

Insulin Pump Newsletter

Issue 6



Spring / Summer 2018

Welcome to the Spring/Summer 2018 Insulin Pump Service newsletter. Apologies for the delay since the last newsletter, we have had some changes to not only the pump service in the last year, but NEEDS in general so we felt it was only right to relay that information to you all.



NEEDS Update

Adele Holcombe was appointed Diabetes Service Manager for NEEDS in September so she has had to take step back as Pump Service Lead, and Ceri Jagger is now Pump Service Lead Nurse. But don't worry you will still be seeing Adele in clinics and at events as she is still maintaining a clinical stance. Emma Birbeck is a face that some of you may recognize and she will now be doing more pump clinics.



NEEDS Pump Team

Left to right:

Hannah Addington- Diabetes Specialist Dietitian,
Emma Birbeck- In-patient Lead,
Ceri Jagger- DSN Lead for Pumps,
Heather Chandler- Diabetes Specialist Midwife and
insulin pump specialist and
Dr Vithian- Consultant lead for Pumps.



This Issue Hot Topic From Dr Vithian – REPOSE Clinical Trial

Are insulin pumps better than being insulin injections? This is the question that the investigators of the REPOSE clinical trial wanted to answer. The results of this important study were published last year in the BMJ and give a revealing insight in to this issue. The study investigators randomly took 267 patients with Type 1 diabetes who had attended DAFNE and randomly allocated to pump therapy or to having multiple daily insulin injections. The pump group received the education and support needed to be started on pumps. After 2 years the group on insulin pumps had a HbA1c that was 0.24 lower than the group on insulin injections, though they did have a better quality of life. The trial demonstrated that insulin pump therapy per se did not improve diabetes control and this is why it is important to ensure that the right type of patient is chosen to on pumps. Pumps are not a panacea and within NEEDS we recognize that personal circumstances change and therefore pump holidays may be appropriate for some individuals. The REPOSE trial gives us reassurance that the same level of diabetes control can be achieved with multiple pen injections.

Insulin Pump Newsletter

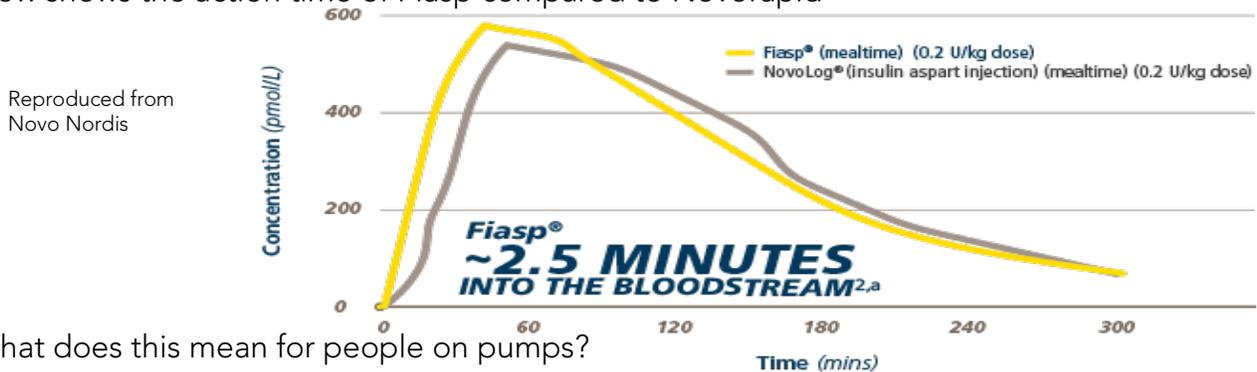
Issue 6



New Insulin Update

Some of you may already know but for those who don't, there is a new fast acting insulin available now, that some of our pump users have been using and we have been seeing some very positive effects. It is called FIASP, here's some information around its use.

Fiasp is a new quick acting insulin. It is Novorapid (quick acting insulin) which has had vitamin B3 and an amino acid (L-arginine) added in. The result of this is a faster absorption time. The graph below shows the action time of Fiasp compared to Novorapid



What does this mean for people on pumps?

A faster action time can reduce post meal spikes in blood glucose levels. So if you're finding this is a problem for you, it may be worth speaking to the pump team about trying Fiasp. It can mean that you don't need to wait quite so long in between having a bolus for your meal and eating your food. In reality we have quite a few people who have been using Fiasp and generally people do report a reduction in post meal spikes, however they do still exist. Advanced bolus features, correct carbohydrate ratios and correct carbohydrate counting continue to be the key in post prandial spikes. Please note Fiasp is not yet available in a pump cart so cannot be used for people on a Roche insight insulin pump.

