

Adult 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:
 - A) Use a temp basal to reduce the basal rate for 90 minutes before and 90 minutes after planned exercise
 - B) Reduce the bolus for a meal taken 1 to 2 hours before the activity
 - C) Eat extra carbs
 - D) All of the above

2. After supper, Kailey is invited to the gym to work out with a friend (unplanned). How much carb should Kailey use for an hour of cardio at the gym?
 - A) 15 g carb if her blood glucose is under 10 mmol/L at the start and half-way through workout
 - B) No carb, she just needs to disconnect her pump while working out
 - C) Check her blood glucose half way through her workout to see if carb is needed
 - D) A and C

3. At bedtime, Kailey's blood glucose was 8.5. She had a snack and went to bed. At midnight, she checked her blood glucose; and it was 3.5. What would you recommend to prevent lows after activity?
 - A) Stay away from the gym
 - B) Temp basal of -30% for 4 hours
 - C) Check blood glucose through the night (11pm and 3 am)
 - D) B and C

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?
 - A) Double his carb portions at supper
 - B) Decrease his basal by 95% during the time he is running
 - C) Reduce supper bolus by 30 to 50%
 - D) None of the above

(see other side)

5. Connor disconnects his pump when he plays hockey two nights a week. After looking at his pump download, he notices his blood glucose tends to be high for hours after hockey, even if his blood glucose was in target before playing. What could he do to prevent these high readings?
- A) Keep his pump on while playing
 - B) Give a bolus before disconnecting to make up for the missed basal
 - C) Give a larger bolus at lunch
 - D) A or B
6. Twice a week Abby has a 6 a.m. Boot Camp. She doesn't feel like eating a big breakfast before heading out the door. What would be the best option?
- A) Eat 60 g carb, no bolus
 - B) Drink 20 to 30 g carb smoothie or shake, reduce bolus
 - C) Disconnect the pump
 - D) Use a lower temp basal rate 60 to 90 minutes before the practice starts
 - E) B or D
7. Alex has a 90-minute hike every Saturday at 11 a.m. with his family. He likes to have a large breakfast 3 hours before the hike. He disconnects his pump but still tends to go low before the hike is over. Which of the following should he do?
- A) Decrease breakfast bolus
 - B) Decrease his basal rate 90 minutes before hike
 - C) Check blood glucose half way through hike; have fast-acting carb if blood glucose is under 7 mmol/L
 - D) B and C
8. Taylor plans to spend the day at the beach. According to Taylor she will be swimming and lying in the sand for the entire time. What would be the best advice?
- A) Disconnect when they arrive at the beach and don't re-connect until it's time to leave
 - B) Disconnect, check blood glucose every 1 to 2 hours, and reconnect to bolus for food and missed basal
 - C) Check blood glucose every 4 hours and reconnect to bolus for food and missed basal
 - D) Keep pump on and run a higher temp basal