

ELEARNING PROGRAM

Inpatient management of diabetes mellitus

As part of the Leading Better Value Care program, the NSW Diabetes Taskforce has developed a capability program for junior medical officers and nursing staff. The program is aimed towards staff responsible for the care of people with diabetes in hospital, in particular, those requiring insulin. Three eLearning modules have been developed to support staff to deliver best practice diabetes management in a hospital setting.

What is it?

The eLearning program is a series of videos and learning modules. Topics include:

- basics of blood glucose levels and insulin
- preventing and managing hypoglycaemia
- safely prescribing and administering insulin.

The main objectives of the course are to improve patient care, safety and experience by:

- supporting clinicians to deliver best diabetes management, including proactive insulin management
- reducing medication errors (specifically insulin)
- improving knowledge of staff
- improving confidence of staff and empowering them to start or make suitable changes to blood glucose management
- reinforcing appropriate referral criteria
- supporting implementation of the NSW adult Subcutaneous Insulin Chart.

Who is it for?

The target audience for the eLearning program is JMOs and nursing staff responsible for the care of people with diabetes in hospital.

How can you access it?

For links to the modules and to learn more go to:

<https://aci.health.nsw.gov.au/go/learning-diabetes>

Each module takes about 20 minutes to complete.

Module 2 - Preventing and managing hypoglycaemia

What causes hypoglycaemia?

Glucocorticoid reduction

Infection resolving

Getting patients mobile

Acute kidney injury

Introduction
As we noted in the first module, there are a number of factors that can cause hypoglycaemia in a person living with diabetes. These include:

- too much insulin or sulphonylurea
- more exercise than usual
- skipping or delaying a meal
- eating too little carbohydrates
- alcohol intake (as it depresses hepatic glucose output).

During a stay in hospital, there are other more common factors that can affect a patient's BGL and lead to hypoglycaemia. Let's look at each one separately.

Click on the tabs for more information on the factors that can lead to hypoglycaemia. When you're finished click next to continue.

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Module 2 - Preventing and managing hypoglycaemia

Knowledge Check 1 of 3

Let's recap some of what we know about impaired hypo awareness.

Question: Who are most-likely to have diminished symptoms and a lower glycaemic threshold?

Select all the statements that are correct and click on **Submit** to continue.

- Anyone who has been significantly hyperglycaemic for some time.
- Elderly people.
- People who are recently diagnosed.
- People who have frequent hypos (> 3 times per week).
- People who have longstanding diabetes (> 10 years).

SUBMIT

More information

For more details visit <https://aci.health.nsw.gov.au/go/learning-diabetes>

