

# So you need to start insulin injections

How will the community nursing team help?



Community nursing  
services single point  
of access (SPA)  
Tel: 0300 300 7777

[www.leicspart.nhs.uk](http://www.leicspart.nhs.uk)

Email: [lpt.feedback@nhs.net](mailto:lpt.feedback@nhs.net)

Together, you and your GP practice have agreed that you need to start insulin injections to help manage your diabetes as well as possible.

This may feel like a daunting step, but with the right support you and your family will be able to manage your injections safely and independently.

It is important to be able to do this for yourselves as insulin is a lifelong treatment. We know that when you or your family are in charge of the insulin injections you get your insulin at the right time and at the right dose to keep you as healthy as possible.

As well as injecting the insulin you will need to monitor your own blood sugars. Your GP practice will have prescribed a meter to help you do this.

## **How the community nurses will support you**

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Community nurses are highly trained to help support and nurse people in their own homes. This means that they will become involved in your care only if you are housebound or for short periods of time whilst they teach you the particular skills to manage your own care.

The community nurse will contact you to arrange a first visit to your home. It is a good idea to have a family member there when the nurse comes for the first time.

The first visit is an assessment visit and will last around an hour. You or your family member will be supported by the nurse as you prepare, give your insulin injection and check your blood sugars.

During this first visit you can have discussions about your diet, care of your feet and how to order more equipment and insulin, as well as how to safely dispose of the used sharp needles.

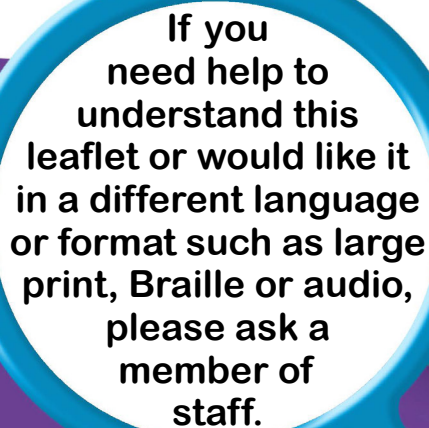
At the end of the first visit several more visits will be planned at the times when you need to give your insulin. This is so that the nurse can see that you and your family are learning to manage the injections and blood sugar testing.

Whilst the community nurses will support you, it is important that you and your family understand that this support cannot be indefinite. We aim to get people who are starting on insulin independent within two weeks. Many people find that they can manage really well sooner than that. It is only in very exceptional circumstances that the community nursing service will support for longer than the two weeks.

Please don't be afraid to ask questions at any of the planned visits – we know this is a big step for you and your family.

**You can contact the community nurses via our single point of access (SPA) on:**

**0300 300 7777**



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