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ENDOCRINOLOGY & DIABETES UNIT
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INSULIN PUMP READINESS ASSESSMENT

My child's name: _____

ASSESSMENT:

1) At present, how often do you review your blood sugar data (fingersticks or CGM)?

- ☐ a) Only with my endocrinologist
- ☐ b) At least once a week
- ☐ c) At least every 2 weeks
- ☐ d) At least once a month
- ☐ e) At least once every 3 months

2) At present, how often do you make dose adjustments based on your blood sugar data (fingersticks or CGM)?

- ☐ a) Only with my endocrinologist
- ☐ b) At least once a week
- ☐ c) At least every 2 weeks
- ☐ d) At least once a month
- ☐ e) At least once every 3 months

3) If you are wearing an insulin pump, you will need to bolus for all carbohydrate containing meals and snacks?

- ☐ a) Yes
- ☐ b) No
- ☐ c) Sometimes
- ☐ d) Unsure

See also our *BCCH Insulin Pump Program Workshop Video*

KNOWLEDGE:

4) What is true about basal insulin on an insulin pump? *Select all that apply.*

- ☐ a) Delivered with meals
- ☐ b) Delivered 24 hours a day
- ☐ c) Background insulin
- ☐ d) Long acting insulin (e.g. Basaglar, Levemir, Lantus)
- ☐ e) Can be temporarily increased or decreased for short periods of time

5) What is true about bolus insulin on an insulin pump? *Select all that apply.*

- ☐ a) Given with carbohydrates
- ☐ b) Given to correct high blood sugar levels
- ☐ c) Delivered 24 hours a day
- ☐ d) Can be automatically delivered by the pump

6) **When using multiple daily injections or wearing an insulin pump, it is recommended to rotate insulin administration sites frequently to prevent scar tissue that can affect insulin absorption. Which of the following would be the best sites to use? *Select all that apply.***

- ☐ a) Arms only
- ☐ b) Abdomen + arms
- ☐ c) Upper buttocks only
- ☐ d) Upper buttocks + thighs

INSULIN DOSE ADJUSTMENTS:

7) **Your child's blood sugar is in target before dinner, but above target 2–3 hours after. What can you adjust on an insulin pump? *Select the best answer.***

- ☐ a) Increase basal rate before dinner
- ☐ b) Strengthen insulin to carbohydrate ratio before dinner (e.g. 1U for 10g to 1U for 8g)
- ☐ c) Weaken insulin to carbohydrate ratio before dinner (e.g. 1U for 10g to 1U for 12g)
- ☐ d) Change the active insulin time from 4 hours to 3 hours

8) **Your child's blood sugar has been above target for the past 3 mornings when they wake up. What can you adjust on an insulin pump? *Select the best answer.***

- ☐ a) Strengthen insulin to carbohydrate ratio before dinner (e.g. 1U for 10g to 1U for 8g)
- ☐ b) Strengthen insulin to carbohydrate ratio before breakfast (e.g. 1U for 10g to 1U for 8g)
- ☐ c) Increase basal rates overnight
- ☐ d) Change the active insulin time from 4 hours to 3 hours

HIGH BG AND KETONES:

9) **What would you do if your blood sugars are running above target for longer than 3 hours with large ketones? *Select all that apply.***

- ☐ a) Check blood sugars more frequently
- ☐ b) Check for ketones periodically
- ☐ c) Consider administering insulin via injection if suspicious that pump infusion site is not working
- ☐ d) Call the on-call service team
- ☐ e) Refer to the 5–10–15–20 rule within the sick day management handout

10) **Blood sugars may rise very quickly when using an insulin pump. Why is the risk of diabetic ketoacidosis (DKA) higher when using an insulin pump? Select all that apply.**

- ☐ a) Pump only delivers short-acting insulin
- ☐ b) Pump tubing may get kinked
- ☐ c) Pump site may not be inserted properly
- ☐ d) Pump does not have any sufficient battery power

11) **Pump users are expected to be actively participating in self-management. On a scale of 1–5, where would you rate your confidence with the following? (1=not at all confident, 5=very confident)**

- a) Managing illness
- b) Adjusting carbohydrate ratio
- c) Adjusting correction factor
- d) Adjusting basal rate