“Teaching injection technique will improve quality of life”

Unfortunately, injection technique has not been emphasised in managing injection therapies. But it is the role of all health professionals to educate and treat people with diabetes, give training and advice on best practice, and regularly monitor their injection technique and injection sites.

Many people with diabetes do not remember receiving education on injection technique. While this does not mean they did not receive such education, it demonstrates that the way best practice is taught and refreshed needs to be improved.

In 2009, to raise awareness of this issue, a group of like-minded, experienced diabetes specialist nurses formed the Forum for Injection Technique (FIT). The forum is dedicated to establishing and promoting best practice in injection technique, and raising awareness of emerging and existing research relating to injection technique and the impact this may have on health outcomes. FIT’s vision is to help those using injectable therapies to achieve the best health outcomes by ensuring the dose is delivered to the right injection site, using the right technique every time.

In October 2010, the first UK Injection Technique Recommendations for health professionals and people with diabetes who use injectable therapies was published by FIT (Training, Education and Research for Nurses in Diabetes UK, 2010). The recommendations cover topics such as needle length, bruising, pregnancy and insulin dosage.

Helping to develop educational tools for health professionals will support people with diabetes to manage their injectable therapies in the best way. FIT believes this can be achieved by implementing the UK injection technique recommendations, with supporting educational programmes for people with diabetes and health professionals.

FIT strives to examine practice within the field of injection technique, promote research in this field, develop initiatives to address areas of concern and encourage innovative approaches.

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References
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