

**Diabetes**

**Initial Competency for Community Nurses**

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**Diabetes competencies for community nurses**

Community Nurses need to be booked on a NHS Lothian approved educational diabetes programme before completing the competencies.

These competencies require to be completed on a bi-annual basis and will form part of your professional development plans.

See the ‘hints and tips for completion sheet’.

# Theoretical COMPONENT INCLUDES-

Diabetes course- bookable via eESS - Pan Lothian Diabetes for Registered Nurses or Non – registered nurses.

Aetiology of diabetes Nutritional management

Foot care

Monitoring diabetes

Complications of diabetes Hypoglycaemia/Hyperglycaemia

# Resource pack

Accessed via [diabetes-uk-meds-and-kit-2020.pdf](https://cdn.shopify.com/s/files/1/1922/6045/files/diabetes-uk-meds-and-kit-2020.pdf?883&_gl=1*k33glf*_gcl_au*MTU4MDUyNDU5Ny4xNzMyMDE5NTY2*_ga*MTM2MTIwMTU4MC4xNzMyMDE5NTY4*_ga_J1HFNSGEX6*MTczODkzMzEyMi4zLjAuMTczODkzMzEyMi42MC4wLjA.) online download

# Assessor of Competence

An assessor must be identified by your line manager and must be competent and experienced in diabetes care. Your final assessment of competence may be required to be completed with a competent senior practitioner from within your clinical area.

**ASSESSOR’S CHECKLIST**

**Supervised Practice and Final Observed Assessment**

*N.B. Guidance notes for Assessors are given in italics:* ***‘Comp’*** *= Final clinical assessment of competence*

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| **No** | **ASSESSMENT CRITERIA** | **1** | **2** | | **3** | | | **4** | **Competency achieved** | |
| Four supervised practice is required. Initial each box once supervision successfully completed. Supervisor to sign competency box. | |  |  | |  | | |  |  | |
| **Participates, as a member of the multidisciplinary team, in the care of a person with diabetes** | | Date | Date | | Date | | | Date | Date\* | |
| 1 | Demonstrates the effective assessment and delivery of quality care to patients with  Diabetes and their carers e.g. care plan/assessment. |  |  | |  | | |  |  | |
| 2 | Demonstrates knowledge of the MDT approach in the management of diabetes and  works effectively as a member of this team |  |  | |  | | |  |  | |
| 3 | Works within the NMC Code.   * Identifies areas for, or demonstrates continual professional development and   up keep of knowledge and skills in diabetes (patient contact, personal study, study days, courses, resource pack). |  |  | |  | | |  |  | |
| 4 | Promotes safe and effective practice identifying any areas for development |  |  | |  | | |  |  | |
| 5 | Demonstrates knowledge of and appropriate use of all communication systems used in diabetes:   * Green DN recording book * Insulin titration records * Medical and DN records * Diabetes team contact numbers and contact times |  |  | |  | | |  |  | |
| 6 | Demonstrates knowledge and has appropriate use of all systems used for communication and collation of information:   * TRAK, GP IT records |  |  | |  | | |  |  | |
| **Evidence of reflective practice** | | | | | | | | | | |
| **Has a knowledge of the diabetes assessment and tests carried out in diabetes care** | | **1** | | **2** | | **3** | **4** | | | **Competency achieved** |
| Date | | Date | | Date | Date | | | Date\* |
| 7 | Demonstrates knowledge of, or how to access information of specific tests required - the target ranges, why they are required, and when and how often they are carried out as per   * [SIGN Guideline 116](https://www.sign.ac.uk/our-guidelines/pharmacological-management-of-glycaemic-control-in-people-with-type-2-diabetes/) * [Optimising glycaemic control in people with type 1 diabetes](https://www.sign.ac.uk/our-guidelines/optimising-glycaemic-control-in-people-with-type-1-diabetes/) Sign Guideline 170 * Community diabetes specialist team/Diabetes MDT |  | |  | |  |  | | |  |
| 8 | Demonstrates knowledge of the specific tests used in diabetes care   * For example- HbA1c, blood pressure, random total lipids, eye examination, urinalysis (proteinuria), renal function, foot examination, BMI |  | |  | |  |  | | |  |
| 9 | Demonstrates knowledge of target ranges |  | |  | |  |  | | |  |
| 10 | Understands the importance of risk assessment and management in diabetes care   * Understands the significance of results out with target ranges and how to respond (appropriate referral within MDT, liaising with specialist services) |  | |  | |  |  | | |  |
| 11 | Demonstrates knowledge of how to record results using appropriate communication / information technology systems |  | |  | |  |  | | |  |
| **Evidence of reflective practice** | | | | | | | | | | |

