

INSULIN PUMP THERAPY #3: REQUIRED PREPARATION FOR STARTING ON A PUMP

Insulin pump education at BCCH is arranged, directly with one of the Insulin Pump Educators. There is a lot to learn before using an insulin pump. For insulin pump therapy to be successful, it is important to be properly prepared! **The preparation listed below must be completed by older children and all involved parents before the education session.**

- Practice label reading and calculating carbohydrates for all meals and snacks.
- Download our [Carb Counting Quiz](#) handout and work through all 18 questions. The answers are available on our [Carb Counting Quiz Answers](#) handout.
- It is also helpful to have the [Calorie King® Calorie, Fat & Carbohydrate Counter](#) app or book, both easily available online.
- Purchase [Pumping Insulin, 6th ed.](#) by John Walsh. Read Chapters 1-12 **within 1 month** after you have started on your pump. Chapters 13-20 explore problem-solving and other considerations.
- Once you receive the pump, take it out of the box and practice programming directly on the pump. Everyone should be comfortable with the buttons, screens and navigation.
- View the instructional DVD (if supplied) or read the manuals that come with the pump.
- Practice basic pump programming:
 - Medtronic pumps: register for and do the Insulin Pump Online Product Training Courses at www.medtronicdiabetes.ca/mylearning
 - OmniPod system:
 - US user videos: <https://www.myomnipod.com/podder-support/videos> note the use of mg/dL blood glucose units, divide by 18 to get mmol/L)
 - Canada user's manual: <http://myomnipod.ca/content/en/learning-center/>
- Register and set your pump up for the appropriate therapy management system to upload data:
 - Medtronic pumps: register online and set up an account for [CareLink™ Personal Therapy Management Software](#)
 - OmniPod and Tandem pumps: register online for [Diasend](#) account (use "International"). You will also need a clinic ID code from your educator.
- If you have problems registering or using the pump therapy management systems, please call the Technical Support number on the back of the pump.

If the required preparation is not completed or your educator does not feel you are ready, you may be asked to come back for teaching on another day once you are ready!

THE INSULIN PUMP EDUCATION SESSION INCLUDES:

- calculation of starting pump settings: basal rate(s), insulin-to-carbohydrate ratio, insulin sensitivity factor, target blood glucose, and active-insulin time
- insulin pump programming and setup
- guidelines for increased and decreased activity, including use of temporary basal rates
- prevention and management of low blood sugars
- management of high blood sugars, illness and preventing DKA
- emergency supplies
- lifestyle issues (driving, drinking, etc.)
- travelling with the pump (including insurance)
- managing with the pump at school or day care
- infusion sets and site insertion, rotation, and care
- pump priming is demonstrated with saline and an infusion set is inserted during the education session; the pump is worn for at least 3 days of "practice"
- ordering supplies
- monitoring and follow-up
- review uploading/downloading the pump data and looking at reports
- temporary pump removal guidelines
- review of the discharge instruction sheet and instructions for the pump start day

THE INSULIN PUMP START APPOINTMENT ("GO-LIVE DAY")

The insulin pump start appointment is when you actually start using the pump with insulin. Children and teens already using a basal-bolus insulin schedule will be able to do the insulin pump start together with the pump education session. This is usually scheduled in the afternoon on selected Mondays or Tuesdays and lasts about 3 hours. Some families may need to come in for 2 separate appointments. You may be booked be with another family or in a group session.

Insulin pump starts will not be booked during times of disrupted schedules. This includes vacations, December holidays, final exams, summer camp, sports camps or tournaments, periods of parental absence, or other times of intense exercise or stress. The 2-week period following a pump start is very important and needs to be during normal routines. Appointments are booked based on Pump Educator and Diabetes Program staff and family availability. Pump education is **not** part of a regular BCCH Diabetes Clinic appointment. Appointments cannot be confirmed until a pump is ordered.

For the first few weeks, blood glucose needs to be checked 9-10 times a day, including midnight and 3 AM. You must also upload the pump data as required and be available to communicate with your Pump Educator at the agreed-upon times via phone, or e-mail for a few weeks. Following this time, it is expected that you will continue to upload the pump and be able to make adjustments as required and **prior to all clinic appointments.**

Work through [Module 7: Getting the Most out of Insulin Pump Therapy](http://learn.phsa.ca/BCCH/Insulin/module7/player.html) on the BCCH website (learn.phsa.ca/BCCH/Insulin/module7/player.html). You can refer back to this module whenever you need to!

If you have any questions about the information described in this handout, please call either Cristina (604-875-2345 x7925 or cpepe@cw.bc.ca) or Sharleen (604-875-2868 or sherrmann@cw.bc.ca).