

## **Educating Patients Newly Diagnosed With Diabetes**

- Patients newly diagnosed with diabetes who are started on insulin should be educated sufficiently (provided with “diabetes survival skills”), with proper arrangements made for follow-up education and training. More in-depth patient education should be provided when appropriate. Requirements for patient discharge should be delineated.
- Patients should demonstrate the ability to select and measure insulin products accurately.
- Patients should demonstrate ability to accurately perform CBG monitoring, assess results, and determine appropriate action. They should be provided with appropriate organization-approved videos or computer-based instruction at an appropriate reading level in a language in which the patient is fluent. Patient understanding should be documented.
- Cultural and literacy factors should be considered in the education of the patient and decisions regarding insulin management.
- Discharge planning should include appropriate communication and coordination among the patient and family, physicians, nurses, pharmacists, diabetes educators, and other involved caregivers. Discharge plans should be individualized and agreed upon by all individuals involved.
- Discharge planning should include appropriate assessment and follow-up for insulin use posthospitalization.
- Patients should be provided with appropriate written documents to safely and effectively facilitate change in care environments and communicate with care providers.
- Appropriate information regarding the patient’s insulin therapy should be communicated to providers caring for the patient following hospital discharge, including the patient’s pharmacy. A standardized communication form regarding diabetes care for the patient should be used.