Creating an insulin teaching toolkit for initiation of insulin therapy upon hospital discharge

**AIM**
To develop a standardized insulin teaching toolkit and initiate early education and practice of knowledge/skills during admission, for patients to be newly discharged on insulin.

**BACKGROUND**
- Diabetes is associated with significant morbidity, hospitalization and premature mortality
- Insulin listed in top 5 meds associated with Emergency Dept visits
- Lack of advanced discharge planning: Pts newly started on insulin often receive last minute teaching prior to hospital discharge
- Ineffective, overwhelming for patients, delays discharge, stressful for staff
- Risk of serious medication-related errors and readmission

**CONTENT**
- Developed a comprehensive approach to educate patients to measure blood glucose, inject insulin and recognize/treat hypoglycemia
- Teaching Kit: booklets, DVDs and discussion, equipment for monitoring glucose and administering insulin, surveys to assess impact & experience of care
- "Insulin Teaching Pathway"- standardized checklist placed in MAR documenting teaching and skill practice
- Patient & staff surveys
- Nursing staff inservices
- Physician/Pharmacist/Dietician engagement sessions
- Retrospective chart review

**RESULTS**
- **N=15 Patients**
  - Mean time to teaching pathway initiation = 3.4 days prior to discharge
  - 9/15 started education 3+ days prior to discharge
  - 15/15 given appropriate discharge Rx (including diabetic supplies)
  - 14/15 referred for follow up at Diabetes Health Clinic
  - 1/15 readmitted in 30 days (unrelated to Diabetes)

**CHALLENGES**
- Incomplete documentation
- Staff engagement & patient selection
- Workload constraints & resources

**NEXT STEPS**
- Repeat staff surveys to assess improvement in comfort levels and workload
- Project Expansion through Physician Quality Improvement (PQI) Group
- Implementation on focused medicine units to streamline process and staff training
- Refine patient satisfaction surveys to assess patient-centered outcomes