

3 Things in 30 Minutes

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Objective:

To coordinate the timing of point of care (POC) testing, insulin administration and meal delivery in the inpatient setting.

Method:

Policy: Established policy to reflect best practice including finger stick blood glucose level check before administering insulin and as ordered by the physician. Pre-meal finger stick blood glucose levels should be drawn within thirty (30) minutes before the patient starts eating the meal.

Tray delivery: Coordination of breakfast tray delivery with Dietary, including identifying patients receiving insulin by the tray ticket with “Med Alert” printed on the ticket. Dietary will request the HUSC to alert nursing that meal trays have arrived, and patients requiring insulin will need finger stick and mealtime insulin prior to eating. Trays are not delivered directly to the patient so that testing and mealtime insulin can be accomplished prior to tray delivery.

Education: Robust nursing education on the initiative “3 Things in 30 Minutes”

Reporting: Create a dashboard to track POC to insulin administration.

Result:

The average POC glucose to insulin administration time has decreased dramatically with the overall hospital average going from 51.69 minutes in January of 2017 to 25.37 minutes in July of 2019—a 50 % improvement in insulin timing.

Conclusion:

Improvement in insulin timing and overall awareness with importance of insulin administrations is paramount to decreasing adverse events and overall glycemic control.