

INSULIN PUMP PROGRAM

DIABETES CENTRE CALGARY (DCC) – PATIENT INFORMATION

Welcome to Diabetes Centre Calgary or DCC! This handout lists the steps and checklists for starting insulin pump therapy in our program. Checklists include funding criteria for Alberta Insulin Pump Therapy Program (IPTP). For information on IPTP see <https://www.alberta.ca/specialized-drug-benefits#jumplinks-3>. To call DCC: 403-955-8146.

WE CARE

We want you to be well-informed while exploring insulin pump therapy. Your safety is our priority. Please read the full document. It can take 3 to 12 months (or more) before starting a pump. People move forward at different rates. There is much education in each of the required steps below. (If you are already on a pump and want IPTP coverage, move to Step 4.)

1. BASIC PREP

Any of our program's diabetes educators can help you complete the basic pump prep checklist. Your doctor will refer you to our program for this first step. As well, they will refer you to an Alberta IPTP approved diabetes specialist if you don't have one.

2. ADVANCED PREP

Once you've completed basic pump preparation, you'll be permanently transferred to a Pump Educator (if you don't have one already). They will become your regular educator in our diabetes program. They will lead you through advanced preparation checklists.

3. TRAINING

Pump start training occurs with one of our Certified Pump Trainers. They provide 24-hour on-call and follow you the first week. They transfer you back to your regular Pump Educator the week after you've started on insulin pump therapy.

4. FOLLOW-UP

Your regular Pump Educator will:

- Help you optimize your pump settings and meet your goals.
- See you for your Annual Pump Review as required by the IPTP.
- Guide you through a smaller checklist if you are [already on a pump and wanting IPTP](#).



1. BASIC INSULIN PUMP THERAPY PREPARATION

It may take many appointments to complete the following criteria for Basic Pump Preparation. All handouts, quizzes, links, information on safety kits and other resources are on our patient website: <https://cumming.ucalgary.ca/resources/endocrinology-metabolism/patients-and-family/diabetes/insulin-pump-therapy> or visit endometab.ca > Patients & Family > Diabetes > Insulin Pump Therapy.

Mark if Done	Basic Pump Preparation
	1. See your ITP approved diabetes specialist physician (or be referred to one) to discuss your interest in pump therapy.
	2. Review all information in this document
	3. Complete all Introduction to Insulin Pump Education including:
	a. Read the MyHealth.Alberta.ca Online Insulin Pump Therapy Learning Module to prepare your questions.
	b. Attend a more advanced “Intro to Pump” session at DCC
	c. Complete the “Introduction to Pump Questionnaire” and review with your diabetes educator.
	4. Demonstrate how to use correction factors, carbohydrate count, assess/act on glucose results to prevent hypo, hyperglycemia, DKA, and other diabetes self-management practices. You may be asked to complete quizzes for MDI (multiple daily injections) and Carbohydrate Counting.
	5. Review basic Type 1 Diabetes Education.
	6. Provide one month of glucose data with at least 4 glucose checks a day (before meals and bedtime) or continuous glucose monitor (CGM) report.
	7. If using CGM, explain to your educator how you interpret that report or ask for help in interpreting it. Also review your CGM alarms and alerts are set to help you prevent hypoglycemia, not just notify you if low.
	8. Be transferred to a DCC Pump Educator if your educator is not one already.

2. ADVANCED INSULIN PUMP THERAPY PREPARATION

Advanced Pump Preparation is completed with a DCC Pump Educator. It may take many appointments. For handouts, quiz, safety kit contents, pump company representatives and more, visit our website: <https://cumming.ucalgary.ca/resources/endocrinology-metabolism/patients-and-family/diabetes/insulin-pump-therapy> or Visit endometab.ca > Patients & Family > Diabetes > Insulin Pump Therapy.

Mark if Done	Advanced Pump Preparation
	1. Review key pump information with your Pump Educator. Safety steps will be reviewed at least twice. This is a summarized list more items may be requested.
	a. Discuss DKA prevention handouts and DKA Prevention on Pump Practice Cases – Quiz.
	b. Prepare a Pump Safety Kit. Starts will not occur without a safety kit.
	c. Review as applicable: Pump bolus calculators, Automated Insulin Delivery (AID) pumps, manual basal rate setting if not planning for AID, temp basal rates, insulin-on-board (IOB), treatment of hypoglycemia using IOB (manual pump) or if on AID, dual wave boluses, impact of protein & fat
	d. Discuss infusion sites, tunneling, bends/crimps, infusion sets, rotation,
	e. Learn how to access key pump resources, including in hospital pump guidelines
	f. Investigate pump brands
	g. Other items as required
	2. Arrange appointments for pump start, any advanced training if needed and follow-up afterwards
	3. Discuss pump start orders and insulin doses prior pump start
	4. Complete IPTP provincial forms and await your Blue Cross approval letter.
	5. For the pump brand of your choice:
	a. Purchase pump by providing your Blue Cross letter
	b. Set up a cloud account to view pump data. Link the account to our clinic.
	c. Complete education forwarded to you by the pump company. Be sure your pump is working.
	d. Visit the virtual pump to practice programming
	6. Be sure you have verified:
	a. You have the day off work for the pump start training
	b. You are available by phone for the first 3 afternoons
	c. You have appointments booked with your usual Pump Educator the first few weeks after pump start
	d. YOU HAVE A SAFETY KIT with ketone testing equipment

