

Pediatric/Adolescent Sick Day CHALLENGE - PREPUMPER

To help us assess your understanding of how to manage your diabetes when ill, please complete the following questions. Review your answers with the diabetes health care team and obtain a copy of the answer sheet.



1. **When you are feeling unwell it is important to:**
 - A) Check your blood glucose often, check for ketones, and drink plenty of fluids. Contact your diabetes health care team if you have any concerns.
 - B) Not worry about your blood glucose – just rest and get better.
 - C) Drink only fruit juice.

2. **Alyssa has been very ill and has vomited 3 times in the last hour. She cannot eat or keep any fluids down. What should she do?**
 - A) Skip her insulin because she is not eating, test her glucose often, and go to the local Emergency Room.
 - B) Stop checking her blood glucose because she is not eating or drinking.
 - C) She should test her blood glucose often, test for the presence of ketones, and contact her diabetes health care team or go to her local Emergency Room.

3. **Ben feels sick to his stomach and can only handle small amounts of liquid. What would be good suggestions for what he should drink every hour?**
 - A) ½ to 1 cup (125 ml-250 ml) of regular pop or regular juice.
 - B) 2 cup (500 ml) of Gatorade or 5 cups (1250 ml) of Pedialyte.
 - C) 1 cup (250 ml) of Crystal Light or sugar-free Kool-Aid.

4. **Ben is still feeling unwell but is now able to eat small amounts. He is not quite ready for his regular meal plan. What would you suggest to Ben?**
 - A) Eat 15 grams of carbohydrate every 1 to 2 hours.
 - B) Eat 30 grams of carbohydrate every 4 hours.
 - C) Eat 40 grams of carbohydrate every 1 to 2 hours.

5. **Nikki is vomiting and refusing to eat her lunch or drink anything. Her parents are worried and do not know what to do. Her blood glucose is all over the place. They just tested her blood glucose and it is now 8. They should:**
 - A) Call their local diabetes healthcare team for advice.
 - B) Do nothing now, have Nikki rest, and recheck her blood glucose at suppertime.
 - C) Monitor her closely for any signs of low blood glucose. Offer 10-15 grams of carbohydrate every hour. Re-test blood glucose in one hour.

6. **Brayden just tested his blood glucose and it is 18 and he has moderate to large ketones. His blood ketone meter is reading 2.3 mmol/L (moderate). His total daily dose of insulin is 50 units. How much extra insulin should Brayden take?**
 - A) He should not take any extra insulin and test in 1 hour.
 - B) Brayden should give an extra 5 units of his rapid-acting insulin.
 - C) Brayden should give an extra 2 units of his rapid-acting insulin.

(see other side)

- 7a. It is suppertime, and Amy is sick and not eating; but she is drinking. Amy's blood glucose is 16 and blood ketones 1.2 mmol/L (small). Amy's parents/caregivers should:**
- A) Give the usual insulin dose as per the algorithm.
 - B) Give less insulin than usual because she is not eating.
 - C) Give extra insulin because of ketones.
- 7b. Three (3) hours later (at bedtime), Amy's blood glucose is still 16 and blood ketones 1.2 mmol/L (small). She is not vomiting and still drinking but not eating. Amy's parents/caregivers should:**
- A) Reduce Amy's evening long-acting insulin dose because she didn't eat.
 - B) Give Amy her usual evening insulin dose, and add some rapid-acting insulin to reduce the high blood glucose and ketones.
 - C) Give Amy extra long-acting insulin and check in 4 hours.
 - D) Reduce Amy's evening long-acting insulin dose because she didn't eat, but give extra rapid-acting insulin now to deal with the high blood glucose and ketones.