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Patient Survey of Insulin Pen Administration Technique Abstract

Introduction

Insulin pen administration technique is crucial for patients to safely and accurately administer their dose of insulin. There isn't much published data regarding the appropriateness of insulin pen administration technique by patients. The purpose of this research project is to evaluate insulin pen administration technique by patients via a phone-based survey. Based on the findings, the goal is to create an informational handout specific for the issues identified to be given out with new prescriptions for insulin pens or to any patients who have questions regarding them.

Methods

An eight-question survey was conducted to collect information regarding administration technique such as pen needle reuse, alcohol swabbing, and priming. It also included questions about patient age, history of pen needle use, and the source of information regarding insulin pen use. The study included patients who were prescribed an insulin pen in the previous 4 months, currently used the insulin pen, and consented to participate in the survey.

Results/Conclusion

The survey consisted of 23 responders with the most common age range of 70-79 years old. A majority of patients had been using insulin pens for more than 5 years. Regarding administration technique, 20 (87%) participants used a new pen needle for every injection, 9 (39%) used an alcohol swab to clean the rubber stopper of the insulin pen, and 4 (17%) primed their pens prior to every injection. The data gathered suggests there is definitely room for improvement in the administration technique by patients. This data suggests pharmacists should counsel more in depth when a patient is started on an insulin pen. It may also be useful to encourage the regular patients to reach out with any questions or uncertainties they may have regarding administration technique.