KING'S HEALTH PARTNERS

BDEC
Bournemouth Diabetes and Endocrine Centre

The Royal Bournemouth and NHS
Christchurch Hospitals
NHS Foundation Trust

Assessment Tool Answers

SECTION ONE
Multiple Daily Injection (MDI)
(for patients using analogue insulin)

1. Levemir /Lantus/Degludec

2. Continuous insulin cover

3. 12 - 42 hours

4. At the same time once or twice a day

5. Remains stable even if you miss a meal and is stable between bedtime and waking and matches your target blood glucose level

6. Novorapid/Humalog/Apidra

7. Carbohydrate

8. At start of meal (just before you start eating)

9. 1 - 2 hours

10. 4 - 5 hours

11. Test blood glucose levels a minimum of 4 times a day.
Pre meal, pre bed, before driving, when hypo and when ill
or at anytime when blood glucose levels not as expected

12. Do they know what their insulin to carbohydrate ratio is? **Yes** or **No**

13. Patient to write their mealtime ratios in spaces provided

14. Before lunch blood glucose level matches your target

15. 1 unit for every 8g carbohydrate or expressed a different way
1 ½ for every 10g carbohydrate (CP)1 unit

16. To reduce blood glucose level back to target by next meal

17. 2 units

18. 1 unit lowers blood glucose by 2.5mmol/l

19. Sweating, shakiness, lack of concentration

20. Blood glucose level is lower than 4mmol/l (BERTIE or similar
programme) Blood glucose level is lower than 3.5mmol/l (DAFNE)

21. Test for ketones and increase your blood glucose monitoring

22. Fat is broken down rapidly (when there is not enough
insulin) and the body cannot use glucose for energy

23. 13mmol/l and above (DAFNE)
14mmol/l and above (BERTIE or similar programme)

24. Give double usual correction dose, increase fluid intake and increase
blood glucose monitoring (BERTIE or similar programme)

Give 10 - 20% of your total daily dose of insulin, increase fluid
intake and increase blood glucose monitoring (DAFNE)

SECTION TWO
Carbohydrate Counting

1. Discuss their level of confidence
   e.g. why a 5 instead of a 7 on the scale

2. Pasta, rice, cornflakes, bread, milk

3. Penne Pasta = 70g
   (grapes = 25g, doughnut = 35g, burger = 31g)

4. 6 units

5. Apple = 16g   Digestive = 11g   Flapjack = 51g   Chocolate = 29g

6. Chicken Stir-fry = 31g
   (curry = 56g, sausage & mash = 71g, beans on toast = 55g)

7. Act as a source of energy for the body

8. 2 - 3mmol/l

9. White bread = 15g   Peach = 10g   Yogurt = 17g
   Cream cracker = 5g   Basmati rice = 30g   Spaghetti = 30g
   Cheesecake = 53g   Milk = 13g   French fries = 54g
   Fried chicken = 11g   Margheritta pizza = 47g Panini = 47g

10. 34g (3.5CPs)

11. 17.2g (1.5CPs)

12. Orange juice, jelly babies, lucozade, Glucogel

13. Take quick acting insulin based on your carb to insulin
    ratio for the 30g (3CPs)