

### Did you know?



#### Injection technique matters

- The injection using a safety engineered device (SED) requires a different technique. Therefore, caregivers need to be taught how to use the SED and how to check to ensure that the insulin has been properly injected.

- SEDs are available at selected pharmacies and healthcare institutions. The recommended SED for pen use has protected ends preventing needlestick injury to the user and is shorter in length (5mm).



- When using a pen device, the pen needle should be inserted at a 90° angle. Then, depress the plunger and hold the needle in the skin for a count of 10 seconds before removing. This will ensure that you have properly delivered the full dose.



### Did you know?



#### SEDs are the safest option

Other options to avoid handling of the sharps are:

1. Needle clipping devices are used to clip the end off of a pen needle or syringe. After clipping, the needle is automatically and safely retained within the device.\*
2. Pen needle removers which remove the entire pen needle for transfer to a sharps container.\*

3. Unfortunately, there is still a higher risk of a needlestick injury when using these devices compared with SEDs. Both are available through the pharmacy and web order sites.



### Did you know?



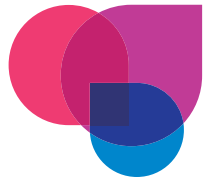
#### Sharps disposal matters

- Since many needlestick injuries occur when disposing of sharps, caregivers need to be instructed to put the used sharp in a puncture proof container with a tight fitting lid, preferably a “sharps container”.
- Sharps containers should not be filled past the indicated fill line or more than 3/4 full.

- A sharps container should be located at eye level and in close proximity to where the sharps are being used.
- These containers are available at pharmacies.
- Check with your local government for regulations regarding the disposal of these sharps containers.

1. Pellissier et al 2006; 63: 60-64 Journal of Hospital Infection <http://www.sciencedirect.com/science/article/pii/S0195670106000326>  
 2. International Healthcare Worker Safety Center, University of Virginia. U.S. EPINet Sharps Injury and Blood and Body Fluid Exposure Surveillance Research Group. Sharps Injury Data Report for 2011; 32 hospitals contributing data, 708 total injuries. Report available at; <http://www.healthsystem.virginia.edu/pub/epinet/EPINet2011-NeedlestickRpt.pdf>  
 3. Lamontagne F, et al. Role of safety-engineered devices in preventing needlestick injuries in 32 French hospitals. Infection Control 2007; 28:18-23. J Hosp Infect 2006; 64: 50-55.  
 4. FIT<sub>4</sub>Safety (2012) Injection Safety in UK and Ireland; Safety of Sharps in Diabetes Recommendations 1st Edn. FIT<sub>4</sub>Safety, UK <http://www.fit4diabetes.com/united-kingdom/fit-safety-recommendations/>\*Refer to manufacturer's instructions manual for proper use of these devices.





## Did you know?



Despite the introduction of Safety Engineered Devices (SEDs), needlestick injuries are still occurring.

## Do you promote a “safety culture” in the use of diabetes sharps?



### Safety

- ✓ I promote a “safety culture” by modeling best practice recommendations
- ✓ I have read the policies/procedures in place for the use of sharps
- ✓ I use SEDs wherever possible
- ✓ I never recap needles
- ✓ I can easily find the procedures in the event of a needlestick injury



### Education

- ✓ I promote best practice in the handling of all diabetes sharps
- ✓ I avoid ‘skin lifts’ wherever possible by using shorter needle lengths
- ✓ I always ensure the device’s safety feature has been activated after use
- ✓ I read and refer others to educational websites\*
- ✓ I promote the use of safety tools if SEDs are not available for use in the home i.e. needle clip, pen needle removers



### Disposal

- ✓ I always have the sharp disposal unit accessible before I use the sharp
- ✓ I dispose of sharps in a puncture resistant container with a tight fitting lid
- ✓ I ensure that the sharps container is not filled past the indicated fill line or more than 3/4 full
- ✓ I do not shake or force more sharps into the container
- ✓ I am aware and share the information regarding local regulations and disposal sites for sharps



## Safe practice prevents needlestick injuries.

\*[www.ccohs.ca](http://www.ccohs.ca); [www.cdc.gov/niosh](http://www.cdc.gov/niosh); [safety@uottawa.ca](mailto:safety@uottawa.ca); [www.ona.org](http://www.ona.org); [www.bd.com/resource.aspx?IDX=25063](http://www.bd.com/resource.aspx?IDX=25063)

