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ஆதார வைத்தியசாலை – கல்முனை(வடக்கு) BASE HOSPITAL – KALMUNAI (North)

Phone Gen: 067-2229261 / 4601 Fax: 067-2229161 M.S: 067-2220525

Vision-"To become center of Excellence in Health Care in the Eastern Province."

INSTITUTIONAL GUIDELINES/ POLICIES/ PROTOCOLS/ PRO FORMAS

Topic	Adult Inward Subcutaneous Insulin Administration Pro Forma @ Base Hospital Kalmunai Noth (BHKN), Sri Lanka
Version	01
Policy number	001
Category	Clinical
Document Owner	Dr. Ethayakumar Narayanaswami Consultant Physician
Date approved	23 January 2023
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Target audience	Doctors and Nurses working @ Base Hospital, Kalmunai North, Sri Lanka

Approved by:	Job Title:	Signature:
Dr. R. Muraleeswaran	Director	Dr.R.Muraleeswara Director Base Hospital Kalmunai-North

ADULT INWARD SUBCUTANEOUS INSULIN ADMINISTRATION PRO FORMA @ BHKN

	Name of Patient:	Ward:	BHT:	Weight: Kg
*	The measuring unit of blood glucose is mg/dl			Patient's Insulin Name
*	Insulin amount must be prescribed only in number (No suffix such	as U or IU)		
*	Dose calculation: Basal – start with 0.1- 0.2 unit/kg/day, and adjust	at according to FPG		R
	Prandial – one unit of insulin will approximately	cover 10-15 g of car	bohydrate	
*	Insulin type guide: \mathbf{R} – Regular (usually soluble insulin/Actrapid in	our hospital practice	2)	L
	L – Long acting (NPH, Glargine, Detemir), M – P	remixed (often Mixt	ard 30/70)	
*	Prandial insulin should be administered 15 – 30 minutes before me	eals		M

Date	Breakfast		Lunch			Dinner		E	Bedtime	Comment			
	Fasting glucose	Insulin amount	Insulin type	Pre-meal glucose	Insulin amount	Insulin type	Pre-meal glucose	Insulin amount	Insulin type	Post-meal glucose	Insulin amount	Insulin type	
	Time		Sign of Nurse	Time	T	Sign of Nurse	Time		Sign of Nurse	Time		Sign of Nurse	
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