DIABETES CARE TASKS AT SCHOOL: What Key Personnel Need to Know

INSULIN BY SYRINGE AND VIAL
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 syringes*
• *Where on the body to inject insulin*
• *Preparation steps for syringe injection*

Participants will be able to demonstrate:

• *How to dose with a syringe*
• *How to inject with a syringe*
On Target!

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

- Common sites: abdomen, thigh, buttocks, upper arms
Insulin Syringes

- Sizes – 30, 50, 100 units
- Disposal
  - *Do not reuse*
  - *Do not recap*
Syringe & Vial: Preparation

1. Get Supplies
   - Insulin (Verify type of insulin)
   - Syringe
   - Alcohol wipe
   - Disposable gloves
   - Sharps container
Syringe & Vial: Preparation

2. Wash hands and apply gloves

3. Clean the insulin vial
Syringe & Vial: Preparation

4. Have student select injection site

5. Clean the injection site
Syringe & Vial: Preparation

6. Check the insulin dose

7. Remove the cap from syringe
Syringe & Vial: Dosing

8. Pull the plunger down to number of units to be administered

9. Inject air into bottle
10. Draw out prescribed number of units of insulin as per DMMP
Syringe & Vial: Injecting

11. Pinch up the skin
12. Push needle into skin at 90°
13. Release pinch
14. Push the plunger in
15. Count to “5”
16. Remove needle and dispose of syringe
17. Document time, dosage, site, and blood glucose value