DKA Bundle

To be used alongside the Clinical Guidelines

Weight = kg

Patient details (affix label):

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NHS
University Hospitals of Derby and Burton
NHS Foundation Trust

1. Diagnosis:

Capillary Blood Glucose (CBG) >11mmols/L **OR** known diabetes

Capillary Blood Ketones >3 or Ketonuria 2+

Venous pH <7.3 AND/ OR Venous Bicarbonate <15mmol/L

All 3 boxed ticked = DKA

2. Immediate Management (Time = 0 minutes)

Actions for doctors

- Prescribe initial IV fluids
- Prescribe 10% glucose infusion
- Request potassium monitoring
- Prescribe IV fixed rate insulin
- Prescribe background insulin

Actions for nurses

- Commence IV fluids
- Commence 10% glucose **only** if BM < 14
- Commence IV fixed rate insulin
- Ensure that S/C background insulin has been given
- Start hourly blood gluose and blood ketone monitoring
- Start hourlv fluid balance

3. Continued management (Time = 0-60 mins)

Actions for doctors

- Repeat VBG (including pH, Bicarb and potassium)
- Prescribe further IV fluids
- Identify possible cause i.e. missed insulin/ infection
- Prescribe VTE prophylaxis

Actions for nurses

- Recheck blood glucose and ketones
- Hourly observations
- Ensure VBG done and more fluids prescribed
- Refer to DSNs via Extramed/V6

4. Further management (Time = 1 hour until DKA resolved)

Actions for doctors

- Repeat VBG at 2, 4, 6, 12 and 18 hours
- Ensure treatment targets are being met
- Continue fixed rate insulin until DKA resolved

Actions for nurses

- Monitor blood glucose and ketones hourly
- Add in glucose infusion when BG <14mmol/L
- If DKA resolved but not eating switch to VRII

5. Discharge planning - DSN to review prior to discharge:

- Blood glucose monitoring
- Hypoglycaemia
- Injection technique
- Injection technique
- Ketone testing (if applicable)
- Sick day rules
- DSN contact number supplied
- Follow up arranged
- Structured education