

Physical examination of the skin in the prophylaxis of lipohypertrophy and related fluctuations in glycemia

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Lipohypertrophy (LHT) is defined as a secondary, local lesion associated with insulin injection which involves hypertrophy of subcutaneous tissue. Changes in the anatomy and physiology of tissue significantly alter the profile of absorption of injected subcutaneous insulin, which leads to fluctuations in glycemia and worsens the metabolic control of diabetes. The prevalence of LHT is estimated at about 30% of patients treated with insulin by injection. The cause of LHT is not well known. Many studies indicate that an abnormal injection technique can increase the anabolic effect of insulin and the irritant effect of the needle. The Diabetes Societies recommend examination of injection sites by qualified personnel at least once a year; however, no algorithms of prophylactic and therapeutic management have been defined. The aim of the lecture is to present theoretical assumptions, which are the basis for the development of the authors, procedures of physical skin examination in LHT prevention addressed to nurses and midwives. Particular attention was paid to the characteristics of LHT symptoms. The most important principles of examination and guidelines for education of self-examination of the patient were also formulated. This procedure was consulted with the nurses' community in Poland.

Biography

Natasza Tobiasz-Kalkun is a Vice-Chairwoman of the Polish Federation for Education in Diabetes. Her main professional interests are the practical use of agile management methodologies in improving diabetes care and education and building cooperation in therapeutic teams.