



Skills Modules 3.0 Checklist: Diabetes Management

Mixing Insulin

INSTRUCTIONS: Use the following checklist to evaluate competency in completing this skill. Select Satisfactory (S) or Unsatisfactory (U) for each step and provide comments as needed.

*Document the relevant information (assessment findings, pharmacological and nonpharmacological interventions) in the client's medical record.

Step by Step

STEP	S	U	EVALUATOR'S COMMENTS
Gather equipment and remove medication from medication supply system per facility policy.			
Review the client MAR and verify the prescribed dose. Check expiration dates on vials.			
*Perform hand hygiene and put on appropriate PPE if indicated.			
Remove the caps from vials. If the insulin is a suspension (such as NPH), gently roll the vial between hands to mix.			
Scrub the tops of the vials with antimicrobial wipes and allow to fully dry.			
Remove cap from syringe and draw back the amount of air that is equal to the dose of the modified (cloudy) insulin.			
Hold the modified vial on a flat surface and pierce the vial with the needle tip, injecting the air into the space above the solution. Remove needle.			

STEP	S U EVALUATOR'S COMMENTS
Draw back the amount of air that is equal to the dose of the unmodified (clear) insulin.	
Hold the unmodified vial on a flat surface and pierce the vial with the needle tip, injecting the air into the space above the solution.	
With the needle still in the unmodified vial, invert the vial. Hold the vial in one hand and use the other hand to withdraw the amount of prescribed unmodified insulin. Keep syringe and vial at eye level. Turn vial over and remove needle.	
Verify the amount of unmodified insulin in the syringe and check for air bubbles.	
Calculate the total number of units for the full dose by adding the number of units for each insulin together. This is the endpoint on the syringe.	
Hold the modified vial on a flat surface and pierce the vial with the needle tip,. Do not push any medication from the syringe into the vial.	
With the needle still in the modified vial, invert the vial. Hold the vial in one hand and use the other hand to withdraw the amount of prescribed modified insulin. Keep syringe and vial at eye level. Turn vial over and remove needle.	
Recap the syringe using the one-hand scoop method.	

STEP	S U EVALUATOR'S COMMENTS
Confirm that the amount in the syringe is the total number of units prescribed of each insulin.	
Label multidose vials with date and time opened along with beyond-use date.	
Return unused medication per facility policy.	

References

Taylor, C., Lynn, P. and Bartlett, J. (2019). *Fundamentals of nursing* (9th ed.). Philadelphia: Wolters Kluwer.