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Diploma in Pharmacy 2nd Year
Community Pharmacy & Management
Experiment

To study of appropriate handling with conect administration techniques of insulin pen

Aim:

To study of appropriate handling with conect administration techniques of insulin pen

Reference :

‘ Dr. Gupta G.D. , Dr. Sharma Shailesh, Dr. Gupta Richa, “Practical Manual of Community Pharmacy and Management” Published by Nirali Prakashan, Page no 97 – 100

Theory :

A needle-equipped injecting tool called an insulin pen is used to inject insulin into the subcutaneous tissue (the tissue between skin and muscle). Subcutaneous tissue, often known as sub Q tissue, is present throughout the entire body.

Administration Technique of Insulin Pen

1. **Pick an Injection Site:** Insulin should be injected into the fatty tissue just beneath the skin. Insulin should not be injected into the muscle. One of the following sites (as shown in figure 3) should be selected:
   i. Abdomen (belly), excluding the 2-inch-wide (5-centimeter) region around belly button. It is the ideal site to use in case of rapid-acting insulin
   ii. The upper and outer part of thighs. It is the ideal site to use in case of long-acting insulin
   iii. The upper outer part of buttocks (butt).

iv. The back part of upper arms. This injection site should only be used only if someone else is giving the injection. It is too hard to reach the proper area at the back of arm in case of self-injecting.

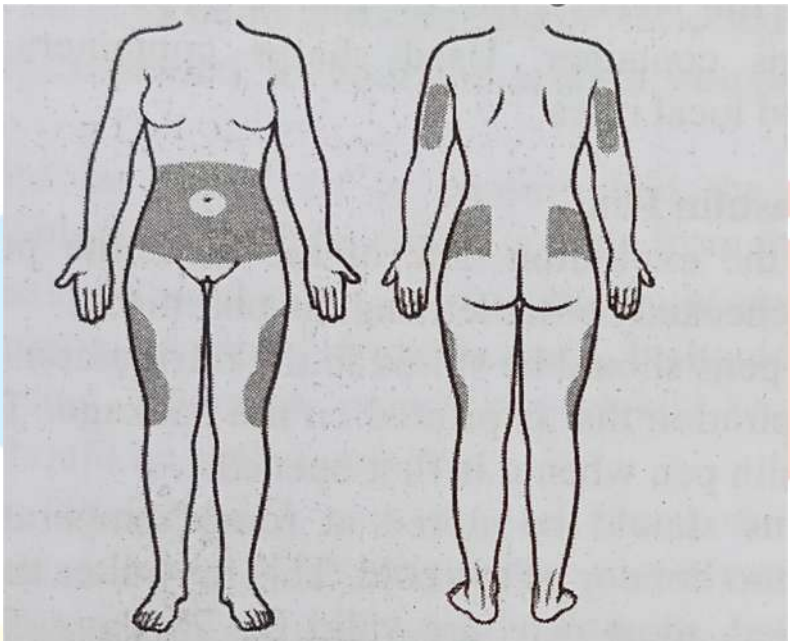


Figure 17: Injection Site for an Insulin Pen

2. **Dial the Dose:** Patients should select the desired number of injection units using the dose knob and check it in the dosing window. If the wrong dose is dialed, the dial can be turned in either direction until the correct number of insulin units are showing in the dosing window.
3. **Sterilize:** He/she should use an alcohol swab to clean the injection site and allow the site to dry.
4. **To Pinch or Not to Pinch:** The skin does not need to be pinched when using a pen needle that is 5 mm or smaller and the injection can penetrate the skin at a 90° angle. The skin should be pinched to prevent insulin injections into the muscle if the pen needle is longer than 5 mm. The patient should be reminded to make sure that the skin is pulled up not the muscle. The injection should be at 90° or a 45° angle to avoid injecting into the muscle.

5. **Press the Injection Button:** He/she should press the injection button. He/she should count to five slowly before removing the insulin pen to confirm that the complete insulin dose is delivered.

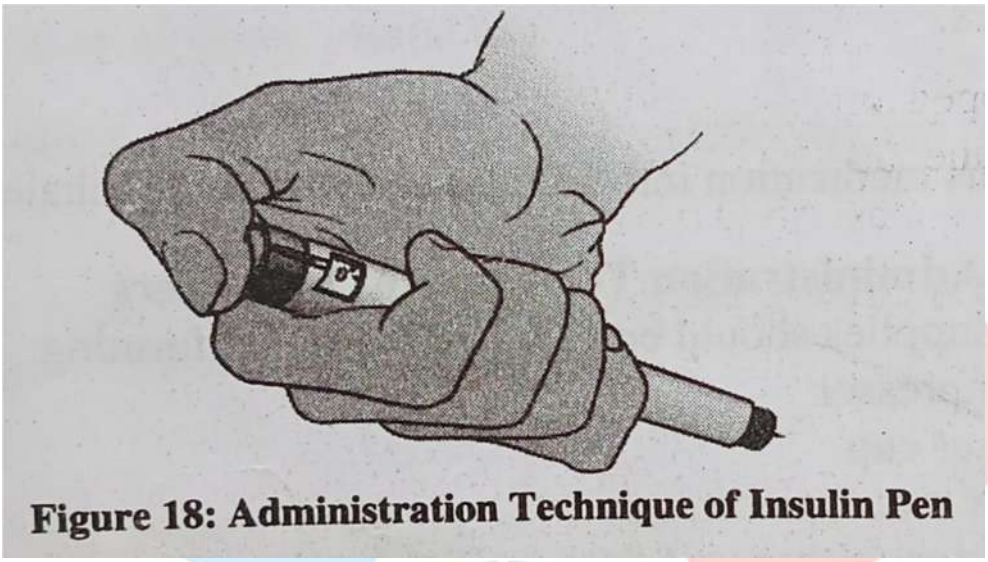


Figure 18: Administration Technique of Insulin Pen

6. **Remove the Needle from the Insulin Pen:** After the injection, removing the pen needle from the insulin pen can help prevent air from getting inside infection resulting from bacteria entering the pen, and any leakage of insulin. He/she should place the outer needle cap onto the pen needle and use it to unscrew the needle from the pen and then replace the insulin cap on the pen in order to remove the pen needle. If necessary, a wet cloth should be used to clean the outside of the pen.
7. **Dispose of the Needle:** He/she should dispose of pen neodles appropmately in a sharps container. Used sharps containers should be disposed according to local rules.

Handling of Insulin Pen

Type and the expiration date of the medicine printed on the box should

1) always be checked before leaving the pharmacy
2) Unopened pens should be stored in the refrigerator They will be valid till the date of expiration that is printed on the package The date should be writes on the insulin pen when it is first opened.

3) Insulin pens should be stored at room temperature Temperature should neither be too hot not be too cold. This may alter the way insulin works
4) Once opened, most pens are valid for 28 days. For exact instructions, the pharmacist should be consulted or the drug instruction should be read.
5) Insulin pens that have lumps, are discoloured, or have been frozen should not be used
6) Used pen needles and lancets for blood sugar testing should be placed in a hard plastic or metal container or commercial "sharps" container with a screw-on or tight lid.
7) The healthcare providers should be consulted about the subcutaneous injection procedure
8) Hypoglycemia, often known as low blood sugar, is the most common side effect of insulin. When the blood sugar level drops below 70 mg/dl, it results in low blood sugar Symptoms include sleepiness, shaking, sweating, dizziness and hunger. Treatment of low blood sugar should be known before starting using insulin.

Result :

Appropriate handling with correct administration techniques of insulin pen was studied