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.

Please remember you need to wash your hands with soap and water before testing your blood glucose levels.

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If you require a translation of this leaflet please call 01494 425308

www.buckshealthcare.nhs.uk
Insight

What is Insight?
Insight is a group-led structured training programme. It teaches insulin adjustment, carbohydrate counting and includes an up-to-date review of your diabetes management. It forms an important part of your diabetes management plan.

Who is it for?
- People with type 1 diabetes aged over 18 years that have been diagnosed for a minimum of 12 months and use a basal bolus insulin regime.
- People with type 1 diabetes who are considering the use of insulin pump therapy.

How long is the course?
The course takes place over 4 weeks.

Week 1 — 3 hour session
Week 2 — 6 hour session
Week 3 — 3 hour session
Week 4 — 3 hour session

The sessions usually start at 9.30am.

An individual or group assessment appointment will also be arranged in advance of the course and follow up sessions will be held at 3, 6 and 12 months after completion of the course.

Commitment and attendance at all sessions is essential.

Outline programme

Week 1
- Getting to know each other
- Sharing ideas and understanding of diabetes
- Learning to think like a pancreas
- Information gathering – tools for the job

Week 2
- How did it go
- Introduction to CHO counting
- Insulin ratios and correction doses – the new approach
- Information gathering

Week 3
- How did it go
- Hypos
- More CHO counting, eating out, take-aways and alcohol
- A bit more exercise
- Information gathering

Week 4
- How did it go
- Diabetic keto-acidosis
- Using all the information together
- Your requests, questions and queries

Insight meets the National Institute for Health and Clinical Excellence criteria for adult education.