

## Pediatric/Adolescent Sick Day CHALLENGE – CURRENT PUMPER



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) Disconnect her pump 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 cups (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 a meal. 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. **Brayden tested his blood glucose before bed and it was 18 mmol/L. His blood ketone meter is reading 2.3 mmol/L (moderate). His pump has calculated a correction bolus of 5 units. Brayden should?**
  - A) Not take any extra insulin, and test in 1 hour.
  - B) Give 1.5 times the calculated correction bolus by pump and then change the site.
  - C) Give the calculated correction bolus so he doesn't overdo it before bed.
  - D) Give 1.5 times the calculated correction bolus by pen/syringe and then change the site.

(see other side)

6. **Emma has been feeling unwell with flu-like symptoms. She checks and blood ketones are 3.0 mmol/L (moderate) and blood glucose is 16.0 mmol/L. What should Emma do to correct this?**
- A) Give the calculated correction bolus with her pump right away and then change her site.
  - B) Bolus 1.5 times the amount of insulin suggested by her pump and then change her site.
  - C) Take 1.5 times the amount of insulin suggested by her pump with a syringe/pen, and change her site.
7. **Matt's blood glucose has been lower than usual all morning. He woke up feeling queasy and has had little to eat and drink. Currently his blood glucose is 4.8 mmol/L. What would you suggest?**
- A. Use a temporary basal of +20%
  - B. Drink extra water in case there are ketones
  - C. Run a temporary basal of -5% for 4 hours
  - D. Run a temporary basal of -30% for 4 hours