

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

Insulin pump education is arranged at BCCH, directly with the Insulin Pump Educator. The education session takes about 3 hours. 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.**

- Read Chapters 1-13 of *Pumping Insulin, 5th ed.* by John Walsh. You will also find it very helpful to have a copy of the *Calorie King® Calorie, Fat & Carbohydrate Counter* pocket book or app. Copies of these books are available for loan-out from our [Family Resource Library](#) or can be purchased from the [BCCH Bookstore](#) or online. See our [Insulin Pump Therapy](#) handout.
- 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.
- Once you receive the pump, practice programming directly on the pump, so that everyone is comfortable with the buttons, screens and navigation.
- View the instructional DVD (if supplied) and read the manuals that come with the pump.
- Practice basic pump programming:
 - Medtronic pumps: register for and do the VEO Insulin Pump Online Product Training Courses at www.medtronicdiabetes.ca/mylearning
 - Animas pumps: work through workbook and DVD provided at www.animas.com/training-materials and practice with the virtual pumps online:
 - Ping: www.animas.com/training-and-education/training-materials/onetouch-demonstration-videos
 - Vibe: www.animas.com/training-and-education/training-materials/animas-vibe-demonstration-videos
 - OmniPod system: work through the interactive training program at www.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 for [CareLink™ Personal Therapy Management Software](#) and set up an account
 - Animas and OmniPod pumps: register online for [Diasend](#) account (use "International"). You will also need to get a clinic ID code from your educator.
- If you are having problems registering, or using the pump therapy management systems, please call the company's Technical Support (the toll-free number on the back of the pump).

If you have not completed the required preparation, 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
- 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 reading 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. This is usually scheduled at 8:30 AM early in the week and lasts about 1½ hours. It is best to have at least one week between insulin pump education and the start day. Children and teens already doing well with a basal-bolus regimen may be able to do the insulin pump start together with the pump education session.

The 2-week period following a pump start is very important and needs to be during normal routines. 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. Appointments are booked based on Pump Educator and Diabetes Program staff and family availability. Pump education is **not** part of regular BCCH Diabetes Clinic appointments. Appointments cannot be confirmed until you have ordered a pump and know when it will arrive.

For at least the first 2 weeks, blood glucose needs to be checked 9-10 times a day, including midnight and 3 AM. You must upload/download the pump 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 to a month. Following this time, it is expected that you will continue to upload/download the pump and make adjustments when required. 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).