

**Better Glucose Control is Possible!**

**Informed Decision Making:  
Insulin Pumps  
and  
Continuous Glucose Monitoring**

A workbook  
Things to Consider When Looking at Your  
Diabetes Profile

**Staying focused on what really matters:**

Please list your reasons for wanting to go on a pump at this time:

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Please list the challenges you face that prevent you from achieving better glucose control:

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**Total Daily Insulin Dose:** This includes the total of both your Long Acting and Rapid insulin on an average day.

**What is your Total Daily Dose?** It is very important to consider this when deciding what size insulin reservoir you will need. If you use approximately 50 u/day or more, should consider selecting a pump that has a 3ml reservoir.

**Reason:** Having to change your insulin reservoir more often, because a smaller reservoir cannot accommodate three days worth of insulin, can significantly increase the cost of your supplies and the time spent changing your infusion sites. You may need to add a 'buffer' of about 20-30u when filling your reservoir.

**What is your Total Daily Dose?** \_\_\_\_\_

**Things to consider:**

Will your insulin needs change in the next 5 years? Yes or No

Are you planning on becoming pregnant? Yes or No

Will you be going through puberty? Yes or No

**Basal Insulin:** Basal insulin replaces your long-acting insulin. It provides a continuous infusion of insulin to cover your body's needs without food.

**What is the smallest basal rate that the pump can deliver? What is the largest? Does this meet your insulin needs? How does the pump deliver basal insulin?**

**Reason:** Children and adults on small doses of insulin will have basal and bolus doses that are very tiny. You should consider, and be certain that, the pump can deliver such doses accurately and safely.

**Things to Consider:**

If you are on smaller doses of insulin consider a pump that can deliver a basal rate of 0.025u/hr.

**What will your basal rate be?** \_\_\_\_\_

**Bolus Insulin:** Bolus insulin is your mealtime insulin given to cover carbohydrates you have eaten.

**What is the smallest or most precise bolus dose the pump can deliver? What is the largest? What increments can you adjust your insulin to carb ratio by?**

**Reason:** If you are taking larger insulin doses, you should ensure that your pump can deliver the full amount of your bolus in one dose. This eliminates user error in forgetting to give the second portion of the dose. On smaller doses, having the ability to deliver very small/precise bolus increments such as 0.025 units will help you to avoid the potential of post-meal lows.

**Things to consider:**

What is your insulin to carb ratio? \_\_\_\_\_

What is the largest amount of insulin you have taken for a meal? \_\_\_\_\_

Do you have lows after your meals? \_\_\_\_\_

**Ease of Use:** Life is busy and your pump should be as easy to use as possible.

**Reality of use. How easy is it to operate the pump? How many button pushes does it take to deliver a bolus?**

**Reason:** All pumps operate a little bit differently. This impacts the ease of using the pump to manage your diabetes on a day to day basis.

**Things to consider:**

Set up a time when you can view the pump 'hands-on' to do the everyday things you will need to do with the pump (deliver a bolus, change the infusion set, change the battery).

Is there an Escape button that allows you to 'go back' in the case that you make an error?

How well can you read the screen?

## Integrated Blood Glucose Meters, PDAs, and Remotes:

**How many meters/remotes are provided with your pump? What happens if a meter/remotes is broken or lost? Ask the exact cost of getting the meter/remote replaced.**

**Reason:** Think about your keys or your cell phone and how easy it is to misplace them. At a minimum, you will want to make sure that should you lose any of these items, you are still able to manage your pump on the pump itself.

### Things to consider:

Can your meter be paired with or “talk” to your pump? Yes or No

If you do forget one of these devices can you still deliver insulin on the pump itself? Yes or No

## Waterproof and Warranty:

**Waterproof:** What does “waterproof” actually mean? What are the guidelines for swimming with the pump? What happens if the pump is lost in the lake/river/ocean? Consider checking the “fine print” with regards to waterproof and warranty. What actually happens in the case of water damage?

