

PATIENT INFORMATION

Returning to Insulin Injections from Pump Therapy (temporarily)

Paediatric Diabetes

What to do when your child's pump is not working properly and they need to return to injections temporarily :

Keep a written record of your child's pump basal rate for each hour and bolus ratios in case the pump fails and you need to go back to injections.

- Use their usual ICR (insulin to carbohydrate ratio) and correction doses. Deliver the fast-acting insulin (NovoRapid, Humalog (lispro) or Apidra) with a pen or syringe. Your child will probably need more corrections than usual.
- Contact the pump manufacturer who will arrange to supply another pump for you if it's within warranty.
- If you are unable to get a replacement pump within 24 hours, calculate your child's total daily basal rate on the pump and inject this amount immediately as long-acting insulin (Lantus or Levemir).

E.g. If you are on a 24 hour basal rate of 18 units, inject 18 units of long-acting insulin. This will need to be repeated daily until you receive the replacement pump.

Close monitoring is advised as this dose may need to be increased. Contact your child's diabetes team if you are unsure.

- On recommencing the pump, the long-acting insulin will still have some effect for 1-2 days, so a 10-20% temporary basal rate reduction *may* be needed.

Key points when converting back onto injections:

- This leaflet discusses a *starting* basal dose, further adjustments may be necessary depending on your blood sugar results.
- Each meal should ideally include a starchy food such as bread, potatoes, rice, pasta or plain biscuits
- Sweet sugary food and drinks are best avoided.
- Regular testing is advised. Test blood sugar levels pre-breakfast, lunch, tea and pre bed.

Use correction doses as required.

This leaflet has been written to help manage diabetes at home.

Do not rely on this leaflet alone for information about your child's treatment.

If you require any further information please telephone and ask for your Diabetes Nurse Specialists. Details are at the end of this leaflet.

REFERENCE

The Leeds Insulin Pump Workbook for Children and Young People (2012)

NOTES

During your contact with us, it is important that you are happy with your care and treatment. Please speak to a member of staff and/or the ward/department Sister/Charge Nurse if you have any questions or concerns.

MATRON

A Matron is also available during the hours of 9.00 to 5.00 pm Monday to Friday. During these periods, ward/department staff can contact Matron to arrange to meet with you. Out of hours, a Senior Nurse can be contacted via the ward/department to deal with any concerns you may have.

INFECTION CONTROL REQUEST

Preventing infections is a crucial part of our patients' care. To ensure that our standards remain high our staff have regular infection prevention and control training and their practice is monitored in the workplace. We ask patients and visitors to assist us in preventing infections by cleaning their hands at regular intervals and informing staff of areas within the hospital that appear soiled.

As a patient there may be times that you are unsure whether a staff member has cleaned their hands; if in doubt please ask the staff member and they will be only too happy to put your mind at ease by cleaning their hands so that you can see them.

SPECIAL INSTRUCTIONS

ANY CONDITION SPECIFIC DANGER SIGNALS TO LOOK OUT FOR:

CONTACT INFORMATION IF YOU ARE WORRIED ABOUT YOUR CONDITION

Your own GP –

Paediatric Diabetes Specialist Nurse (West Lancs) –
01695 656766/mobile 07917658725

Paediatric Diabetes Specialist Nurse (Sefton) –
01695 656867/mobile 07876838200
Children's Ward – 01695 656912/656612

Paediatric Dietitian – 01695 588623

OTHER USEFUL TELEPHONE NUMBERS/CONTACTS:

NHS 111

Stop Smoking Helpline (Sefton) - 0300 100 1000
Stop Smoking Helpline (West Lancashire) - 0800 328 6297

**Please call 01704 704714 if you need
this leaflet in an alternative format**

Southport and Ormskirk Hospital NHS Trust

Ormskirk & District General Hospital
Wigan Road, Ormskirk, L39 2AZ

Tel: (01695) 577111

Southport & Formby District General Hospital
Town Lane, Kew, Southport, PR8 6PN

Tel: (01704) 547471

FOR APPOINTMENTS

Telephone (01695) 656680
Email soh-tr.appointments@nhs.net

Please remember to complete the **attached Friends and Family Test**.

Alternatively, you can complete the *Friends and Family Test* on-line by going to:
southportandormskirk.nhs.uk/FFT

Thank you

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