

Starting Basal Bolus Insulin - Action Plan

Emergency contact details Ambulance: 000 Hospital: _____ Ph: _____ Doctor: _____ Ph: _____ Diabetes Specialist Nurse: _____ Ph: _____ Family / Carer: _____ Ph: _____ 24hr Healthdirect - Ph: 1800 022 222		My contact details U.R. No: _____ Surname: _____ Given Name: _____ DOB: _____ Sex/Gender: _____	
Basal bolus insulin <i>Basal bolus insulin (BBI) aims to mimic normal insulin production.</i> <i>BBI is a combination of long acting insulin and rapid acting insulin injections.</i>		The 'basal bolus insulin' approach aims to: <ul style="list-style-type: none"> • avoid and/or correct higher than target glucose • avoid hypoglycaemia (e.g. hypo or low glucose) • reduce your risk to diabetes related complications. 	
Basal insulin <i>Basal insulin is long acting insulin.</i> <i>Basal insulin is also known as background insulin.</i>		Trade name: _____ Generic name: _____ Device: _____ disposable / non disposal. Dose/s: _____ units at _____ hours (am) _____ units at _____ hours (pm)	
Bolus insulin <i>Bolus insulin is rapid acting insulin.</i> <i>Bolus insulin is used at mealtimes and to correct higher than target glucose.</i>		Trade name: _____ Generic name: _____ Device: _____ disposable / non disposal. Dose/s: _____ units at breakfast _____ units at lunch _____ units at dinner	
Total daily dose (TDD) <i>The total daily dose (TDD) is the number of units of all insulins (e.g. basal and bolus doses) used in 24hours.</i>		Basal insulin dose/s: ___ units + Bolus insulin dose/s: ___ units	TDD insulin: _____ units
Insulin carbohydrate ratio/s (ICR) <i>The initial calculation is based on the TDD and will require fine tuning.</i>		An ICR considers the meal to be eaten and the rapid acting insulin dose required.	
If counting CHO in grams <i>Divide 500 by the TDD.</i> <i>In general, the 500 Rule is used initially. However, alternative rules (e.g. 350, 400, 450) may be recommended.</i>		500 / 450 / 400 / 350 \div TTD insulin _____ units = _____ grams	The answer suggests that 1unit of rapid acting insulin is required for every _____ grams of CHO.
If counting CHO in exchanges <i>Divide 15 by the answer _____ grams above.</i>		15 \div _____ grams of CHO = _____ units	The answer suggests that _____ unit/s of rapid acting insulin is required for every 15grams of CHO.

<p>Correction / supplemental insulin <i>The initial calculation is based on the TDD and will require fine tuning. Also known as Insulin Sensitivity Factor (ISF).</i></p>	<p>An ISF considers the 'out of target' glucose and the rapid acting insulin dose required. Correction / supplemental insulin should be avoided within two hours of the previous dose of rapid acting insulin.</p>	
<p><i>Divide 100 by the TDD. The 100 Rule is used initially. However, alternative rules (e.g. 120, 130) may be recommended.</i></p>	<p>100 / 120 / 130 \div TTD insulin ____ units = _____ mmol/L</p>	<p>The answer suggests that 1 unit of rapid acting insulin will lower the glucose by _____ mmol/L.</p>
<p>When to contact doctor or diabetes specialist nurse</p>	<p>The initial TDD, ICR and ISF calculations should be reviewed if there:</p> <ul style="list-style-type: none"> • is a pattern of no improvement in post meal/s glucose. • if no response after two (2) correction / supplemental doses and the glucose remains above target. • when insulin requirements change (e.g. change in eating pattern, physical activity, weight, illness, medication and pregnancy). 	
<p>When to visit your nearest hospital</p>	<ul style="list-style-type: none"> • Glucose greater than 15.0mmol/L despite 2 correction insulin doses. • Glucose remains less than 4.0mmol/L despite 2 hypo treatments. • Blood ketones greater than 0.6mmol/L. • Symptoms of drowsiness, confusion, breathing difficulties or severe abdominal pain. • Vomiting persists for more than 4 hours. • Unable to self-care and support person unable to assist. 	
<p>Date: __ / __ / ____</p>	<p>Diabetes Specialist Nurse: _____ Signature: _____</p>	

Based on ADEA 2020 Clinical guiding principles for sick day management of adults with type 1 and type 2 diabetes.

Rural Support Service - Diabetes Service

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