

Type-I Diabetes Discharge checklist

Education/skills completed

Hyperglycemia:

- Knows cause of hyperglycemia
- Knows signs and symptoms
- Knows treatment
- Ketone testing

Hypoglycemia

- Knows cause of hypoglycemia
- Knows signs and symptoms
- Knows treatment
- Safety items: home emergency kit, glucagon, medical I.D. bracelet

Insulin

- Knows insulin action times
- Knows when to give injection, what dosage to give, sliding scale
- Uses proper injection technique and site rotation
- Knows care of insulin and proper sharp disposal

Blood Glucose Testing

- Knows when to test
- Knows proper testing technique
- Logbook
- Knows proper sharp disposal

Diet

- Knows basic carb counting and appropriate amount per meal
- Knows when to have meals/snacks

Discharge Supplies

Prescriptions

- Glucagon (2)
- Glucose meter (2), strips (200). Lancets
- Insulin: Regular and/or Humalog, NPH
- Syringes: Ultrafine short needle 30 or 50unit (100)
- Ketodiastix

Discharge Instructions: Diabetes Guidelines and FVRMC discharge sheet