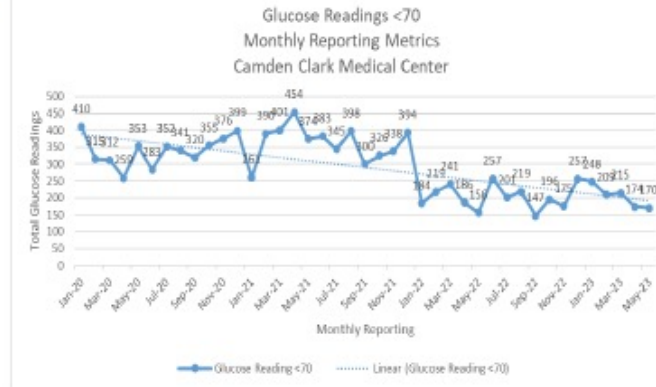
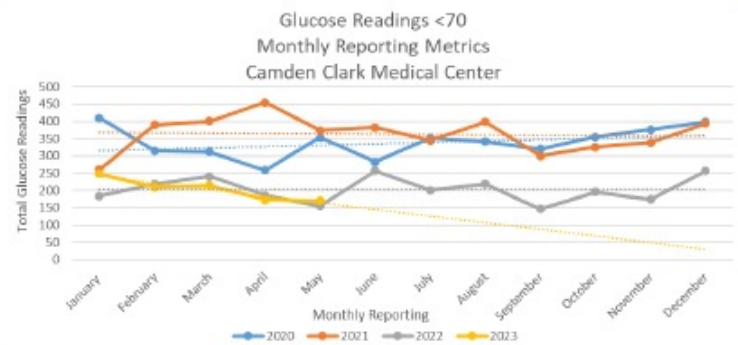


Objectives

- Understand the types of rapid acting insulin
- Show correlation between meal delivery and rapid acting insulin administration
- Decrease hypoglycemic events

Background

- Nursing staff not understanding “why” we give rapid acting insulin with meals.
- Meal delivery times not consistent with insulin administration with insulin being administered up to an hour or more prior to meal delivery
- Patients developed hypoglycemia, causing a hyperglycemic event



Process Description

- Staff education of rapid acting insulin and the definition of pre-meal insulin coverage
- Goal to decrease hypoglycemic events related to early pre-meal insulin administration
- Standardize pre-meal insulin administration and meal delivery process
- New process was implemented
- Training with dietary staff regarding new communication process
- Dietary staff calls ahead with mobile devices when starting to load food carts. Our hospital does not use the room service meal delivery system.
- The dietary staff informs the charge nurse (or unit that they have 20 to 25 minutes to get the glucose results completed before meal delivery, which are accurate for at least 60 minutes
- Food is delivered to the units by carts and the insulin is administered
- This new process decreased hypoglycemic events

Findings

- The number of hypoglycemic events from 2020 – 2023 dropped significantly.
- Nursing staff developed a better understanding of insulin administration.
- Nursing staff developed a better understanding of the relationship between food and insulin administration.

Implications

- Improved patient safety by reducing hypoglycemic episodes related to giving insulin too early.
- Improved collaboration between nursing units and dietary staff.
- Stream-lined process with meal delivery and insulin administration.
- Data demonstrates decreased hypoglycemic events.

References

- Engle, M., Ferguson, A., & Fields, W. (2016). A journey to improved inpatient glycemic control by redesigning meal delivery and insulin administration. *Clinical Nurse Specialist*.
- Houck, P. M., Tirumalasettu, N. N., & Meadows, R. Y. (2013). Insulin administration and meal delivery coordination for hospitalized patients. *Ochsner*.

