

Practicalities of SMBG and MDI

Bethany Kelly, Diabetes Specialist Nurse

SMBG – self monitoring blood glucose

MDI – multiple daily injections of insulin (BD, TDS or QDS+)

Blood glucose monitoring is a way of testing the concentration of glucose in the blood (glycemia)

Who should test?



Safety

Driving, pregnancy, illness, Ramadan



Empowerment

New dx, alongside med changes



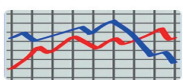
Reduce Long term complications

People more likely to take meds if can see a difference



Special Circumstances

Steroids, pregnancy, illness



Supporting decision making

Provides objective data for HCP and PWD to change to dose of meds/convert to insulin

What guidance do we have:

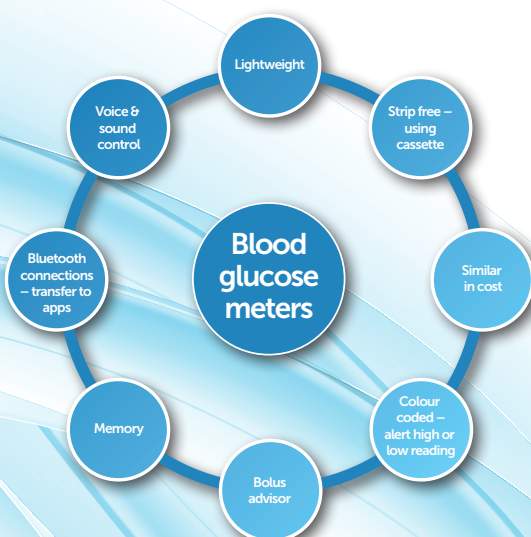
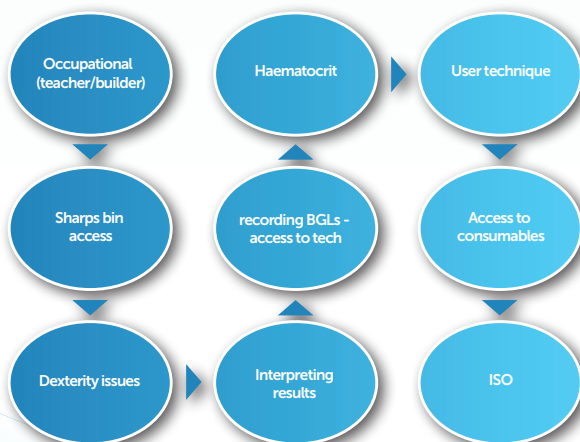
- NICE – type 1 and 2 guidelines
- Scottish Intercollegiate Guidance Network (SIGN)
- DVLA
- International Diabetes Federation (IDF)
- Diabetes UK
- Association for British Clinical Diabetologists (ABCD)
- TREND- UK

Regimens of SMBG that inform how to adjust MDI: Bethany Kelly, Diabetes Specialist Nurse

All with Hba1c measurements
alongside 3-6 monthly

All stepped up/down dependant
on situation

- Periodic testing to meet needs
at that time (driving/steroids)
- 1-2 tests daily, varying times
of testing
- 4 tests per day x 2 days a week
(routine/settled on meds)
- 4 tests per day each day
(insulin/Ramadan)
- 7 tests per day post prandial
and before bed
(CHO counting, pregnancy)




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NICE (2015a) NG17 Type 1 diabetes in adults: diagnosis and management. Available at: <http://bit.ly/2a1FEnU> (accessed 20.09.19)

SIGN (2014) SIGN 116: A national clinical guideline. Scottish Intercollegiate Guidelines Network, Edinburgh. Available at: www.sign.ac.uk/pdf/sign116.pdf (accessed 12.10.2019)

NICE (2015b) NG28. Type 2 diabetes in adults: management. Available at: <http://bit.ly/1ZGtvbA> (accessed 14.09.19)

DVLA (2016) Diabetes mellitus: assessing fitness to drive: guide for medical professionals. Available at: www.gov.uk/guidance/diabetesmellitus-assessing-fitness-to-drive (accessed 23.09.2019)