

# Insulin Pump Newsletter Issue 1

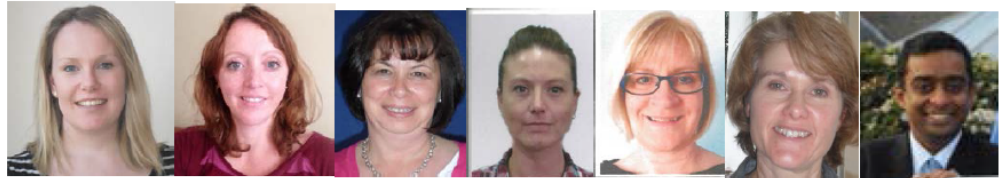


**Welcome** to the first edition of the NEEDS pump newsletter. Our aim is to keep you in the loop of things happening within our service / area and any recent developments in pump therapy. If you have any suggestions for things to include in future editions please let us know your ideas!



## Meet the Team

Left to right: Adele & Hannah (Specialist Dietitians), Sheila (DSN), Ceri (DSN), Karen (DSN), Karen (DSN), Heather (Specialist Midwife) & Dr Vithian (Consultant)



Since changing over to the new service in April 2014 we have a new pump administrator Jill Pickard, she can be contacted to discuss any issues with consumable ordering. Nicki Whitehorn is no longer working with insulin pumps and there is no need to send us in your invoices, just let us know if any discrepancies on your deliveries.

We also have a new email account allowing you to email one central address, for advice or a second opinion on you pump therapy which is accessible to the whole clinical pump team, so the response should hopefully be within 48 working hours of receipt.

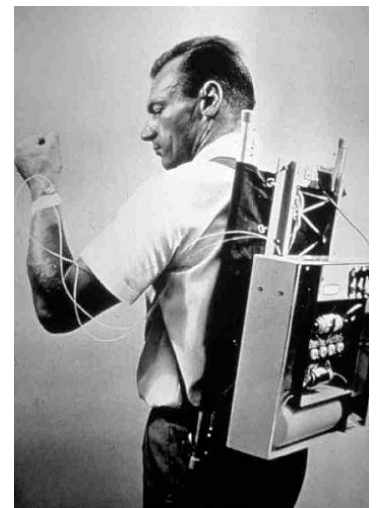
[NEECCG.needs-pumps@nhs.net](mailto:NEECCG.needs-pumps@nhs.net)

Jill Pickard: 01376 531215

## Insulin pump workshops – SAVE THE DATE

We will be holding 2 half day sessions for all pump patients to attend, each focusing on topics to improve your pump management. Invites with more information on content will be sent out shortly. Dates are **Wednesday 8<sup>th</sup> April** (pm), **Tues 28<sup>th</sup> April** (am).

**Interesting fact:** Insulin pumps have come a long way since their development in 1963. The first prototype of a 'pump' that delivered glucagon as well as insulin was similar to a backpack and was developed by Dr Arnold Kadish.



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### Holiday season is fast approaching...

- Make sure you have the free European Health Insurance Card (EHIC) if you are travelling to a European Union member country – it will ensure that you have easy access to healthcare in that country
- You should take a pump travel letter in case needed at the airport or whilst abroad (just let us know if you need us to arrange one for you)
- Check your insurance policy, so you know what your insurers will pay for
- You can go through security wearing your pump, but don't let your pump go through the baggage X-ray machines or full body scanner – the staff can swab the pump separately if needed.
- When travelling you should always have plenty of supplies, including quick and long-acting insulin, this means taking pens or syringes as well- check these are in date!
- Your insulin and equipment should be stored in hand luggage on board aeroplanes - Don't pack it in a suitcase, as it is too cold in the hold and might also go missing.
- If your pump uses bluetooth – remember to turn this function off during the flight – but don't forget to restart it when you land!
- The pump company may be able to supply you with a loan holiday pump (we also keep a supply of 'loan pumps' for emergency use if required)– contact the pump company helpline for further information.

**Animas:** +44 (0)800 055 6606  
**Medtronic:** +44 (0)1923 212213  
**Roche:** +44 (0)1444 256000



### Time Zones

Think about the changes that will need to be made if you are flying to a different time zone.