**Reason:** Ideally the company covers **any** water damage whatsoever and will replace your pump in the event of water damage. Simply claiming waterproof does not always mean the company will replace your pump.

### Things to consider:

Why would waterproof be important to you? \_\_\_\_\_

Would you swim or shower with a pump on? \_\_\_\_\_

What are your concerns about water? \_\_\_\_\_

**Continuous Glucose Monitoring:** The ability to monitor your glucose levels 24 hrs a day with an updated level shown on your screen every five minutes.

**Is there built-in/integrated Continuous Glucose Monitoring capability?  
Would you prefer to have a separate device?**

**If you are not interested in CGM currently, can you see yourself needing/using it over the next 5 years, or wanting to have access to it?**

**Things to consider:**

What are the additional costs? \_\_\_\_\_

Is the transmitter rechargeable or does it require replacing on a regular basis? \_\_\_\_\_

What is the cost of replacement? \_\_\_\_\_

What do the sensors cost? \_\_\_\_\_

Who is it approved for? \_\_\_\_\_

Do any medications interfere with your results? \_\_\_\_\_

**SmartGuard: SmartGuard suspend on low** is a safety feature which could benefit all patients. If the feature is turned on, it automatically alarms and halts insulin infusion when glucose levels reach a pre-determined threshold.

**As regards Continuous Glucose Monitoring, what are the features that are available to you?**

**Reason:** The two systems available in Canada have different alert types to choose from. If you have lows you do not feel or overnight lows, SmartGuard is a feature that can protect you in the event that you don't wake up or feel a low glucose level.

**Things to consider:**

Do you want a sensor that can predict a low or high? \_\_\_\_\_

Do you want a sensor that can let you know when you are rising or falling quickly? \_\_\_\_\_

Do you want a sensor that can act on your behalf if you are unable to respond? \_\_\_\_\_

**Warranty:** Details what is covered on the system, in what circumstances, and for how long.

**Reason:** : It is important to know that with a medical device, you will never be left without a pump. Check into what if any obligations come with your using a replacement pump.

**Things to consider:**

What is the warranty on the pump?

What 'up-keep' is involved, if any, in the maintenance of the warranty?

If your pump malfunctions, what are the promises that relate to pump replacement?

What are the programs that are in place to cover you in between the time that the manufacturer's warranty is over and IPT renewal. (Ask about Continuation of Therapy pump service)

## Customer Care Programs and Travel Coverage:

Life is meant to be lived .

**Is there a Travel Loaner program? If you are travelling, do you have the option of ordering an extra pump to bring with you on your vacation? Is there a cost to this program?**

**Reason:** Customer service is key when pumping. When you travel, you want peace of mind that nothing will go wrong with your diabetes care. Travel loaners are pumps that the company will loan you, so that if your pump malfunctions on your vacation, you have a spare, so that your vacation is not ruined!

**Things to consider:**

What additional customer care programs exist?

**Data Management Software:** Diabetes management software is like the final piece of the jigsaw puzzle, giving you a full and clear picture of how your glucose levels are behaving.

**Things to consider:**

Will you have access to self-management software?

Is the software web based or PC based?

Do you have the option to be remotely monitored through the software by your health care team?

How does data transfer from the pump occur?

Are the reports easy to use?

**Infusion Sets & Disposables:** In Alberta, the Insulin Pump Therapy program provided by the government includes insulin pump supplies.

**Things to consider:**

What are the out of pocket cost associated with the disposable supplies for your pump?

Ask your health care provider what criteria you must meet to requalify for this program every year.

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My Diabetes Profile	
<p>The reason(s) I want to go on a pump :</p> <p>The main thing(s )preventing me from having better blood glucose control are:</p> <p>i.e. Fear of low blood sugars or I have nocturnal hypoglycemia</p> <p>I no longer feel my lows and am afraid to be more aggressive</p> <p>I am insulin sensitive and have highs 2 hrs after all of my meals</p> <p>I have gastroparesis</p>	
NEEDS	WANTS

## For more support:

Please reach out to your Health Care Team at:

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