

Acting Wisely

Assess

Respond

Reflect

Situation

Me

Act

Check²

= smac²

LISTEN

Who wants what,
when and why?

INVOLVE THE PATIENT

What are their needs
and wishes?

What complicating
factors and comorbidities
are relevant?

BE ALERT TO THE CONTEXT

What is going on around
you that is relevant?

ANALYSE

What situation are
you facing?

CONSIDER

What makes
you more or
less capable
of managing
this situation?

How would
it be wisest
to proceed?

REASSESS

YES

?

NO

Seek
information
or help

CHECK NOW

Was it easy?

Check
yourself

Was it hard?

Ask someone
else to check

CHECK LATER

Who should
check, when, why
and how?

NOW

How did it go?
What features of
the situation
influenced your
action?

FOLLOW UP

What was the result
of your action?

FOR REFLECTION

Which components
of this task made you
feel good, bad or
unwise?

Acting Wisely

Top tips

Follow the **smac²** routine to help prescribe insulin safely.
This will help patients, you, and colleagues
have good diabetes days.

A patient has a good diabetes day when:

No more than one BG > 12 mmol/l; no BG < 4 mmol/l; they are involved in their own care.

Good insulin prescribing practice

DO

Improve the pattern rather than firefight

- Prescribe tomorrow's breakfast dose by 3pm today (latest)
- Examine the pattern of glucose results
 - Think which time of day each dose affects
- Decide which dose(s) need changing

DON'T

- Leave prescribing decisions for out-of-hours staff
- Let patients be hyperglycaemic because of hypophobia
- Leave a patient without insulin after a hypo
- Omit basal insulin in T1DM

Generally, 1 unit of insulin adjusts glucose by 2-3 mmol/l