Recommendations for proper injection technique for Youth with Diabetes (YWD)

Positive Injection Experience



YWD should try to use **the shortest needle length available; a 4 mm pen needle inserted straight in (90°)** is appropriate for all YWD.



A **skin lift** is recommended for **YWD ≤6 years old or with a BMI < 5th percentile for age and sex**.



Fear of needles can be helped with coping strategies like **distraction, relaxation techniques, or exposure therapy**.



Remember, **insulin is a life-saving therapy. Diabetes stigma and distress** can effect both YWD and caregivers and should be discussed with a medical professional.

Involvement in Diabetes Care

Age-appropriate ways to involve YWD in **insulin therapy management:**



Young children (2-5 yrs old): **Therapeutic play** helps with treatment familiarity.



Children (6-12 yrs old): Introduce **developmentally appropriate care tasks** with supervision.



Adolescents (13-17 yrs old): Work toward **insulin management** independence with supervision.



Young adults (18-25 yrs old): **Transfer of responsibility** to allow **independence** when leaving home.

Storage & Handling

Storage and handling in childcare settings:



Label insulin supplies for the individual, consider color-coding.



Keep insulin/supplies out of reach of children, in a **child-proof container** e.g., a dedicated cabinet.



Keep **written instructions** for insulin use within a reasonable distance.



Dispose of needles in a **sharp's container.**