

Clinical examination of injection sites in Children Young People (CYP) with diabetes



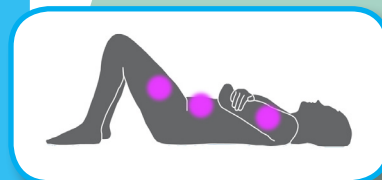
Environment/Equipment

Warm room with privacy
Hand washing facilities
Oblique not overhead lighting
(examination lamp or a head torch)
Project the light at 30-45 degrees
Examination couch or seat
Lubricant or similar



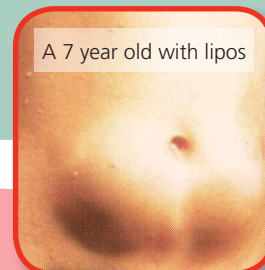
Position

Perform examination lying, standing or sitting
but the muscles being examined must be relaxed
Using one or more methods may aid further identification



Health Care Professional

- Wash your hands
- Explain the importance of assessing for lipohypertrophy to CYP and family
- Ask CYP and family about any abnormalities, bruising, oedema or infection
- Perform a visual inspection
- Hands must be washed and warm before touching a patient
- Apply single use KY Jelly to the injecting area and palpate with the tips of fingers
- Work in towards the injecting area with massage like motions (forward thrusts or circular sweeps)
- A change from a soft, undulating feel of the subcutaneous fat is replaced by a harder more rubbery less bouncy feel to the tissue with clearly demarcated edges
- Measure and document any identified lipohypertrophy to follow progression
- If photographs are to be taken a distance of 1 metre, without a flash, using light from an oblique source (to reveal surface contours) is recommended
- Teach parent how to do a visual exam and palpate monthly
- Emphasise the importance of reporting any lipos to a Health Care Professional



Remember "Find Lipos to STOP Hypos"