Pump Back Up Plan in the Event of Insulin Pump Failure

MY SETTINGS

BASAL RATE

from .... to .... = ... u/hr

from .... to .... = ... u/hr

from .... to .... = ... u/hr

from .... to .... = ... u/hr

from .... to .... = ... u/hr

from .... to .... = ... u/hr

INSULIN-TO-CARB RATIO

from .... a.m./p.m. to .... a.m. /p.m. = 1 u/....g

from .... a.m./p.m. to .... a.m. /p.m. = 1 u/....g

from .... a.m./p.m. to .... a.m. /p.m. = 1 u/....g

from .... a.m./p.m. to .... a.m. /p.m. = 1 u/....g

from .... a.m./p.m. to .... a.m. /p.m. = 1 u/....g

from .... a.m./p.m. to .... a.m. /p.m. = 1 u/....g

SENSITIVITY FACTOR

from .... a.m./p.m. to .... a.m. /p.m. = ...

from .... a.m./p.m. to .... a.m. /p.m. = ...

from .... a.m./p.m. to .... a.m. /p.m. = ...

TARGET

(value I am looking to reach in correcting my blood sugar level)

..... mmol/L

To respect the schedule defined in my pump back up plan, I may need to eat a meal earlier or later than usual.

Fact sheet taken from the SUPPORT training platform
Developed by the BETTER project

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MY PUMP BACK UP PLAN

TIME OF DAY	.....	+4H →	.....	+4H →	.....	+4H →	.....	+4H →	.....	+4H →	.....
BLOOD SUGAR (MMOL/L) Measured before calculating the insulin dose											
BASAL RATE Basal calculation for the next four hours											
CARBS Insulin dose calculation for carbs (if applicable)											
CORRECTION Correction dose calculation (as necessary)											
NUMBER OF FAST-ACTING INSULIN UNITS TO TAKE Add together the doses calculated for the basal rate, the carbs and the correction.											

If the problem with my pump persists for 24 to 48 hours, I may need to start taking long-acting insulin. I should talk to my healthcare team if needed.

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EXAMPLE

The insulin pump stops working at **10:45 a.m.**
The company will deliver a new pump at around **9 a.m. the next morning.**
Here are the current settings:

BASAL RATE

From 12 a.m. to 6 a.m. = 0.5 u/hr
From 6 a.m. to 12 p.m.= 0.6 u/hr
From 12 p.m. to 4 p.m.= 0.4 u/hr
From 4 p.m. to 10 p.m. = 0.5 u/hr
From 10 p.m. to 12 a.m. = 0.3 u/hr

INSULIN-TO-CARB RATIOS

from 12 a.m. to 10 a.m. = 1 u/15 g
from 10 a.m. to 4 p.m. = 1 u/10 g
from 4 p.m. to 12 a.m. = 1 u/13 g

SENSITIVITY FACTOR

From 12 a.m. to 8 a.m. = 2.5
From 8 a.m. to 8 p.m. = 2.0
From 8 p.m. to 12 a.m. = 2.5

TARGET

7 mmol/L

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EXAMPLE

TIME OF DAY	11 am	+4H →	3 pm	+4H →	+4H →	7 am	+2H →	Réception de la pompe 9 am
BLOOD SUGAR (MMOL/L) Measured before calculating the insulin dose	8.9 mmol/L		6.4 mmol/L			10.3 mmol/L		7.6 mmol/L
BASAL Basal calculation for the next four hours	Basal from 11 a.m. to 12 p.m. = 0.6 u Basal from 12 p.m. to 3 p.m. = 0.4 x 3 h = 1.2 u So, 0.6 + 1.2 = **1.8 u**		Basal from 3 p.m. to 4 p.m. = 0.4 u Basal from 4 p.m. to 7 p.m. = 0.5 x 3 h = 1.5 u So, 0.4 + 1.5 = **1.9 u**			Basal from 7 a.m. to 9 a.m. = 0.6 x 2 h = **1.2 u** **Calculate until 9 a.m. (only two hours) since the pump is expected to be delivered at 9 a.m.**		As soon as you receive the insulin pump, program the settings, insert the catheter or pod and start the pump without delay.
CARBS Insulin dose calculation for carbs (if applicable)	**Lunch eaten at 11 a.m. so that the meal time corresponds with the injection time.** Meal = 45 g of carbs Ratio for the time (11 a.m.) = 1 u per 10 g So, 45 ÷ 10 = **4.5 u**		**No carbs eaten**		KEEP THIS UP FOR THE HOURS THAT FOLLOW →	Meal = 40 g of carbs Ratio for the time (7 a.m.) = 1 u per 15 g Therefore 40 ÷ 15 = **2.6 u**		
CORRECTION Correction dose calculation (as necessary)	Blood sugar = 8.9 mmol/L Target = 7 mmol/L Insulin sensitivity for the time (11 a.m.) = 2.0 So, 8.9 - 7 = 1.9 ÷ 2 = **0.95 u**		Blood sugar = 6.4 mmol/L Target = 7 mmol/L **No correction necessary**			Blood sugar = 10.3 mmol/L Target = 7 mmol/L Insulin sensitivity for the time (7 a.m.) = 2.5 So, 10.3 - 7 = 3.3 ÷ 2.5 = **1.32 u**		
NUMBER OF FAST-ACTING INSULIN UNITS TO TAKE Add together the doses calculated for the basal rate, the carbs and the correction.	Basal = 1.8 u Carbs = 4.5 u Correction = 0.95 u So, 1.8 + 4.5 + 0.95 = **7.25 u** **Round up or down to the nearest number and take 7 units**		Basal = 1.9 u Carbs = 0 u Correction = 0 u So, 1.9 + 0 + 0 = **1.9 u** **Round up or down to the nearest number and take 2 units**			Basal = 1.2 Carbs = 2.6 u Correction = 1.32 So, 1.2 + 2.6 + 1.32 = **5.12 u** **Round up or down to the nearest number and take 5 units**		

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