

INSULIN PUMP READINESS ASSESSMENT

These are a few questions to help guide your preparation and make the transition to insulin pump therapy successful. Please share with your diabetes team in clinic or email into dcnurse@cw.bc.ca

Your name: _____ Your child's name: _____

1. How often do you review your blood glucose (BG) and make dose adjustments based on the readings?

2. Your blood glucose is in target before meals but above target 2-3 hours later. What do you adjust?

3. Your blood glucose has been above target for the past 3 mornings when you wake up. Please list at least 2 reasons about what would cause this.

4. Who gives the insulin in your house? Which injection sites are used?

5. Pump users are expected to be actively participating in self-management. On a scale of 1-10, where would you rate your confidence with the following? (1 = not at all confident; 10 = very confident)

Checking BG 4-6 times/day _____	Giving insulin before eating _____
Managing illness _____	Checking for ketones _____
Changing carbohydrate ratio _____	Changing correction factor _____
Adjusting basal insulin _____	Reviewing BG data regularly _____

6. What do you use to treat a blood glucose that is below target (low)?

7. List 4 reasons/causes of a blood glucose above target (high)?

8. What 4 extra things do you do during illness?

9. Glucose levels may rise very quickly when using an insulin pump. Explain why the risk of diabetic ketoacidosis (DKA) is higher when using an insulin pump.

10. When using an insulin pump, list 6 possible things to do to manage high BG and prevent DKA?

11. Wearing an insulin pump means having an emergency kit with you all the time. List at least 4 things that should be in the emergency kit.

12. What would you do if the infusion set comes out and you don't have an emergency kit with you?

13. If you are wearing an insulin pump will you need to bolus for all carbohydrate containing meals and snacks?

- Yes
- No
- I'm not sure

14. What is an insulin pump? (Choose all that apply)

- An alternate way to deliver insulin instead of through a syringe or pen
- A device that delivers both rapid- and long-acting insulins
- A device that will check your blood sugar and deliver insulin automatically
- A device that delivers insulin continuously through a small catheter that you program and manage
- A device that delivers rapid-acting insulin only

15. Basal insulin is: (Choose all that apply)

- Delivered with meals
- Delivered 24 hours a day
- Background insulin

16. Bolus insulin is: (Choose all that apply)

- Automatically delivered by the pump
- Delivered 24 hours a day
- Given with carbohydrates
- Given to correct high blood glucose levels

17. Using an insulin pump means you don't have to check your blood sugar or take any more injections!

- True
- False

18. The insulin pump will automatically deliver a bolus when needed without the user knowing or entering any information.

- True
- False

19. We want to learn a bit more about why you are interested in going on an insulin pump. Describe the goals you are hoping for once starting on an insulin pump?

20. Has there been any significant change to your social situation, physical or psychological health that would impact your ability to use an insulin pump safely?

- True
- False

21. Starting an insulin pump takes a lot of time and work, and it can be very frustrating at times. How much time do you think is reasonable for things to settle in? Why?