Pump Accessories

Just a reminder that each individual pump company will have various cases and covers available for their insulin pumps & handset (see your pump company website for link). However these are also available from various independent UK companies which we have heard good feedback about from some of our pump users, so thought it would be useful to share. A few examples include boxer shorts with a hidden pocket and body strap to match patterned underwear! Below are the links to the websites should anyone be interested.

<http://www.hid-in.com/shop>

<http://www.funkypumpers.com/>

<http://www.pouchforall.co.uk/>

<http://www.insulin-vests.co.uk/>

<http://www.insulin-vests.co.uk/>

<http://www.insulin-vests.co.uk/>



Insulin Pump Newsletter

Issue 6



What To Do In The Event Of Pump Failure

So your pump has stopped working

- **What do you do now?**
Ensure the problem is not with the cannula or the line, is the pump alarming with an error code?
- **When would you act?**
IMMEDIATELY.... ACT ON THE ALARMS...DO NOT DELAY
- **Who would be the first port of call for technical help and support?**
All the pump companies have a 24 hour help line for technical advice, so contact them immediately for support.
 - ❖ ROCHE 0800 7312291
 - ❖ MEDTRONIC 01923 205167
 - ❖ ANIMAS 0800 0556606
 - ❖ OMNIPOD 0800 0926787
 - ❖ CELL NOVO 0800 025 8009



They may be able to talk you through step by step on how to fix the problem or they may need to send out another replacement pump.

In the event of having to come off the pump due to failure...

- **Do you have a supply of both insulin pens and needles? Are they in date?**
Always ensure you have spare pens of both your background and quick acting insulin.
- **Would you know your dose of you background? Where to find it on your pump?**
If your pump is accessible refer to the handbook or the pump company, if you cannot access this data on your pump or handset then reflect back to your 'Insulin Pump Start Summary' that we completed on starting your pump- this details your basal insulin doses prior to pump therapy. This highlights the importance of keeping up to date records of your basal rates etc so in the event of pump failure the transition back to injections is less stressful/time consuming for you. As a pump service we do not keep records of your basal rates on record- this is your responsibility.
- **What would your bolus dose be?**
Meal time ratios would remain the same

Animas Pump Update

Animas pumps- for those of you currently using an Animas pump, you may or may not be aware that Animas will no longer be providing a pump service in the UK in the future. They will be continuing to provide consumables- cannulas etc.

What does this means for you? You will continue to have consumables delivered and support with NEEDS for the duration that you have your current pump, when your pump comes up for renewal we will then discuss other pump options available and support the changeover to a new pump and ensure the transition is as smooth as possible.



Insulin Pump Newsletter

Issue 6



Holiday / Travel Info

As I write this, thoughts are not really with summer holidays, weather looks more like a winter holiday!! However all holidays need planning!

Have you?

- Organized repeat prescriptions for insulin (pump vials/cart and /or pens)
- Ordered enough consumables to last while you are away

Would you?

- Like a spare pump to have in case of pump failure, if so contact us to discuss. Remember most pump companies can arrange one to be sent to you in many foreign locations. Make sure you have written all the settings down (hourly basal rates & ratios etc.) to put in the spare.

Do you have?

- A list of emergency contacts- pump company, NEEDS team,
- Holiday insurance/ EU health card
- Travel letter and maybe inform the airline (some require you inform them beforehand what medical equipment you are taking)
- Frio packs to store insulin, or a fridge in your room

Remember your sick day rules, maybe take a printed copy with you but most importantly have a lovely holiday!!!



Pump Service Notice Board

You can sign up for our **Summer 2018 Pump Workshop on Wednesday June 13th at 7pm Langham Village Hall**, we have a guest speaker- an associate psychiatrist from Health In Mind who will be facilitating a stress management workshop. It's an evening workshop this time for those who struggle to attend due to work commitments. If anyone is willing to share an interesting experience they've had around their pump please let us know (Keep it clean please! 😊) **Call or email to add yourself to the attendee list** 0345 241 3313 or neeccg.needs-pumps@nhs.net
The NHS is 70 yrs old this yr... NEEDS will be doing some sort of event in recognition of this.

Dates of the next Pump Workshop: Wed 13th June 7pm at Langham Village Hall
Mon 22nd October 9am at Oaktree Centre Colchester

Dates of the next Pump Newsletter: Oct/Nov 2018
April/ May 2019

As always you can contact the team on 0345 241 3313 or neeccg.needs-pumps@nhs.net should you have any issues you want to discuss between appointments.

Wishing all a very happy summer

From The NEEDS Pump Team

