

# STARTING ON AN INSULIN PUMP



## 1

### ARE YOU READY?

- ▶ Ensure you have a supporting Physician and Credentialed Diabetes Educator.
- ▶ Talk to your Credentialed Diabetes Educator and learn about how an insulin pump works and what is involved in using one for diabetes management.
- ▶ Ensure that you can commit to a few weeks focusing on and learning a new way of managing your diabetes.
- ▶ If you have private health insurance, check that you have had it for 12 months or more and that it covers an insulin pump. If you have not served your 12 month waiting period, you may be eligible for a 'Bridge the Gap' loan pump - Speak to the friendly Macintyre Health reception team for more information.
- ▶ Ensure you can commit to the ongoing consumable cost of an insulin pump (not including blood glucose monitoring/continuous glucose monitoring equipment or insulin).
- ▶ Be prepared to troubleshoot and carry back-up equipment in case of pump failure.

## 2

### DECIDE ON A PUMP THAT BEST SUITS YOUR NEEDS

- ▶ Research all pumps available to you. You will be committing to this pump for the next 4 to 5 years.
- ▶ Ask yourself why you are getting a pump and what you want the pump to do. Make an appointment with your Credentialed Diabetes Educator to identify your needs and the different features of each pump and system.
- ▶ If you want a pump that integrates with a Continuous Glucose Monitor (CGM), consider each algorithm for hybrid close loop technology and whether it suits your management goals.



### 3 ATTEND A PRE-PUMP APPOINTMENT AND ARRANGE AN INSULIN START PACKAGE

- ▶ Ensure you have the right support when you start on your insulin pump. This is the key to your success.
- ▶ Attend a pre-pump appointment to ensure you have explored your pump options and finalise your pump choice.
- ▶ Complete an NDSS consumables form to upgrade your NDSS subsidy to include pump consumables at this appointment.
- ▶ Discuss the consumable options for your chosen pump and identify the relevant NDSS codes. You will need to order these prior to your pump start from your local NDSS pharmacy.
- ▶ Macintyre Health reception team will support you to complete the relevant paperwork.
  - Pump Order Form
  - Private Health Insurance Paperwork
  - Specialist Letter of Clinical Need
- ▶ Book your pump start package at a time that you can focus on your diabetes for a couple of weeks.
- ▶ Average out your current Multiple Daily Injection (MDI) doses for your health team to calculate your initial pump doses.
- ▶ Receive an MDI to pump transition dosing plan.



## 4

### PUMP +/- CGM START

- ▶ Be prepared to attend a 2-4 hours appointment.
- ▶ Receive your new pump, learn how to use it and get connected!
- ▶ When you leave your pump start appointment, you will have made a plan with your Credentialed Diabetes Educator to check and adjust your initial pump doses. As you will no longer use long acting insulin, there is an adjustment phase that lasts 2-4 weeks to work out the right doses for you. An on-call service with the Credentialed Diabetes Educator will be included in your pump start package, this ensures you receive the help when you need it most.

## 5

### FOLLOW UP APPOINTMENTS

Follow up appointments are the key to maximising your success with your new pump. Here you will:

- ▶ Review your settings and gain confidence using your pump
- ▶ Learn advance pumping features
- ▶ Review your pump failure plan and sick day plan
- ▶ Depending on the type of pump - you may need a separate appointment to learn the automated/hybrid loop component of the pump that integrates with the CGM.



## SCHEDULE REGULAR APPOINTMENTS WITH YOUR CREDENTIALLED DIABETES EDUCATOR

- ▶ It is important to continually review your pump settings to reach your goals. Your Credentialed Diabetes Educator is always up-to-date with the latest information released on improved ways to manage diabetes.
- ▶ Life changes all the time, and so does your diabetes management. Insulin pump therapy is not a 'set and forget' concept. There are many times in your life when your management or your settings needs adjusting e.g. change in routine/work/school, growth, weight loss or gain, pregnancy, injury/illness, change in diet and exercise, travel etc.
- ▶ Seeing your credentialed diabetes educator also gives you an opportunity to re-focus on your diabetes management, it is a full-time condition, it is easy for diabetes to get lost in a busy life.
- ▶ Your healthcare team will remind when you reach the end of your pump warranty so you can book a pump upgrade (see 'Pump Upgrade' sheet for more details).

## HAVE QUESTIONS?

✉ [reception@macintyrehealth.org](mailto:reception@macintyrehealth.org)

☎ 1300 220 914

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