780G CARELINK PERSONAL WORKSHEET

Dates of Download: _____ to _____

ASSESSMENT AND PROGRESS (statistics)

- Average BG _____ (aim: less than 8mmol/L)
- Total daily dose (per day) _____
- Calculate insulin sensitivity (100 ÷ Total daily dose) = _____
- Bolus amount (per day) _____ % (usually 60-70%)
- Auto Basal/ Basal amount (per day) _____ units
- Carbs entered (per day) _____g

ADHERENCE

From the summary at the bottom of the page:

- BG readings _____ (aim: at least 8 per day)
- Bolus wizard events _____ (aim: at least 6 per day)
- Rewind: Every _____ days (this indicates set changes, aim: every 2-3 days)
- Cannula Amount _____ units (0.3 mio minimed/ 0.5 mio30/ 0.6 mio advance)

LOGBOOK (look for trends):

Blood glucose readings	Mostly Low ≤3.9 mmol/L	Mostly In Target (4-9.0 mmol/L)	Mostly High (≥ 9.1mmol/L)	Variable i.e. highs & lows/ no pattern
Overnight				
Before breakfast				
2 hrs after b'fast				
Before lunch				
2 hrs after lunch				
Before eve meal				
2 hrs after eve meal/ *Before supper*				
2 hours after supper/ *Before bed*				

DEVICE SETTINGS

Basal:
- Maximum Basal Rate _____units/hr (usually 50% more than highest basal rate)
- Basal number _____ (active) will be beside basal rate currently being used

Bolus:
- Active Insulin Time _____ (usually 3 hours)
- Maximum Bolus _____units (increase if maximum bolus being reached and not all bolus being delivered – you will see this is in the daily reports)

- Carbohydrate Ratio (g/U)

Time	Ratio	Insert usual meal/ snack eaten at this time

- Insulin Sensitivity (mmol/L per U)

Time	Sensitivity

- Blood Glucose Target (mmol/L)

Time	Low	High

<u>ACTION PLAN</u> (Aim to make 1-3 changes):

Example: *1) Increase basal rate starting at 3am by 0.05*
2) Check overnight BG's 3 hourly to review basal rates

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HOW TO MAKE CHANGES TO:

BASAL RATES:

- From the Statistics check the Total daily dose (per day) = _____
- Look for trends in BG especially prior to meals & overnight
- Prior to making amendments consider doing a basal review
- To make an adjustment to the basal rate on the pump go into:

If Total Insulin is:	Adjust basal rate by
Less than 10 units per day	0.025 units per hour
10-20 units per day	0.05 units per hour
20-40 units per day	0.1 units per hour
More than 40 units per day	0.2 units per hour

Settings → Delivery Settings → Basal Pattern Setup → Basal 1/2/3 → Options → Edit

RATIOS:

Trend of BG 2 hrs after the meal	Action needed	Suggested ratio change			
High (More than 2 mmol/L **above** the pre-meal BG)	Decrease the number of grams of carbs that 1 unit of insulin will cover	1:2→1:1.5 1:3→1:2 1:4→1:3 1:5→1:4 1:6→1:5	1:7→1:6 1:8→1:7 1:9→1:8 1:10→1:9 1:12→1:10	1:15→1:12 1:18→1:15 1:20→1:18 1:22→1:20 1:25→1:22	1:30→1:25 1:35→1:30 1:40→1:35 1:45→1:40 1:50→1:45
Low (More than 2 mmol/L **below** the pre-meal BG)	Increase the number of grams of carbs that 1 unit of insulin will cover	1:1.5→1:2 1:2→1:3 1:3→1:4 1:4→1:5 1:5→1:6	1:6→1:7 1:7→1:8 1:8→1:9 1:9→1:10 1:10→1:12	1:12→1:15 1:15→1:18 1:18→1:20 1:20→1:22 1:22→1:25	1:25→1:30 1:30→1:35 1:35→1:40 1:40→1:45 1:45→1:50

- To make an adjustment to a ratio on the pump go into:

Settings → Delivery Settings → Bolus Wizard Setup→ Bolus Wizard → Carb Ratio

INSULIN SENSITIVITY FACTOR:

- Check that all high readings have been corrected (if BG was sent to pump via Bluetooth it will only remain on pump screen for 12 mins)
- Before making any changes review a few readings which have needed a correction & if the insulin sensitivity is working the BG should be back within target blood glucose levels 2 hours after bolus
- If there is a trend of the insulin sensitivity not working adjust by:

If calculated insulin sensitivity is:	Adjust insulin sensitivity by*:
1.0-1.9 mmol/L/U	0.1
2.0-2.5 mmol/L/U	0.2
2.6-4.9 mmol/L/U	0.5
5-9.9 mmol/L/U	1.0
10 mmol/L/U or higher	2.0

*Do not set insulin sensitivity below calculated insulin sensitivity unless this has been discussed with your diabetes team

- To make an adjustment to the insulin sensitivity factor on the pump go into:

Settings → Delivery Settings → Bolus Wizard Setup→ Bolus Wizard → Insulin Sensitivity Factor