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| **Shows an understanding of the diagnosis of diabetes and therapeutic interventions in**  **diabetes care** | | **1** | **2** | **3** | **4** | **Competency achieved** |
| Date | Date | Date | Date | Date\* |
| 12 | Demonstrates knowledge of pharmaceutical interventions in diabetes care their actions, interactions and possible side effects by   * Demonstrating knowledge of the action, duration, timing and side effects of oral diabetes agents * Knows how to access this information to inform safe and effective practice   [diabetes-uk-meds-and-kit-2020.pdf](https://cdn.shopify.com/s/files/1/1922/6045/files/diabetes-uk-meds-and-kit-2020.pdf?883&_gl=1*k33glf*_gcl_au*MTU4MDUyNDU5Ny4xNzMyMDE5NTY2*_ga*MTM2MTIwMTU4MC4xNzMyMDE5NTY4*_ga_J1HFNSGEX6*MTczODkzMzEyMi4zLjAuMTczODkzMzEyMi42MC4wLjA.) |  |  |  |  |  |
| 13 | Demonstrates knowledge of the influence of diet and nutrition on diabetes and diabetes care   * Able to deliver basic dietary advice –identifying obvious dietary modifications required. * Makes appropriate dietetic referral |  |  |  |  |  |
| 14 | Demonstrates knowledge of the influence of physical activity on diabetes and diabetes care   * Describes the benefits of regular exercise (insulin sensitivity, reduced weight, BP, mood) * Describes the effects on blood glucose and give advice regarding diabetes medications or dietary intake if indicated |  |  |  |  |  |
| 15 | Recognises the signs and symptoms of complications in the person with diabetes   * Describes complications of diabetes, and who is at risk |  |  |  |  |  |
| 16 | Demonstrates knowledge and skills in the health promotion and education required for a person with diabetes and when referral is required |  |  |  |  |  |
| **Evidence of reflective practice** | | | | | | |

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| **Contributes to the continuing education of the patient and family/carers about diabetes**  **and diabetes care** | | **1** | | **2** | **3** | **4** | **Competency achieved** |
| Date | | Date | Date | Date | Date\* |
| 17 | Demonstrates knowledge of lifestyle factors that contribute to the maintenance of health and reduce the risk of complications   * Demonstrates knowledge and skills in ongoing health promotion and education of patients and carers (diet, exercise, foot care, smoking cessation) * appropriately refers to other members of the MDT if indicated |  | |  |  |  |  |
| 18 | Describes the importance of informed consent for patients making decisions about their care   * Demonstrates patient centered care, ensuring patients are involved in the decision making process and meeting any specific learning needs identified by them |  | |  |  |  |  |
| **Evidence of reflective practice** | | | | | | | |
| **Able to perform blood glucose monitoring and provide education in blood glucose monitoring for patients and their carers as per local guidance** | | |  | | | | |
| 19 | Demonstrates ability to perform meter calibration, blood glucose testing and quality control procedures along with knowledge of local guidance on blood glucose testing   * performs the test according to manufacturer's instructions |  | |  |  |  |  |
| 20 | Interprets result and assesses other parameters and take appropriate action   * Demonstrates knowledge of target blood glucose levels for individual patients * Demonstrates how these are recorded - able to identify significant variations and what to do |  | |  |  |  |  |
| 21 | Demonstrates teaching blood glucose monitoring procedure to person with diabetes or carer |  | |  |  |  |  |
| 22 | Describes which patients may require ketone testing and why.   * Is aware to seek advice from specialist services if indicated |  | |  |  |  |  |
| 23 | Support people with diabetes to interpret results and take appropriate action and demonstrate ability to motivate and promote self-care where appropriate |  | |  |  |  |  |

