

NURSING INTERVENTIONS TO PREVENT LIPODYSTROPHIES IN INSULIN-TREATED PATIENTS

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Background

Lipodystrophies are changes in the subcutaneous tissue that affect insulin absorption, leading to difficulties in metabolic control management. It is essential to implement nursing interventions, in order to prevent this complication, with focus on patient and family/caregiver education, empowering them to a more efficient diabetes self-management.

Aim

Identify the factors contributing to this complication and its consequences to the person with diabetes. To define nursing interventions towards primary and secondary prevention of this complication.

Method

Literature review using Cronin, Ryan & Coughlan (2008) structure was conducted using searching engines *PubMed* and *Science Direct* with the keywords: lipodystrophy, lipohypertrophy, insulin and adult, resulting in the selection for review of 16 articles published between 2009 and 2019.

Result

Lipodystrophies are associated with errors in insulin therapy management, leading to difficulties in metabolic control management and, consequently, increasing the person's demand for healthcare services. It is important to prevent lipodystrophies throughout patient and family/caregiver education towards the following topics: a correct injection technique, suitable site rotation and injection site observation by the healthcare professionals, either using a structured observation and palpation method or using ultrasound, and self-inspection performed by the patient or family/caregiver in their daily life.

Conclusion

Knowing lipodystrophies are a common complication among insulin-treated patients, it is important to invest in patient and family/caregiver education towards prevention, as well as, in the training of healthcare professionals who follow diabetes patients. It was not found data regarding Portugal, thus it would be relevant the development of research studies regarding this matter.