

Pediatric/Adolescent Insulin Dose Adjustment CHALLENGE – CURRENT PUMPER

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

1. **What pump safety feature should you use to increase your basal insulin delivery rate for events such as sick days, or decrease for events such as exercise?**
 - A) Maximum Bolus
 - B) Temporary Basal Rate
 - C) Correction Factor
 - D) Maximum Basal Rate

2. **A person is NOT considered safe on an insulin pump unless they:**
 - A) Test their blood glucose at least 4 to 6 times a day
 - B) Have a willingness to count the carbohydrates they consume at each meal
 - C) Use an insulin pump bolus calculation method to determine the meal insulin requirements based on the carbohydrates consumed and the present blood glucose level
 - D) All of the above

3. **John always has a low blood glucose before supper (around 5:00 p.m.) if he does not have an afternoon snack. John should adjust his:**
 - A) Afternoon basal rate
 - B) Breakfast bolus
 - C) Morning basal rate
 - D) None of the above

4. **The Insulin Sensitivity Factor (ISF) will calculate:**
 - A) How many carbohydrates in your food
 - B) How much insulin is required to correct a high blood glucose
 - C) The number of points one unit of rapid insulin will lower a persons' blood glucose over 2 to 4 hours
 - D) Both B and C

5. **You have an insulin-to-carb ratio of 1:12. You are good at carb counting and notice you are always high 2 to 3 hours after meals. What should you do?**
 - A) Change your insulin-to-carb ratio to 1:10
 - B) Change insulin-to-carb ratio to 1:15
 - C) Increase the insulin sensitivity factor by 10 to 20%
 - D) Decrease the insulin sensitivity factor by 10 to 20%

(see other side)

6. **Sarah woke up this morning with a blood glucose of 25 mmol/L with no ketones. What should she do?**
- A) Check for signs of insulin delivery problems - ensure pump site is secure. Check the tubing for kinks & bubbles and ensure there is insulin in the pump. Check the battery life and that the screen looks "normal."
 - B) Give correction bolus using the insulin pump bolus calculator and retest blood glucose and ketones after 2 hours to make sure the blood glucose has decreased at least 3 points and no ketones are present.
 - C) Skip breakfast and check blood sugar at lunch.
 - D) Both A and B.
7. **Jon felt dizzy and weak today while writing an exam. When he checked his blood glucose, it was 2.3 mmol/L. What should he do?**
- A) Eat 15 grams of carbohydrates followed by a snack, and continue to finish his exam.
 - B) Stop the exam, and leave examination room.
 - C) Treat the low with 15 grams of carbohydrates, and check blood glucose in 15 minutes to see if it is within range. Let the teacher know what is happening. Always check blood glucose again in case of a rebound low; especially, when driving.
 - D) Do nothing because the pump will correct the low itself.
8. **You should download your pump data on a regular basis because:**
- A) You can look for blood glucose patterns, and adjust your pump settings to achieve healthier blood glucose values.
 - B) If your pump fails, you can retrieve your most recent pump settings for your new pump or injections.
 - C) You can share the download with your diabetes team between visits to keep on top of your changing insulin needs.
 - D) All of the above.