



Diabetes Community Center

Pump Evaluation

An Insulin Pump can be a very useful tool to help you achieve tight blood glucose control while maintaining a flexible lifestyle and increasing your quality of life. However, extra time and effort are required to begin insulin pump therapy and to achieve successful outcomes with pump therapy.

Although insulin pump therapy is used by many people, it is not indicated for everyone. You must have adequate vision or hearing to recognize various pump alarms and alerts. Too much stress or fear of a new device can also be barriers to therapy initiation.

We at the Diabetes Care Center want you to have a positive experience with insulin pumping and have listed the guidelines we believe are necessary to achieve successful outcomes. We look forward to working with you when you feel the time is right to begin your insulin pump adventure!

You must be able and willing to do the following during your training:

- ✓ Complete the Pre-Pump Group Class: Completed on _____
- ✓ Demonstrate adequate carb-counting skills Carb Skills Score: _____
- ✓ Test Blood Glucose levels at least 4-6 times per day
- ✓ Complete all homework given by the CPT prior to your appointments (this may include workbook assignments, User Guide review and CD-ROM review, etc)
- ✓ Bring in food and blood glucose records to every appointment
- ✓ Attend all (3) pump training sessions (see back for details)
- ✓ Follow DKA, hyperglycemia and hypoglycemia protocols

I have read and agree to the Diabetes Care Center's requirements to start on insulin pump therapy.

Signature _____ Date _____

Recommended reading: Smart Pumping by Wolpert, Pumping Insulin by Walsh



Pump Flowsheet

Your insulin pump training will consist of three (3) separate sessions. Family members and/or friends are welcome to attend any of these sessions with you. In fact, we encourage group participation and interaction.

❖ Session 1:

Prior to the first session you should have already watched the CD-ROM or DVD that came with your pump or review the *small* ☺ User Guide or workbook. Try not to get intimidated by all the info! For Medtronic pumps, please complete the www.pumpschoolonline.com tutorial and bring in the certificate of completion.

Length of time: Approximately 1 ½ hours

What to expect: You will **not** be put on your pump during this session. This is an introductory session to your pump. You will practice button pushing and will learn more about the basics of pump therapy. We will determine the amount of insulin that you will start on with your pump, and your pump settings. We will also fax orders to your PCP that must be signed before your next session.

What to bring:

- ✓ Your **pump** in its box along with User Guides
- ✓ 4-day food and BG log
- ✓ 1 box of **cartridges** and 1 box of **infusion sets**
- ✓ Your **meter** and test strips and your **last A1c** result

❖ Session 2:

Night before pump start: Take _____ Units of Lantus, Levimir, or NPH at _____ PM
Use your rapid-acting insulin (Apidra, Humalog, Novolog) for your meal bolus and for corrections.

Morning of pump start: DO NOT take any Lantus, Levimir, or NPH. Use Apidra, Humalog, or Novolog to dose for breakfast and for any corrections.

Length of Time: Approximately 2 hours

What to expect: You will start on your pump today! We will input your pump settings, have you insert your first infusion set, and we will practice together how to use your carb-counter (Bolus Wizard, EZCarb, etc) for boluses.

What to bring:

- ✓ Your **pump** in its box along with User Guides
- ✓ 5-7 day food and BG log
- ✓ 1 box of **cartridges** and 1 box of **infusion sets**
- ✓ Your **meter** and test strips
- ✓ Your **rapid-acting insulin** (Apidra, Humalog, or Novolog) in vials if possible

❖ Session 3:

This is your final session with us that is covered by your pump company. If you are a Medtronic pumper and have a computer, please pre-register your pump at www.carelink.minimed.com prior to session 3.

Length of time: Approximately 1 ½ hours

What to expect: We will review your food and BG logs, upload your pump (if applicable) and adjust your current settings if needed. We will also teach you some advanced features of your pump. You will leave with forms that show you how to self basal, I:C ratio, and insulin sensitivity test. We will send your PCP your completion paperwork.

What to bring:

- ✓ Your **7-14** day food and BG log
- ✓ Your **meter** and test strips
- ✓ Site change supplies (optional)

The Diabetes Care Center offers a free class once a month that covers fine-tuning your pump. We recommend this class approximately 3 months after your initiation. We also offer a Pump Package for 3 months of continuous care. Please contact us for more information at 719-473-7808. Enjoy!