

Insulin Pump Newsletter

Issue 5



Spring / Summer 2017

Welcome to the Spring/Summer 2017 Insulin Pump newsletter, as always feel free to contact us with ideas of topics you would like covered in the next newsletter, we would prefer them to be shaped to your needs and be as useful as possible.



New Team Member

We are pleased to introduce Emma Birbeck to the insulin pump team, she is the lead inpatient nurse at Colchester general hospital, who is now trained to an advanced level in insulin pumps. Emma will be working regularly in pump clinics and pump workshops to keep her pump knowledge up to date and allow you to get to know her, so hopefully you will have a familiar face in the unfortunate event you need to attend hospital. Also please be reassured all other members of the specialist diabetes team have basic knowledge required regarding insulin pumps.



Pump Clinics



As some of you will know from one of last year's pump workshops NEEDS are working closely with the 'health in mind' team to improve accessibility to psychology and emotional support services for people with diabetes in North East Essex. As part of this work, we will be trying to focus more on discussing your individual levels of 'diabetes stress' based on the yearly questions we ask you complete in pump clinics. Also in some of the clinics a member of the health in mind team will be sitting in to help signpost to the correct services as well help us gauge how we can further improve the joint services we offer, specifically tailored to pump users.

Novorapid Pump Carts

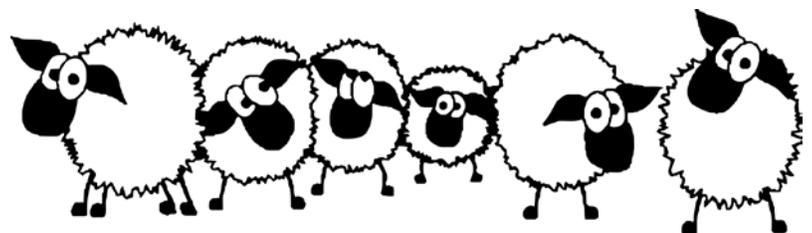
Please be aware that the prefilled pump carts can still contain air bubbles. You should check each Cartridge before inserting into the pump and prime out any air bubbles to avoid disruption of insulin delivery and potential high blood glucose levels. If you are unsure of how to do this please speak to the pump team at your next appointment alternatively you could look at this clip online:

<https://www.youtube.com/watch?v=Qj9XaxNYgJc>

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Clock Change

With the recent clock change please make sure you have updated the time on your pump, unfortunately this does not happen automatically.



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Diabetes UK Professional Conference

The NEEDS team were proud to present a poster abstract of recent audit findings on pump holidays. The findings of our audit were: 17 patients took a pump break of varying times during December 2014-August 2016. Three of these remain on an active break, two have resumed pump therapy as agreed to be the optimal therapy and the remaining 12 patients have agreed with the team they have better control/ better quality of life off the pump. HbA1c has been tracked at six and 12 months, seven of ten available have shown improved HbA1c off pump therapy. Seven of the 17 have attended DAFNE education. Patient feedback has been positive, including "it feels like a weight has been lifted".



Summary: A Pump holiday provides those with suboptimal control, a chance to try back on injections and to attend a DAFNE course. This is particularly useful when there is no 'DAFNE pump' offered in the area. Outcomes have been positive and the break seems to be beneficial, even if pump therapy is resumed

Other key bring home points from other areas of the conference:

- A new ultra-rapid insulin has been released and will hopefully be available for use in type 1 diabetes (potentially insulin pumps too) within the next few months. This is called 'fiAsp' and if given the go ahead to use in insulin pumps, the team will be looking at using in those who are very insulin resistant and who struggle to combat large post meal spikes
- Fuelling exercise > more research has come out to say the DAFNE principles, especially the drizzle effect work best for exercise over one hour, depending on its intensity
- *The Nightscout Foundation exists to encourage and support the creation of open source technology projects that enhance the lives of people with Type 1 Diabetes and those who love them. This includes fundraising, advocacy, and direct software and hardware development.* <http://www.nightscoutfoundation.org/> take a look at their website!
- *Every day can be different when you have diabetes, so it is important to try and review why things happen and make changes, rather than being 'reactive' – Fantastic presentation from Tom Linton*



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Recent Pump Workshop

'Inpatient care and what to expect', was the main talking point of the morning. A detailed discussion about the protocols followed by staff and an introduction to insulin pump passports were covered by Emma. The key take away messages were:

- If admitted to hospital you should be referred to the specialist diabetes team within the first 24 hours, this will usually happen via the 'think glucose' referral form, however you can also politely request the ward staff contact the diabetes team to come and see you.
- You should only continue using your insulin pump if you are awake, alert, well enough and comfortable to do so. Also consider the circumstances that have brought you in, if very high blood sugars with ketones (DKA) the cannula/site could be a likely cause and if you have no spare cannulas with you it would **not** be safe to continue using the pump.

The insulin pump passport is designed to alert hospital staff you are on an insulin pump, briefly explains what it is, has contact details for the diabetes team and personal medication details to hopefully make the of calculating doses/ transition on /off the pump process smoother. Please email/contact us if you would like one of these prior to your next clinic appointment.



(Spring insulin pump workshop 2017)

This session was followed by a practical session on 'Advanced bolusing' as this was a popular request for topics we should cover at the previous workshops. Hannah spent time talking through some real patient case studies and this included using the freestyle Libre graphs to interpret patterns.

Both of these topics seemed to be really helpful so we will be repeating them at the summer workshop this year to capture those who may not have been able to attend this session.