3. TRAINING – STARTING ON YOUR INSULIN PUMP

Formal training, also referred to as your “pump start”, is completed with a DCC Certified Pump Trainer. It will occur at Richmond Road Diagnostic & Treatment Centre. You may call 403-955-8146 to cancel. However, only your Pump Educator may rebook a training session.

Mark if Done	The Day <u>BEFORE</u> Your Pump Start Training
	1. Follow the instructions your Pump Educator provided for how much long-acting basal insulin to give. It may be less, or it may be none.
	2. Read again the instructions for preventing DKA when you have ketones.
	3. Check that you linked your pump cloud account to our clinic account. This will make follow-up calls and any emergency calls in the first 24 on easier.
	4. Pack the following to bring with you:
	a. A SAFETY KIT with ketone testing equipment & glucose meter.
	b. A full vial of rapid acting insulin.
	c. Your Alberta Health Care card.
	d. Pen and paper for notes.
	e. The insulin pump start orders (dosing) your educator provided you. This will include the 24-hr on-call phone number.
	f. A snack or lunch if needed (check the timing of your training)
	g. Pump & Sensor Supplies:
	i. The pump: <u>charged</u> if Tandem or with batteries (Medtronic, Ypsopump). Pods have internal batteries.
	ii. 4 infusion sets (Medtronic, Tandem, Ypsopump) or Pods (Omnipod)
	iii. 4 reservoirs (Medtronic, Tandem, Ypsopump)
	iv. The pump user manuals
	v. Glucose sensors, transmitter, inserter, tape if Medtronic. An inserted and functioning sensor if Tandem.
	The <u>MORNING OF</u> your Pump Start Training
	1. Eat your breakfast and give your usual food bolus.
	2. DO NOT give a full correction dose. If your glucose is high, correct down to 10 mmol/L unless your educator tells you differently.
	3. Bring all the items you packed the day before.
	4. If you need to cancel, please make two phone calls: <ul style="list-style-type: none"> a. 403-955-8146 to ask the booking clerk to inform the pump trainer. b. And to your pump educator. Leave a message that you need to rebook a pump start training session. Please note, this may take some time.

4.FOLLOW-UP

Your Pump Educator will:

- Help you optimize your pump settings.
- Support you in meeting your diabetes goals.
- Help you troubleshoot.
- Complete your Annual Pump Reviews as required by the IPTP. The date of the annual review is the date on Blue Cross IPTP acceptance letter.
- Guide you through a smaller checklist if you are already on a pump and wanting IPTP.

IF YOU ARE ALREADY ON A PUMP AND WISH IPTP COVERAGE

- When referred to Diabetes Centre Calgary, you will be placed with a DCC Pump Educator.
- Not all criteria in steps 1, 2, 3 apply to you. There are some mandatory requirements that must be addressed, as well as safety. See below.
- When you have IPTP coverage, you may receive upgrade training for a new pump (if desired) with a DCC Certified Pump Trainer or another Certified Pump Trainer for that brand.

IF ON A PUMP ALREADY: Steps for IPTP Coverage	
	1. Ensure you have an Alberta IPTP specialist physician or are referred to one For a list see: https://cumming.ucalgary.ca/resources/endocrinology-metabolism/refer
	2. Demonstrate safe and appropriate use of your current pump
	3. Provide 1 month of glucose data (at least QID or CGM)
	4. Review current insulin practices (storage, pre-bolusing, site rotation, set changes, lipohypertrophy)
	5. Address the following. Resources on endometab.ca > Patients & Family > Diabetes > Insulin Pump Therapy: a. Review contents of your pump safety kit. b. Read DKA Prevention on Pump & Coming Off Pump handouts. Complete the DKA Prevention on Pump – Sample Cases Quiz. Discuss your insulin replacement plans. c. Review mandatory type 1 education, including use of glucagon
	6. Complete IPTP provincial forms and await your Blue Cross approval letter.
	7. Give a copy of the Blue Cross IPTP approval letter to the company providing pump supplies (Diabetes Express, pharmacy, pump company) and to the pump company if purchasing a new pump. Arrange with your pump educator for upgrade training on a new pump (if required).
	8. Follow with your pump educator to optimize settings and for Annual Reviews.

