



*North York*

**Family Health Team**

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**MEDICAL DIRECTIVE**

**TITLE: INSULIN TITRATION (NYFHT-DEPXX)**

**Effective date:** \_\_\_\_\_

**Date of last review:** n/a

**Date of next annual review:** \_\_\_\_\_

**Definition:**

Adjustment of insulin dosing and timing in patient with diabetes mellitus (DM) already treated with insulin (alone or in combination with oral antidiabetic medications). Insulin is titrated based on the patient's blood sugar logs and HbA1c.

**Physician authorizer:** Dr. ...

**Physician order:**

- Titrate insulin by up to 15% of existing dose per week (Appendix 1)
- If titration reaches 40% of original titrated dose, case to be reviewed with endocrinologist

**Individuals authorized to carry out this directive:**

- RN with CDE designation working in the NYFHT DEP

**Clinical conditions required:**

- Patient with DM, already taking insulin

**Situational Circumstances required:**

- Adult patients ( $\geq$  18 years old)
- Current treatment with insulin
- Referral to DEP

**Contra-indications to implementing:**

- Pregnancy
- DM type 1
- Patients receiving insulin by insulin pump

**Predictable risks:**

- Clinically significant hypoglycemia

**Predictable Outcomes:**

- Improved glycemic control
- Improved patient satisfaction and disease awareness
- Improved patient access to care

**Documentation:** in patient's EMR chart (includes type of insulin, directions given to patient for dose adjustment and time frame)

**Competency/educational requirements:** RN with CDE designation

**References:**

Canadian Diabetes Association Clinical Practice Guidelines Expert Committee.  
 Canadian Diabetes Association 2008 clinical practice guidelines for the prevention and management of diabetes in Canada. *Can J Diabetes*. 2008;32(suppl 1):S1-S201.

**Medical Directive Development:**

Dr. T. Becker, Endocrinologist  
 Dr. K. Wintemute, Medical Director  
 Dr. J. Hunchuck, Pharmacist  
 J. Paloranta, Diabetes Nurse Educator and Program Coordinator

**Appendix 1: Insulin**

<b>Insulin Name</b>
Aspart (Novorapid)
Lispro (Humalog)
Glulisine (Apidra)
Humulin R
Novolin Toronto
Humulin 30/70
Humalog Mix 25
Humalog Mix 50
Novomix 30
Humulin N
Novolin NPH

Detemir (Levimir)
Glargine (Lantus)