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Original Article

Assessing Knowledge on Practical Aspects of Insulin Therapy in Management of Diabetes Mellitus among Nursing Officers in a District General Hospital: A Clinical Audit

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Introduction

Adequate practical knowledge on Insulin therapy among nursing officers (NOs) is a vital component in proper management of diabetes mellitus in patients. This clinical audit aimed to identify gaps in knowledge among them and guide targeted training initiatives.

Method

This cross-sectional type clinical audit was conducted using a voluntary, anonymous, structured google form which consists of the purpose of the study and 28 total questions to assess the background and the practical knowledge among the nursing officers in District General Hospital - Vavuniya. This audit explored the domains of knowledge including basic pharmacology of Insulin, Insulin storage, injection techniques, complication management and awareness on different insulin regimens. Responses were collected from 74 NOs and analyzed using descriptive statistics.

Results

Only 16.2% of participants had received formal training on Insulin therapy during the past 02 years, while just 13.5% had worked as Diabetes Education Nursing Officers (DENO). Regarding the knowledge on basic pharmacology, all had identified the pancreas as the insulin-producing organ, but only 54.1% had known the primary function of Insulin. Only 75% had correctly identified the soluble insulin as the fastest onset insulin out of given options (NPH and Glargine). Over half of the participants (54.2%) did not identify Isophane insulin as cloudy preparation. Only 73% knew when to administer soluble Insulin in relation to meals. Awareness of injection site rotation and storage of insulin were high (respectively 93.2% and 91.9%). However, merely 43% were aware of the Basal Bolus Regimen (BBR) and correction dosing. Knowledge of hypoglycemia was 78.4% in identifying the glucose threshold, and 93.1% in identifying hypoglycemic clinical features.

Conclusion

This clinical audit revealed notable gaps in the practical knowledge of insulin therapy among nursing officers, which emphasized the necessity for formal training programs to ensure safer and more effective care for patients with diabetes.