- If the new time zone is less than 4 hours different, adjust your pump clock on arrival.
- If the time zone is more than 4 hours different you can either
  - adjust your pump clock by 4 hours on departure and then gradually adjust further over the next few days
  - or
  - Use the lowest flat basal rate during flights, use correction doses if necessary, and change time on departure or arrival according to preference.
- Continue to give boluses with meals as usual.
- Monitor blood glucose levels regularly and correct high and low readings as needed.



Did you know...Input have developed a list of pro-active pump clinics? Help them to keep this list up to date – if you believe your clinic should be here, or if you believe a clinic here is no longer pro-active, please [contact them](http://www.inputdiabetes.org.uk/alt-insulin-pumps/pump-clinics/).  
<http://www.inputdiabetes.org.uk/alt-insulin-pumps/pump-clinics/> 0800 228 9977

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### Alcohol

Use caution around alcohol and adjust insulin doses as your personal experience has shown you in the past, you could consider the calorie content... our advice- enjoy in moderation 😊

125ml  
12% ABV

glass of  
champagne



1 Unit

=

1 chocolate  
digestive biscuit



86 Cals

250ml  
13% ABV

large glass of wine



3.3 Units

=

slice of  
sponge cake



195 Cals

330ml  
5% ABV

2 bottles of beer



3.4 Units

=

sirloin steak



275 Cals



Long island iced tea = 185 kcal

### CASE STUDY: How can fasting basal rates improve my control?

This is a case study from one of our local pump patients - Mr P who has been on an insulin pump for 1 year. His diabetes control has improved slightly since starting on his insulin pump. To improve things further we suggested starting to use carbohydrate free meals to test the basal rates.

	First basal test	2 <sup>nd</sup> basal test	Change made:	Repeat basal test
3am	6.2	8.9	<i>Basal rate changed from 10 am – 1pm from 0.55 units/hr to 0.60 units/hr</i>	5.1
7am	7.0	7.4		4.9
9am	6.0	7.0		6.3
11am	9.2	10.9		7.4
1pm	10.8	11.6		8.2

The above is simply an example of how carbohydrate free basal tests can work. It is normal for blood glucose levels to change and although the changes made following the 2 fasting meals have worked well in this scenario, for some people basal rates need to be changed more than once. The gold standard for testing basal rates is every 6-8 weeks, but we think it's more realistic to aim to test one basal time block every 3-4 months. **Remember if you come to clinic having completed fasting basal checks prior to your appointment, your appointment is likely to be far more beneficial.**

### TOP TIPS:

- Calendula or tea tree cream is useful to help heal pump infusion set scars
- If infusion sets do not stick very well ask pharmacist about an adhesive spray such as Cavilon

**TOP  
TIPS**

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## Plan Your Pregnancy

If struggling to manage your pump now, think before becoming pregnant. It is important to feel confident with adjusting settings/ratios etc. as the demands of pregnancy will involve making many changes. The NEEDS pump team are here to help you build your confidence with pump use, please discuss with them if planning a pregnancy.

Also we have a 'Pump Buddy' who has had 2 successful pregnancies with a pump who is willing to talk through her experiences with you.

Pumps can help you achieve really good blood glucose control for managing a pregnancy, so don't be put off by the extra work it involves



## Useful websites / resources

North East Essex Diabetes Service [www.diabetesneeds.org.uk](http://www.diabetesneeds.org.uk)

Pump support groups

[www.insulin-pumpers.org.uk/support](http://www.insulin-pumpers.org.uk/support)

[www.input.me.uk](http://www.input.me.uk)

[www.diabetesnet.com/diabetes\\_control\\_tips/bolus\\_on\\_board.php#axzz18NwKp1pF](http://www.diabetesnet.com/diabetes_control_tips/bolus_on_board.php#axzz18NwKp1pF)

Tutorial website

[www.integrateddiabetes.com](http://www.integrateddiabetes.com)

Pumps and exercise

[www.runsweet.com](http://www.runsweet.com)

Twitter #DOC

If you do not wish to receive this please let us  
know to remove you from our mailing list

Tel: 0845 2413313 / 01473 344930

Email: [info@diabetesneeds.org.uk](mailto:info@diabetesneeds.org.uk)