

Transcript: *drawing up insulin using a syringe*

“So normally he would have protaphane, so this is the protaphane here. This is not a clear insulin so we would have to roll it, not shake it, 20 times”

“Just to mix, just to mix it up. So, yeah”

“Yep, we have rolled it 20 times. Then we would get our needle, take this part off, make sure it can move, and we would normally give him P4 in the morning”

“So protaphane 4, so you’re drawing up the air first and we can see how on the little marking its just above the 5, so we’re pulling down the white bit to get the air first. “

“Yep. So we get a bit more because we’ll pull up a bit more than 4 so I’ll maybe go 6”

“Yep and so we’re putting a little bit more in”

“You put it in direct, push the air through.

So fast acting”

“Yep – what does he have in the morning”

“He’s on actrapid”

“Yep, and how much actrapid would he normally have”

“One”

“So we do a little bit more than one because we’re going to get those air bubbles out”

“So I’ve gone to three“

“Yep”

“Put it in and now we tip it up. Now we’ll take it out to three even though he’s only having one unit”

“Why is that? Why does he need a bit more insulin in there?”

“The reason why he needs a bit more is because the first time there’ll be air bubbles. We need to get the air out of the needle”

“You can see a little air bubble there around the side, a bit hard to see on the camera. So we’re going to get that little air bubble up to the top”

“To get the air bubble to the top just give it a flick a couple of times, it moves up. Then we get rid of the insulin up to one”

“Back up to one so we have one unit of actrapid.”

“If your partner’s there it’s good just to have a double check”

"Yeah, we sort of double check all the time each other's work"

"Great"

"If someone's there but"

"Then the protaphane that we had before . Put it in – the air's already out and you won't pick up any more air so 4"

"One of actrapid and 3 of protaphane which give us 4 units altogether. Now we've got 4"

"Great"

"You've checked it"

"Done"