STARTING INSULIN ACTION PLAN

Emergency contact details		My contact details	
Ambulance: 000		U.R. No:	
Hospital: Ph:		Surname:	
Doctor: Ph:		Given Name:	
Diabetes Educator: Ph:		DOB:	
Family / Carer: Ph:			
24hr Healthdirect - Ph: 1800 022 222			
24111 Tealthullect - FTI. 1000 022 222			
Glucose target range	Fasting:mm	ol/L Before bed:	:mmol/L
	Pre meal:mm	ol/I Overnight	mmol/L
	Tro modi.	O//L OVOITINGITE.	
Background insulin	Syringe / Device:	disposa	able / non disposable
			able / Hell diopodable
Trade name:	Initial dose: units at		
Generic name:	units at	pm	
Long acting insulin concentration:			
100unit per mL (regular insulin)			
300unit per mL (high strength insulin)			
Meal related insulin	Syringe / Device:	disposa	able / non disposable
Trade name:	Initial dose: units a	t all meals OR	
Generic name:			ınit per grams
Rapid acting insulin concentration:	units a		ınit per grams
100unit per mL (regular insulin)	units a	dinner OR 1u	ınit per grams
200unit per mL (high strength insulin) 500unit per mL (high strength insulin)			
, , ,			
Pre-mixed or co-formulation insulin	Syringe / Device:	disposa	able / non disposable
Pre-mixed or co-formulation insulin Trade name:	Syringe / Device:units at	•	•
Trade name:	Initial dose:units at	•	m OR
Trade name:	Initial dose:units at	breakfast atar	m OR
Trade name:	Initial dose:units at	breakfast atar unch atpm C	m OR
Trade name: Generic name: Long acting and rapid acting insulin concentration: 100unit per mL (regular insulin)	Initial dose:units atunits atunits at	breakfast atar unch atpm C dinner atpm	m OR DR
Trade name: Generic name: Long acting and rapid acting insulin concentration:	Initial dose:units atunits atunits atunits atunits at	breakfast atar unch atpm C dinner atpm	m OR OR eedle length: mm
Trade name: Generic name: Long acting and rapid acting insulin concentration: 100unit per mL (regular insulin)	Initial dose:units atunits atunits at	breakfast atar unch atpm C dinner atpm	m OR DR
Trade name: Generic name: Long acting and rapid acting insulin concentration: 100unit per mL (regular insulin)	Initial dose:units atunits atunits atunits atunits at	breakfast atar unch atpm C dinner atpm Ne Lif	m OR OR eedle length: mm
Trade name: Generic name: Long acting and rapid acting insulin concentration: 100unit per mL (regular insulin)	Initial dose:units atunits atunits atunits atunits atunits atstate	breakfast atar unch atpm C dinner atpm Ne Lif ther: Inj	m OR OR eedle length: mm fted Skin Fold: Yes / No
Trade name: Generic name: Long acting and rapid acting insulin concentration: 100unit per mL (regular insulin)	Initial dose:units atunits atun	breakfast atar unch atpm C dinner atpm Ne Lif ther: Inj	m OR OR DR eedle length: mm fted Skin Fold: Yes / No jection angle: 90° / 45°
Trade name: Generic name: Long acting and rapid acting insulin concentration: 100unit per mL (regular insulin)	Initial dose:units atunits atuni	breakfast atar unch atpm	eedle length: mm fted Skin Fold: Yes / No jection angle: 90° / 45° Dial Check: Yes / No
Trade name: Generic name: Long acting and rapid acting insulin concentration: 100unit per mL (regular insulin) Technique	Initial dose:units atunits atuni	breakfast atar unch atpm C dinner atpm Ne Lif ther: Inj _seconds '0'	m OR OR eedle length: mm fted Skin Fold: Yes / No jection angle: 90° / 45° Dial Check: Yes / No
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Trade name: Generic name: Long acting and rapid acting insulin concentration: 100unit per mL (regular insulin) Technique Additional considerations	Initial dose:units atunits atun	breakfast atar unch atpm C dinner atpm Ne Lif ther: Inj _seconds '0'	eedle length: mm fted Skin Fold: Yes / No jection angle: 90° / 45° Dial Check: Yes / No



OFFICIAL: Sensitive//Medical in confidence

Risk	Hypoglycaemia Action Plan: Hyperglycaemia Action Plan:
	nypergrycaeriila Action Flan.
When to contact doctor or credentialled diabetes educator	Insulin Titration Clinic: weekly / fortnightly / other If mild hypos in a week If moderate - severe hypo in a week (needed help from another) If results above target glucose in a week (hyperglycaemia)
When to visit your nearest hospital	 Glucose greater than 15.0mmol/L for more than 24 hours. Glucose less than 4.0mmol/L despite 2 hypo treatments. Blood ketones greater than 0.6mmol/L. Symptoms of drowsiness, confusion, breathing difficulties or severe abdominal pain. Vomiting persists for more than 4 hours. Unable to self-care and support person unable to assist.
Dated:	CDE / DE Name: Sign:

Rural Support Service - Diabetes Service
PO Box 3017, Rundle Mall
ADELAIDE SA 5000
email health.diabetesservice@sa.gov.au
www.sahealth.sa.gov.au/regionalhealth

