

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.

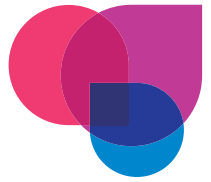
1. Pellissier et al 2006; 63: 60-64 Journal of Hospital Infection <http://www.sciencedirect.com/science/article/pii/S0195670106000326>

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. FIT₄Safety (2012) Injection Safety in UK and Ireland; Safety of Sharps in Diabetes Recommendations 1st Edn. FIT₄Safety, 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; www.cdc.gov/niosh; safety@uottawa.ca; www.ona.org

