



Safer Practice Notice

Status

- Active
- Updated
- Resolved

Zone Application

- Provincial
- North
- Edmonton
- Central
- Calgary
- South

31 Oct 2016

For Action By:

- EMS
- Nurses
- Nurse Practitioners
- Pharmacists
- Physicians
- Clinical Educators

UPDATED-Safe Use of Insulin Pens

Insulin pens are multi-dose injector devices used for subcutaneous insulin administration, either by health care professionals or by patients.

Insulin pen with BD AutoShield™ Duo safety needle attached

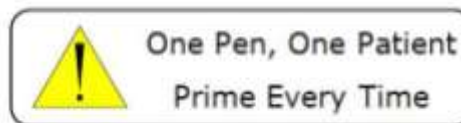


Unsafe use of insulin pens may result in harm to patients or staff. Unsafe practices include:

- sharing of insulin pens between patients
- incorrect use of an insulin pen and/or safety needle
- staff using a regular insulin pen needle for administration instead of a safety needle
- poor injection technique
- injecting patients with demonstration insulin pens during teaching

Action

- **One Pen – One Patient.** Each insulin pen must only be used for one patient. Cross contamination between patients can occur even when the needle is changed, resulting in exposure to blood borne pathogens.



- **Safety needles** (BD AutoShield™ Duo) for insulin pens must be used to prevent needle stick injuries when health care professionals are administering insulin with pen devices.
- **Correct technique** is critical to ensure accurate dosing:
 - Review the specific technique for injecting with an insulin pen safety needle
 - Prime the insulin pen before every injection
 - Hold the insulin pen in a 'fist' grip and inject at a 90° angle
 - Wait 10 seconds before withdrawing the needle from the patient

Refer to the **Insulin Safety and Diabetes Management Toolkit** page on Insite for educational resources (located by typing the word 'insulin' in the search bar.)

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