



Insulin Dose Adjustment Questions & Answers

1. Are Dietitians able to practice Insulin Dose Adjustment (IDA)?

Yes, it is within dietitians' scope of practice to provide and/or teach insulin dose adjustment (IDA). Dietitians must practice IDA within limits of their knowledge, skills, abilities and judgment, in compliance with CDBC [Standards of Practice](#) and [Code of Ethics](#), and current evidence-informed clinical practice guidelines as well as any policies and guidelines that may be required by their employer. A Health Authority, hospital or health care facility may restrict the scope of practice for health care professionals. Dietitians must comply with employer policies related to IDA.

2. Are Dietitians allowed to initiate an insulin order?

No, dietitians cannot initiate an insulin order. Initiation of an insulin order is equivalent to "prescribing" insulin. In the current [Dietitians Regulation](#), dietitians are not authorized to prescribe.

3. As an insulin pump trainer in a private practice setting, prior to training a patient, the referring physician orders insulin and insulin pump teaching for the patient. I then train patients to use insulin pumps, and I provide insulin dose adjustment. Am I working with scope of practice?

Yes. Insulin dose adjustment is within the dietitian scope of practice, regardless of the mechanism used to administer the insulin dose as long as the dose is self-administered by the patient.

4. Can I administer insulin to my patients?

No, dietitians cannot administer insulin in any setting. In the current [Dietitians Regulation](#), Dietitians are not authorized to "administer" drugs.

5. Am I allowed to provide my patients with free, pre-dosed insulin samples to my patients?

No, dietitians cannot hand out or "dispense" free, pre-dosed insulin samples to patients in any setting as insulin is a Schedule II drug in the BC Drugs Schedule Regulation. In the current [Dietitians Regulation](#), Dietitians are not authorized to "dispense" drugs. Note: Vitamin/mineral supplements that can be purchased from non-pharmacy outlets are classified as "Unscheduled" in the BC Drugs Schedules Regulation. These Unscheduled vitamin/mineral Supplements can be dispensed by dietitians.

a. Who else may dispense insulin?

Registered Nurses and Pharmacists may dispense Schedule II drugs such as insulin.

6. I'm a Certified Diabetes Educator who has completed competencies in Insulin Dose Adjustment and received training in Insulin Pumps, insertion of pump devices and on Continuous Glucose Monitoring. Am I able to insert a soft flexible cannula for insulin injection to a client with diabetes?

No, dietitians cannot perform any procedures "below the dermis", such as insertion of cannulas and insulin injections. This type of procedure is classified as a Restricted Activity in British Columbia and is not currently part of the [Dietitians Regulation](#). Note: finger pricks are not considered "below the dermis" and may be done by anyone, with consent.

7. In my new role as a community outpatient dietitian, I am working with a large population of individuals with diabetes. The RD who was previously in this role had her CDE designation, however I do not. What is my scope regarding insulin adjustments?

Although an employer may require CDE designation to adjust insulin the CDBC does not. However, if you don't feel confident and safe discussing insulin adjustments with your inter-professional team and your patients, please inform them and refer them to a health professional who is able to help them. The answer to your situation is supported in Principle 3 of the CDBC [Code of Ethics](#). It relates to your individual level of competence and practice readiness.

Questions or Comments? Contact us at info@collegedietitiansbc.org or toll-free in BC: 1.888.742.6395