

Medication Assistance Activity Sheet: Assist with Prepared Insulin

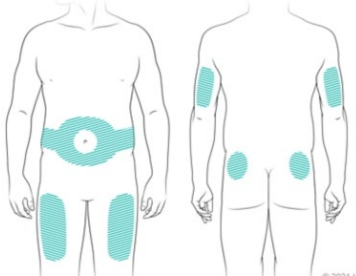
MAP Level 2 & 3: Medication Assistance Activity Sheet

This activity sheet guides unregulated health care providers when assisting a client with insulin.

check	Activity
<input checked="" type="checkbox"/>	The First Medication Safety Check is done by the regulated health care provider who verifies the completeness and appropriateness of the prescriber's order (e.g., dispensing pharmacy or nurse)
<input type="checkbox"/>	Introduce yourself and review the client's care plan/medication record for instructions
<input type="checkbox"/>	Gather the required supplies: <ul style="list-style-type: none"> • prepared insulin or supplies for client to prepare insulin dose • other items as per care plan: e.g., Personal Protective Equipment (PPE), biohazard disposal container, water or saline and gauze pads or face cloth for cleaning skin
<input type="checkbox"/>	Perform the Second Medication Safety Check : <ul style="list-style-type: none"> • check for allergies and alerts on the medication label and care plan/medication record • check the expiry date and/or beyond use date of the medication • check & compare the medication rights* on the medication label and care plan/medication record • report any discrepancies or incorrect/unclear information to the supervisor immediately; do not proceed until concerns are resolved
<input type="checkbox"/>	Prepare the medication according to instructions on the care plan/medication record <ul style="list-style-type: none"> • perform hand hygiene • check that the medication container is not cracked or leaking. Visually inspect the contents for particles or discoloration (when able) • provide client the medication as directed in the care plan e.g., mix before handing to the client
<input type="checkbox"/>	Perform the Third Medication Safety Check : <ul style="list-style-type: none"> • identify the client using two (2) unique client identifiers • explain the activity to the client • check the medication rights* comparing the medication label and care plan/medication record
<p>* Medication rights: right client, right medication, right time, right dose, right route, right documentation, right of refusal. Unregulated health care providers are not required to know the "right reason" when providing medication assistance as directions on the care plan are followed.</p>	
<input type="checkbox"/>	Provide MAP Level 2 or 3 assistance as per the care plan, including: <ul style="list-style-type: none"> • don PPE as required • positioning the client for medication assistance (e.g., client seated with skin area exposed) • reminding the client of site rotation schedule for self-administration of insulin • preparing/cleaning the injection site as directed on the care plan • as directed on the care plan, read out the insulin dose before the client prepares the medication • assist the client to dispose of medical sharps as directed on the care plan
<input type="checkbox"/>	Complete the activity: <ul style="list-style-type: none"> • discard of used supplies and clean reusable equipment (if used) • perform hand hygiene • assist client with clothing as needed • return medication to the appropriate storage location • complete documentation • report observations as instructed on the care plan, or issues/concerns to the supervisor



Tips

Insulin injection information	Assistance does <u>not</u> include:
<ul style="list-style-type: none"> Common injection sites for adults are: <ul style="list-style-type: none"> Abdomen, at least 5 cm away from the umbilicus (belly button) thighs (upper outer part of the thighs) buttocks (upper external part) upper outer area of the arms Clients should have a personalized rotation for injection sites to ensure insulin is absorbed and to prevent fatty tissue build up. Clients should: <ul style="list-style-type: none"> choose a new site for each injection inject medication at least 1 cm or one-finger width away from the last injection use a new needle on an insulin pen, or a new needle and syringe for every injection To self-administer insulin, clients should: <ul style="list-style-type: none"> insert the needle into the site at a 90-degree angle press the dose button for a pen or inject the plunger leave the needle in the injection site for 10 seconds to ensure the full dose is provided The used insulin pen needle or insulin needle and syringe should be disposed of in a biohazard container or other puncture resistant container used in the client's home 	<p>Assisting a client to self-administer prepared insulin does <u>not</u> include:</p> <ul style="list-style-type: none"> preparing the medication, such as drawing up insulin in a syringe or dialing a dose on an insulin pen “counting clicks” as the client prepares a dose on an insulin pen, or verifying a dose of insulin the client prepares <p>Note: Injecting medication and preparing or verifying a dose of medication for injection are restricted activities. These are assigned for individual clients and must be accompanied with personalized training and competency assessment.</p>
<ul style="list-style-type: none"> Unopened insulin pen cartridges are stored in the refrigerator When a new pen cartridge is brought from the refrigerator, record the date on the label Insulin pens in use are safe at room temperature for up to 1 month (note that certain brands can be stored longer so always read the label directions) 	<p>Insulin injection areas</p>  <p>Healthwise (2021). Insulin injection areas (alberta.ca)</p>

References:

- Alberta Health & Wellness (2013). *Health Care Aide Provincial Curriculum: Course 6-Module 1: Assisting with Medication Delivery*
- Healthwise (2021) Insulin injection areas. <https://myhealth.alberta.ca/Health/Pages/conditions.aspx?hwid=aa128295>
- Insulin administration, home care (2002, May 19). *Lippincott Procedures*. <https://procedures-lww-com.ahs.idm.oclc.org/lnp/home.do?setCookie=2948>
- Insulin pen use, home care (2002, May 19). *Lippincott Procedures*. <https://procedures-lww-com.ahs.idm.oclc.org/lnp/home.do?setCookie=2948>
- Diabetes Canada (2018). *Getting started with insulin injections*. <https://www.diabetes.ca/diabetescanadawebsite/media/managing-my-diabetes/tools%20and%20resources/getting-started-with-insulin-injections.pdf?ext=.pdf>

Note: When providing **MAP Level 1** (reminder), the unregulated health care provider does not handle or prepare medication for the client. Therefore, they do not perform the medication rights or perform safety checks.