

Medical Delegation for Counseling Re: Insulin Initiation and/or Titration

Rideau Community Health Services Diabetes Education Program (RCHS DEP) Principles/Criteria

- RCHS DEP educators work within their scope of practice and have demonstrated competency in insulin initiation/titration.
- Client is an adult living with Type 1/Type 2 Diabetes and is followed by a consenting Physician/Nurse Practitioner.
- Education based on Diabetes Canada Clinical Practice Guidelines, 2018

Full Name _____
Address _____
Home Ph # _____ Cell # _____
Date of Birth _____ dd-mm-yyyy
Health Card # _____

Referring Health Care Provider _____
Office Location _____
Phone # _____
Fax # _____

Self- Management Counseling for Insulin titration is based on the following guidelines:

1. The insulin(s) that contribute to hypoglycemia (<4 mmol/L) will always be adjusted first.
2. If multiple adjustments are required, generally start with the insulin responsible for FBG.
3. Generally, adjust only one insulin dose at a time.
4. Nurse and dietitian work together to adjust insulin based on clients blood sugars, food habits and activity.
5. As required, RCHS DEP will support clients to titrate to achieve optimal glycemic control. RN/RD will assist client by phone q 3-7 days as needed.

- Initiate insulin Titration to be done by physician
 RCHS DEP will teach client to titrate Titration counseling to be done by RCHS DEP educators

	Insulin Type	Dosing and Titration
Basal	<input type="checkbox"/> Basaglar <input type="checkbox"/> Lantus <input type="checkbox"/> Levemir <input type="checkbox"/> N/NPH <input type="checkbox"/> Toujeo <input type="checkbox"/> Tresiba 100 u/ml <input type="checkbox"/> Tresiba 200 u/ml	Starting dose: _____units at: <input type="checkbox"/> bedtime <input type="checkbox"/> a.m. <input type="checkbox"/> other _____ Titrate dose by 1-2 unit(s) every 1-3 days/night(s) until FBG is 4-7 mmol/L.
Bolus	<input type="checkbox"/> Apidra <input type="checkbox"/> Fiasp <input type="checkbox"/> Humalog <input type="checkbox"/> Humalog 200 <input type="checkbox"/> Novorapid Other _____	Starting dose: _____units ac breakfast _____units ac lunch _____units ac supper. Titrate dose by 1-2 units until 2 hr pc BG is 5-10 mmol/L. _____Start 1 unit of rapid per _____grams of Carbohydrate eaten with meals/snacks. Adjust CHO ratio until 2 hr pc BG is 5-10 mmol/L. _____correction dose: 1 unit per every _____mmol/L of ac meal BG greater than 7.0. Titrate dose by 1-2 units until 2 hr pc BG is 5-10 mmol/L.
Premixed	<input type="checkbox"/> Novomix30 <input type="checkbox"/> Humalog Mix25 <input type="checkbox"/> Humalog Mix50 Other _____	Starting doses: _____units ac breakfast. _____units ac supper. Titrate supper dose by 1-2 units every 1-3 days until FBG is 4-7 mmol/L. Titrate breakfast dose by 1-2 units every 1-3 days until ac supper BG is 4-7 mmol/L.
Injectable Antihyperglycemic Agents	Please specify:	Provide education management and injection technique

- Please provide client with prescription for insulin and needle tips.
- Client told to bring insulin/supplies to RCHS DEP appointment
- Allow Diabetes Educator to dispense insulin samples, or injectable glycemic agents, for teaching and financial need.

I consent that RCHS DEP Educators counsel the referenced client based on the order above.

Physician/Nurse Practitioner Signature: _____

Date: _____ dd-mm-yyyy _____