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| **Participates in the safe administration/supervision of insulin/ongoing education of patients to promote self-care. Has knowledge of insulins and equipment required in the community setting** | | **1** | **2** | **3** | **4** | **Competency achieved** |
| Date | Date | Date | Date | Date\* |
| 24 | Demonstrate a basic knowledge of different insulins, i.e. action, timing, side-effects and treatment   * Able to describe the action, duration, timing of commonly used insulins   [diabetes-uk-meds-and-kit-2020.pdf](https://cdn.shopify.com/s/files/1/1922/6045/files/diabetes-uk-meds-and-kit-2020.pdf?883&_gl=1*k33glf*_gcl_au*MTU4MDUyNDU5Ny4xNzMyMDE5NTY2*_ga*MTM2MTIwMTU4MC4xNzMyMDE5NTY4*_ga_J1HFNSGEX6*MTczODkzMzEyMi4zLjAuMTczODkzMzEyMi42MC4wLjA.)   * Describe the main side effect of insulin therapy -hypoglycemia what this is, causes, signs/symptoms and treatment |  |  |  |  |  |
| 25 | Demonstrate a knowledge of insulin administration and devices used locally e.g. syringes, needle length, pen devices   * Demonstrates understanding of insulin administration and use of devices e.g. drawing up and leaving insulin for patients to self-administer, patients using insulin pen devices (refer to RCN guidance for Community Nurses document "Advance preparation of insulin syringes for patients to administer at home"   <https://www.rcn.org.uk/professional-development/publications/pub-007319>   * Also has knowledge of who to contact if review of devices required |  |  |  |  |  |
| 26 | Teach basic method of insulin administration   * Understands injection technique – needle length, sites and rotation to prevent lipohypertrophy   [diabetes-uk-meds-and-kit-2020.pdf](https://cdn.shopify.com/s/files/1/1922/6045/files/diabetes-uk-meds-and-kit-2020.pdf?883&_gl=1*k33glf*_gcl_au*MTU4MDUyNDU5Ny4xNzMyMDE5NTY2*_ga*MTM2MTIwMTU4MC4xNzMyMDE5NTY4*_ga_J1HFNSGEX6*MTczODkzMzEyMi4zLjAuMTczODkzMzEyMi42MC4wLjA.) |  |  |  |  |  |
| 27 | Assess individual patient's educational needs and meet these needs or refer on as  appropriate |  |  |  |  |  |
| 28 | Recognise when treatment needs to be adjusted   * Able to interpret results and take appropriate action using agreed documentation * Demonstrates appropriate use of insulin titration records |  |  |  |  |  |
| 29 | Recognise the potential psychological impact of insulin therapy and offer support to a person with diabetes and significant others |  |  |  |  |  |
| **Evidence of reflective practice** | | | | | | |

# Diabetes for Community Nurses

**COMPETENCY STATEMENT**

**Assessor’s Statement**

I confirm that \_ has achieved the required competence for Diabetes for Community nurses.

Signature of assessor:

Name (print):\_ \_ Position

Date of completion:

# PARTICIPANT statement:

I have completed the Registered nurse Safe use of Insulin e-learning module, and completed a period of supervised practice and final assessment of competence relating to Diabetes for community nurses.

I have participated in the Registered Nurses diabetes management.

**I am now satisfied that I am competent in Diabetes for community nurses.** I also undertake to maintain my competency in this area of practice in accordance with the NMC Code (2015) and will demonstrate my ongoing competence to a clinical work-based assessor as required by NHS Lothian.

Signature: Print Name:

Title / Grade:

Clinical area:

Date of completion: \_

Date of Training course: \_

**MANAGER statement:** I confirm that the above participant has met the required standard of competence in diabetes care for community nurses and therefore can undertake this role in practice.

Signature of manager/charge nurse:

Print: \_ Position:

Date:

# Please retain this for your own records and give a copy to your manager to be inserted in your personnel file.

**Your manager will also log completion of clinical competencies in your Electronic training record file**

*NHS Lothian Clinical Education and Development 4*

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