

INSULIN PUMP BACKUP PLAN

BE PREPARED!

- Keep long-acting (basal) insulin in the refrigerator. Replace opened vials after 28 days.
- Store supplies (syringes or insulin pen and needles) to inject basal insulin and rapid-acting insulin.
- Keep a copy of pump settings:
 - Blood glucose targets
 - Basal rates
 - Carb ratio (carbohydrate to insulin ratio)
 - Correction factor

WHEN STUDENT'S PUMP IS NOT WORKING:

- Stop the pump and disconnect the tubing and infusion set.
- Start your backup plan, depending on how long you expect to be off the pump.
- Call the pump company customer service number or helpline to report the pump failure. Find out when a new pump can be delivered

IF THE STUDENT WILL BE OFF THE PUMP LESS THAN 3 HOURS:

1. Check blood sugar.
2. If blood sugar is above target, inject rapid-acting insulin according to the correction factor.
3. If a meal is eaten inject rapid-acting insulin according to the carb ratio.

IF THE STUDENT WILL BE OFF THE PUMP MORE THAN 3 HOURS:

1. Check blood sugar every 4 hours.
2. Add up the basal insulin that will be missed over the next 4 hours.
3. Inject the amount of rapid acting insulin equal to the amount of basal insulin missed. Repeat this process every 4 hours until it starts on the pump.
4. If blood sugar is above blood sugar target, inject rapid acting insulin according to the correction factor.
5. With each meal, inject rapid acting insulin according to the carb ratio.
6. If a student will be off the pump overnight or more than one day and there is no long-acting insulin: set an alarm to check blood sugar and take the rapid acting insulin every 4 hours overnight.

IF THE STUDENT WILL BE OFF THE PUMP OVER 24 HOURS USE LONG ACTING INSULIN:

1. Check blood sugar every 4 hours
2. Using basal rates, calculate 24-hour total basal insulin.
3. Inject an amount of long acting insulin that is equal to 24 hours total basal insulin at bedtime as one dose or divide into two doses (inject half in the morning and half at bedtime).
4. If blood sugar is above blood sugar target, inject rapid acting insulin according to the correction factor
5. With each meal, inject rapid acting insulin according to the carb ratio

DEVICE OPERATION MANUALS

Omnipod Handbook: https://www.omnipod.com/sites/default/files/2021-04/Omnipod-System_User-Guide_English.pdf

Omnipod DASH Handbook: https://www.omnipod.com/sites/default/files/2021-04/Omnipod-DASH_User-Guide_English.pdf

T:slim user guides: <https://support.tandemdiabetes.com/hc/en-us/articles/1500011388262-User-Guides>

Medtronic devices user guides: <https://www.medtronicdiabetes.com/download-library>

Dexcom user guides and tutorials: <https://www.dexcom.com/guides>

Freestyle Libre video tutorials: <https://www.freestyle.abbott/us-en/support.html>

Glucagon information:

Baqsimi: <https://www.baqsimi.com/>

Glucagen Hypo Kit: <https://www.glucagenhypokit.com/>

Gvoke: <https://www.gvokeglucagon.com/>

Zegalogue: <https://www.zegalogue.com/>

FOR MORE FREE RESOURCES FOR HEALTHCARE PROFESSIONALS AND STUDENTS CONTACT:



Diabetes
Foundation

info@diabetesfoundationinc.org
(201) 444-0337 x202
diabetesfoundationinc.org

INSULIN DOSING WORKSHEET - SLIDING SCALE

Student: _____

Insulin to carbohydrate ratio

Sliding scale

1 unit: _____ grams
carbohydrates

If pre-meal blood sugar is
over _____ use sliding scale

CALCULATE INSULIN DOSE FOR FOOD

- Add up all the carbohydrates in your meal
- Divide the total carbohydrates by the insulin to carbohydrate ratio
- The result is the amount of insulin units needed

Total carbs _____

÷ insulin to carb ratio _____

= units of insulin needed



SLIDING SCALE TO CORRECT HIGH BLOOD SUGAR

This is the amount of insulin needed to correct high blood sugar:

Blood sugar at meals:

Blood sugar at bedtime:

_____ to _____ = _____

Over _____ = _____

Over _____ = _____

= units of insulin needed

CALCULATE TOTAL INSULIN DOSE

Add the number of units needed for food to the number of units needed to correct blood sugar to get your total dose of insulin (Humalog/Novolog/Apidra).

Food insulin

+

Correction insulin

=

Total insulin

+

=

DAILY PLAN

Time		Insulin for food			Correction insulin		Total insulin (units)
Meal	Time	Total carbohydrates (g)	Food formula (carb count/ carb ratio)	Food insulin calculated (units) or set dose	Blood sugar (BS) level	Sliding scale correction insulin calculated (units)	Food + correction insulin (units)
Breakfast			-----		BS*: *BS required		
Morning snack			-----				
Lunch			-----		BS*: *BS required		
Afternoon snack			-----				
Dinner			-----		BS*: *BS required		
Bedtime			-----		BS*: *BS required		

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BLOOD SUGAR LOG

STUDENT:

DATE	BREAKFAST		LUNCH		DINNER		NOTES
	BEFORE	AFTER	BEFORE	AFTER	BEFORE	AFTER	
	⌚						
	💧						
	⌚						
	💧						
	⌚						
	💧						
	⌚						
	💧						
	⌚						
	💧						

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SCHOOL NURSE DIABETES LOGBOOK

**THE STRONGEST HUMANS
BECOME SCHOOL NURSES**

STUDENT:

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STUDENT

FIRST NAME: _____

LAST NAME: _____

GRADE: _____



TEACHERS

NAME

ROOM NUMBER

EMAIL

_____	_____	_____
_____	_____	_____
_____	_____	_____

CARE GIVERS

NAME: _____

NAME: _____

RELATIONSHIP: _____

RELATIONSHIP: _____

NUMBER: _____

NUMBER: _____

EMAIL: _____

EMAIL: _____

DOCTORS

NAME: _____

NAME: _____

HOSPITAL: _____

HOSPITAL: _____

NUMBER: _____

NUMBER: _____

EMAIL: _____

EMAIL: _____

MEDICATION LIST

BLOOD GLUCOSE TARGETS

BASAL RATES

CARB RATIO (CARB TO INSULIN)

CORRECTION FACTOR

PUMP TYPE: _____

PUMP COMPANY CUSTOMER SERVICE NUMBER: _____

CGM TYPE: _____

CGM COMPANY CUSTOMER SERVICE NUMBER: _____

DATE: ___ / ___ / ___

INSULIN(u) TO CARB(g) RATIO: ___:___

BREAKFAST

🕒			
💧			
TOTAL CARBS:	<input type="text"/>	INSULIN (UNITS):	<input type="text"/>

LUNCH

🕒	CARBS (g)	ITEM	
	_____	_____	
💧	_____	_____	
	_____	_____	
	_____	_____	
	_____	_____	
TOTAL CARBS:	<input type="text"/>	INSULIN (UNITS):	<input type="text"/>

SNACK

🕒			
💧			
TOTAL CARBS:	<input type="text"/>	INSULIN (UNITS):	<input type="text"/>

HIGHS & LOWS	🕒	CORRECTION BOLUS(U)	SYMPTOMS

DINNER



TOTAL CARBS:

INSULIN (UNITS):

ACTIVITY LEVEL

- 1
- 2
- 3
- 4
- 5

TODAY I FEEL

- 😄
- 😊
- 😐
- 😞

A NOTE FOR YOU!

Blank area for a note.

NURSES NOTES
