skin at 90°
12. Release pinched skin
13. Push down on the plunger
14. Count to “5”
15. Remove and dispose of pen needle
16. Document time, dose, site, and blood glucose value