

INFORMATION RE: INSULIN PUMP EDUCATION

Insulin is given by injection or infusion by an insulin pump. Unlike injections there is only one type of insulin used in the pump which is short acting. It is delivered slowly over 24hrs at a basal rate and when eating carbohydrates a bolus is given. Changing over from injections to a pump requires a lot of work and patience. Pump education is divided into 2 initial education sessions, a pump start session and a follow-up session. All sessions are between 2-3hrs long and both parents/guardians are required to attend all sessions. The Diabetes team has a competency checklist which requires you to be signed off by your diabetes nurse on all aspects of pump training. ***Pump training is for parents/guardians – adolescents will be trained alongside their parents/guardians. ***

Before your training begins you will be contacted by one of the Diabetes nurses and you will be advised on dates and times for training. We will do our best to accommodate sessions to suit school and work demands. If dates have been given and you need to reschedule please give plenty of notice as the pump programme is very busy.

Session 1 - Basic button pushing

At the start of your pump training the basics of the pump will be explained to you. It is important that you become familiar with all the buttons/menus on your pump.

The 3 main terms: *Basal*, *Bolus*, *Suspend* will be explained in detail to you then:

- How to set a basal rate, change a basal rate, add and delete a basal rate.
- How to set a temporary basal rate and cancel a temporary basal.
- Giving a bolus – different ways to give a simple bolus.
- How to cancel a bolus.
- How to suspend the pump and resume it.

You will have an opportunity to “play” with the pump during this session and will bring it home to continue practicing for the next education session.

Your homework on the first night:

- Set 3 basal rates.
- Set temporary basal both increase and reduction %.
- Suspend and resume the pump.
- Give bolus for CHO intake.

You will see the Dietitian on either this session or the next session, so you will be asked to bring a current food diary with you.

Session 2 - Review of button pushing, calculations and infusion setup

In session 2, you will be asked to demonstrate what was covered in session 1. The insulin calculations are made for your child's pump based on the current injection total daily dose (TDD) of insulin. The basal rate, insulin to carbohydrate ratio and insulin sensitivity factor (ISF) are calculated and will be set in your child's pump on the pump start morning. These are only a starting point and may change.

How to change the infusion set will be demonstrated and you will be given an opportunity to practice under supervision. You will then set the pump up with saline and the pump will be attached to your child. It is important to prepare your child for putting the pump on as this will prevent upset and anxiety.

At this session, you will be given your prescription for pump supplies and it is important to get supplies as soon as possible.

Your child will leave with saline in the pump in order for you to practice changing the infusion set, changing basal rates, using temp basals, using suspend/resume feature and bolusing for food intake.

It is important to use this time of practice well as you will need to be fully competent for your child's start day.

Session 3 - Pump start day

You and your child will be asked to attend at 08.30hrs on the morning of the pump start. Your child will not take his/her injection that morning or any food.

The parent/guardian will be asked to change the infusion using insulin, set the basal rate into pump as calculated in session 2. You and your child will go for breakfast and bolus for food and return for more education.

The troubleshooting guidelines will be discussed with you and the competency checklist reviewed.

When your child leaves on pump start morning, you will be in contact twice daily with your diabetes nurse.

Session 4 - Follow-up and advanced feature setup

After a few weeks on the pump using the basic functions you will be asked to come back for a follow-up appointment. Your child's basals, CHO ratios and ISF will be reviewed. At this stage, the advanced features on your child's pump will be set up. These features will be explained in detail to you.

REMEMBER A PUMP WILL NOT TAKE AWAY YOUR CHILD'S DIABETES AND DOES NOT MEAN HE / SHE CAN EAT WHAT THEY LIKE!

If you have any questions about your pump education, please contact the diabetes nurses on:

01 409 6399 or 01 428 2819

Disclaimer & Copyright ©2015 Our Lady's Children's Hospital Crumlin, Dublin 12. All rights reserved. No part of this publication may be reproduced, stored in a retrieval system or transmitted in any form or by any means without the prior written permission of the copyright holder. Every effort has been made to ensure that the information provided is accurate and in accord with standards accepted at the time of printing.