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The Development and Implementation of an
Insulin Dose Adjustment Policy and Guideline
Manual for Nova Scotia Diabetes Educators.

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As a provincial program focused on improving the care of persons with diabetes, the DCPNS recognizes that insulin dose adjustment (IDA) by diabetes educators (DEs) can enhance the care of persons attending Diabetes Centres (DCs). A Delegated Medical Function (DMF) Committee of the DCPNS was formed and developed an *Insulin Dose Adjustment Policies & Guidelines Manual* to assist and facilitate the adoption of IDA as a DMF in NS DCs. This manual was developed to provide standardized policies and guidelines for IDA for use in the 9 District Health Authorities (DHAs) throughout NS.

The framework for DMF, as outlined by the Registered Nurses Association of NS and the College of Physicians and Surgeons of NS, was used in the development of the manual. The manual outlines criteria for certification, policies, and guidelines for IDA in basic pattern management, illness, exercise, shift work, and travel situations. Guidelines are further outlined for use in pregnancy, pediatrics, and pump therapy. Case studies, references, and recommended readings are provided. Upon completion of the education component and case studies outlined in the manual, DEs may write basic, specialty, and advanced exams to complete the certification process. Following this, DC Medical Advisors can delegate this skill.

Currently, District Medical Advisory Committees have approved IDA as a DMF in 5 of the 9 DHAs in NS. DEs in these districts are completing the certification process and having IDA delegated. These DEs certified in IDA can then teach and assist patients to safely and competently adjust their insulin doses to achieve the best possible glycemic control.

The DCPNS *Insulin Dose Adjustment Policies & Guidelines Manual* provides DEs with policies, procedures, and guidelines necessary to assist them in reaching and maintaining an expected level of competence in performing IDA as a DMF. This is an asset for the DE, physician, and patient.