

SETTING

Home Visit

PATIENT

You have been a diabetic for a number of years and have managed your diabetes with diet and tablets. However, your doctor wants you to start having insulin injections and has asked the district nurse to visit you at home to teach you how to give yourself these injections. You don't really understand why you have to have insulin injections. Also, you are very nervous about the procedure of injecting yourself.

TASK

- When asked by the nurse, stress that you feel you have been managing your diabetes well and don't want to commence insulin injections. Ask if there is another way to manage your diabetes.
- When the nurse is explaining the procedure for giving the insulin injections, show that you are anxious about it.

SETTING

Home Visit

NURSE

A general practitioner has asked you to visit a patient who has diabetes. Until recently the diabetes has been moderately well controlled by diet and oral medication. However, recently the patient's blood sugars have been high and the doctor has decided to commence insulin injections. The doctor wants you to show the patient how to give himself/herself the insulin injections.

TASK

- Find out how the patient feels about insulin injections.
- Explain slowly and clearly the whole process of giving the injection (including using clean needles, administering the injection, sites for injection etc.).
- Try to reassure the patient that he/she will be able to manage the injections.
- Emphasise the importance of safe needle disposal (suitable containers, proper care and handling).