How can I help reduce healthcare associated infections?

Infection control is important to the well-being of our patients and for that reason we have infection control procedures in place. Keeping your hands clean is an effective way of preventing the spread of infections. We ask that you, and anyone visiting you, use the hand sanitiser available at the main entrance of the hospital and at the entrance to every ward before coming in to and after leaving the ward or hospital. In some situations hands may need to be washed at the sink using soap and water rather than using the hand sanitiser. Staff will let you know if this is the case.
Starting insulin injections can be daunting especially when you are in hospital and already feeling tired and low.

This leaflet is designed to help you feel confident in basic skills before leaving hospital, and have a follow up plan of support for when you get home.

**Reasons why Insulin therapy may be started:**

- You have high blood glucose levels which cannot be controlled by tablets or diet
- You may have had a heart attack or stroke. Insulin can be protective so hopefully prevent further episodes in the future
- You may have started steroid tablets which can cause your blood glucose levels to rise
- You may have a wound/ulcer which will not heal and requires your blood glucose levels to be well controlled to help this happen

**Whilst in hospital you will be taught the following three basic skills to get you home safely in the initial phase of starting insulin:**

- **Blood glucose monitoring**
- **Giving your own injections**
- **How to recognise and treat hypoglycaemia ‘hypo’ (low blood glucose)**

We will arrange for the dietician to see you although this may be as an outpatient appointment after discharge.

We will ensure you have adequate supplies of blood testing equipment, pen needles, insulin and will arrange for your GP to add these supplies to your repeat prescription.

*Please remember to wash your hands with soap and water before testing your blood glucose levels*

**When you go home we will continue to support and help you look after yourself on insulin therapy**

Drivers need to ensure you inform DVLA and your insurance company you are on insulin therapy even if is only going to be for a short while

You will be in regular contact with the diabetes nurses by telephone to ensure you are managing. Please make a note of any questions you may have

Have follow up appointments made with your diabetes nurse to help with dose adjustment until blood sugars levels are satisfactory and stable

Have a follow up medical appointment with the diabetes team; they will decide if you need future medical care from the hospital Diabetes team or your local surgery, or a combination of both

Ensure you have annual retinal eye screening

Foot care advice will be given