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Observing the insulin injection week in India from 11th January-18th January, the Forum for Injection Technique (FIT) India and Association of Diabetes Educators today announced injection recommendations for elderly people living with diabetes in the city.

Dr (Prof) Hemraj Chandalia, endocrinologist, Jaslok Hospital and Research Centre, Mumbai & chairman, Association of Diabetes Educators said, "Insulin remains a critical component of treatment of Diabetes, not only type I but also in many cases of Type II. At present injection remains the only practical means to deliver insulin. It is a welcome move that a day has been dedicated to deliberate on Insulin Injection by FIT. This should have a favorable impact on the acceptance of insulin injection among both physicians and patients."

The FIT recommendations suggest that physicians should not use age as an excuse to avoid usage of insulin which can delay the treatment and result in further complications. Along with insulin initiation for elderly patients, health-care providers must ensure the involvement of responsible family members/attendants during the selection of insulin and explanation of injection technique.

According to Mr Salome Benjamin, member, Association of Diabetes Educators, "Most doctors start insulin therapy too late or patients accept it with difficulty. As per latest survey, not more than 30% of diabetic patients in the city are on insulin therapy. Almost half of the patients do not know about right injection techniques specially the importance of rotating injection sites."

Several factors, including method of administration, dosing, compliance, selection of injection site, depth of the injection, time lapse before withdrawing the needle and misconceptions about insulin therapy, influence the success of insulin injection therapy.

"About 50% of people have psychological resistance to even initiate an insulin therapy, despite it being indispensible for glycemic control to manage the disease. The recommendations by FIT India have been immensely helpful in optimizing insulin injection technique for both healthcare workers and patients and have improved the overall acceptance of insulin delivery and injections", said Dr. Chandalia.

In November 2012 Forum for Injection Techniques (FIT) and BD India had come together to launch the first Indian clinical recommendations for best practices in insulin injection techniques in India.