Pediatric/Adolescent Activity CHALLENGE - CURRENT PUMPER

Please complete the following questions, review your answers with your diabetes health care team. Obtain a copy of the answer sheet.

1. When on an insulin pump, some activities/exercises can cause the blood glucose to drop. To avoid hypoglycemia, a pumper could:
   - Use a temp basal to reduce the basal rate for 90 minutes before and 90 minutes after planned exercise
   - Reduce the bolus for a meal taken 1 to 2 hours before the activity
   - Eat extra carbs
   - All of the above

2. After supper, Kailey’s friend invites her to play a pick-up game of basketball (unplanned). How much carb should Kailey use for an hour of basketball?
   - 15 g carb if her blood glucose is under 10 mmol/L at the start and half-way through game
   - No carb, she just needs to disconnect her pump while playing
   - Check her blood glucose half way through the game to see if carb is needed
   - Choices 1 and 3

3. At bedtime, Kailey’s blood glucose was 8.5 mmol/L. She had her usual snack and went to bed. At midnight, her parents checked her blood glucose; and she was 3.8. What would you recommend to prevent lows after activity?
   - Stay away from basketball
   - Temp basal of -30% for 4 hours
   - Check blood glucose through the night (11 p.m. and 3 a.m.)
   - Choices 2 and 3

4. Jacob plans to go for a run after supper. He’s new to running and is not sure what insulin or carb adjustments he should make to prevent low blood glucose. What would you suggest?
   - Double his carb portions at supper
   - Decrease his basal by 95% during the time he is running
   - Reduce supper bolus by 30 to 50%
   - None of the above

5. Connor disconnects his pump when he plays soccer two afternoons a week. After looking at his pump download, he notices his blood glucose tends to be high for hours after soccer, even if his blood glucose was in target before playing. What could he do to prevent these high readings?
   - Keep his pump on while playing
   - Give a bolus before disconnecting to make up for the missed basal
   - Give a larger bolus at lunch
   - Choice 1 or 2

(see other side)
6. Once a week Abby has a 6 a.m. hockey practice. She doesn’t feel like eating a big breakfast before going on the ice. What would be the best option?
   - Eat 60 g carb, no bolus
   - Drink 20 to 30 g carb smoothie or shake, reduced bolus
   - Disconnect the pump
   - Use a lower temp basal rate 60 to 90 minutes before the practice starts
   - Choice 2 or 4

7. Alex has a 90-minute swim practice every Saturday at 11 a.m. He likes to have a large breakfast 3 hours before the practice. He disconnects his pump but still tends to go low before practice is over. Which of the following should he do?
   - Decrease breakfast bolus
   - Decrease his basal rate 90 minutes before practice
   - Check blood glucose half way through practice; have fast-acting carb if blood glucose is under 7.0 mmol/L
   - Choices 2 and 3

8. Taylor’s family plans to spend the day at the beach. According to her Mom, Taylor will be swimming or playing in the sand the entire time. What would be the best advice?
   - Disconnect when they arrive at the beach and don’t re-connect until it’s time to leave
   - Disconnect, check blood glucose every 1 to 2 hours, and reconnect to bolus for food and missed basal
   - Check blood glucose every 4 hours and reconnect to bolus for food and missed basal
   - Keep pump on and run a higher temp basal