

eLearning program

Inpatient management of diabetes mellitus

The Inpatient Management of Diabetes Mellitus eLearning Program was developed by the Agency for Clinical Innovation's Diabetes and Endocrine Network to support staff to deliver best practice diabetes management for people in hospital with diabetes, in particular, those requiring insulin.

What is it?

The eLearning program is a series of six online modules. Topics include:

- the basics of blood glucose levels and insulin
- preventing and managing hypoglycaemia
- safely prescribing and administering insulin
- non-insulin agents in a hospital setting
- managing blood glucose levels in the perioperative period
- preventing and managing glucocorticoid induced hyperglycaemia.

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

- supporting clinicians to deliver best practice (insert practice) diabetes 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:

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

