**CARELINK PERSONAL WORKSHEET for 670G + Linked CGM**

Dates of Download: \_\_\_\_\_\_\_\_\_\_\_\_ to \_\_\_\_\_\_\_\_\_\_\_\_

Assessment and Progress Report

Statistics

* Sensor wear percentage: \_\_\_\_\_\_\_\_ (aim: >90% = 6 days + wear)

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* Percent time in Auto Mode: \_\_\_\_\_\_\_\_ (aim: > 80%)
* Percent time in Manual Mode: \_\_\_\_\_\_\_ (aim: <5%)

(Refer to ‘weekly reviews for more details on exit reasons to manual mode)

* Average BG \_\_\_\_\_\_\_\_\_\_\_\_ (aim: less than 8mmol/L)



* Time in Range \_\_\_\_\_\_\_\_\_\_ (aim: >80%)
* BG/Calibration (per day): \_\_\_\_\_\_\_\_\_(aim: 2/2 – minimum calibration is 2 in 24hrs)
* Total Daily Insulin \_\_\_\_\_\_\_\_\_\_\_ (this is the average total daily dose)

**Calculate insulin sensitivity i.e. 100 ÷ Total Daily Insulin**



* Calculated Insulin Sensitivity = \_\_\_\_\_\_ (Important for manual mode settings)
* Bolus Amount \_\_\_\_\_\_\_ % (usually 60-70%)
* Auto Basal Amount \_\_\_\_\_\_\_ units (this is the total background insulin)

**Calculate Basal Rate Settings for Manual Mode**

Manual Mode (pre-set) basal settings should be reviewed 3-monthly, using the following calculation (NB: to ensure that the open-loop basal delivery is around 40% of the TDD).

Step 1 – calculate 40% of TDD:

1. TDD \_\_\_\_\_units x 0.4 = \_\_\_\_\_units (estimated basal requirement for manual mode)

Step 2 – check current Total Basal (Active- Basal 1 from Device Settings):

**(B)** \_\_\_\_\_\_\_\_\_units/day

Step 3 – Is the estimated basal requirement **(A)** GREATER THAN the current basal **(B)**

1. **YES** 🡪 increase the basal settings as follows:

Estimated basal **(A)** – current basal **(B)** = \_\_\_\_\_\_units / 24h = \_\_\_\_\_\_\_\_\_\_\_units/hr

* Increase each manual mode (pre-set) basal by this amount

1. **NO** 🡪 decrease the basal settings as follows:

Current basal **(B)** – estimated basal **(A)** = \_\_\_\_\_\_units / 24h = \_\_\_\_\_\_\_\_\_\_\_units/hr

* Decrease each open-loop (pre-set) basal by this amount

**Basal settings:**

|  |  |  |
| --- | --- | --- |
| Time | Unit/hr (OLD) | Unit/hr (NEW) |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |

* Avg daily carbs \_\_\_\_\_\_\_\_\_\_\_g (check if similar to average amounts below)

|  |  |  |
| --- | --- | --- |
| Age | Female (Carbs/ day) | Male (Carbs/ day) |
| 1-3 years | 115g | 125g |
| 4-6 years | 170g | 185g |
| 7-9 years | 205g | 220g |
| 10-12 years | 255g | 270g |
| 13-14 years | 285g | 315g |
| 15-16 years | 300g | 360g |
| 17-18 years | 310g | 390g |

Average amounts of carbs for age groups (i.e. 50% of average kcal requirements)

Adherence Report

From the summary at the bottom of the page:

* BG readings \_\_\_\_\_\_\_\_\_
* Bolus wizard events \_\_\_\_\_\_\_\_ (aim: at least 6 per day)
* Rewind: Every \_\_\_\_\_\_\_\_\_ days (this indicates set changes, aim: every 2-3 days)

**NB** Site Rotation – Regular rotation of sites for set changes are crucial

* Cannula amount \_\_\_\_\_\_\_\_\_\_(Mio 6mm = 0.3 units / Mio 9mm = 0.5 units / Mio 30/Silhouette = 0.7 units / Mio Advance = 0.6 units / Sure T = 0 units)

DEVICE SETTINGS SNAPSHOT

Blood Glucose Target (usually 5-6 mmol/L)

Bolus: Active insulin time \_\_\_\_\_\_\_\_\_\_\_\_ (usually 3hrs)

Basal: (active) will be beside basal rate currently being used in Manual Mode

* Max Basal \_\_\_\_\_\_\_units/hr (Check highest basal rate and max set at 50% more)
* Max Bolus \_\_\_\_\_\_\_units (Increase if Max Bolus being reached and not all bolus being delivered – you will see this is day to day breakdown)

Carbohydrate Ratio (g/U)

|  |  |  |
| --- | --- | --- |
| Time | Ratio | Insert usual meal/ snack eaten at this time |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |

Smart Guard – Auto mode ON

DAILY DETAIL

Only BGs between 2-22mmol/L will be listed (arrows if BG higher/lower)

**ACTION PLAN and/or topics for discussion at clinic**

**HOW TO MAKE CHANGES TO:**

**RATIOS:**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Trend of BG 2 hrs after the meal** | **Action needed** | **Suggested ratio change** | | | |
| **High**  (More than 9mmol/L) | Decrease the number of grams of carbs that 1 unit of insulin will cover | 1:2→1:1.5 | 1:7→1:6 | 1:15→1:12 | 1:30→1:25 |
| 1:3→1:2 | 1:8→1:7 | 1:18→1:15 | 1:35→1:30 |
| 1:4→1:3 | 1:9→1:8 | 1:20→1:18 | 1:40→1:35 |
| 1:5→1:4 | 1:10→1:9 | 1:22→1:20 | 1:45→1:40 |
| 1:6→1:5 | 1:12→1:10 | 1:25→1:22 | 1:50→1:45 |
|  |  |  |  |  |  |
| **Low**  (Lower than 4 mmol/L) | Increase the number of grams of carbs that 1 unit of insulin will cover | 1:1.5→1:2 | 1:6→1:7 | 1:12→1:15 | 1:25→1:30 |
| 1:2→1:3 | 1:7→1:8 | 1:15→1:18 | 1:30→1:35 |
| 1:3→1:4 | 1:8→1:9 | 1:18→1:20 | 1:35→1:40 |
| 1:4→1:5 | 1:9→1:10 | 1:20→1:22 | 1:40→1:45 |
| 1:5→1:6 | 1:10→1:12 | 1:22→1:25 | 1:45→1:50 |

* To make an adjustment to a ratio on the pump go into:

Bolus → Bolus setup → Bolus wizard setup→ Edit settings → Carb ratios

**INSULIN SENSITIVITY:**

* Check that all high readings have been corrected (if BG was sent to pump via Bluetooth it will only remain on pump screen for 12 mins)
* Before making any changes review a few readings which have needed a correction & if the insulin sensitivity is working the BG should be back within target blood glucose levels 2 hours after bolus
* If there is a trend of the insulin sensitivity not working adjust by:

|  |  |
| --- | --- |
| **If calculated insulin sensitivity is:** | **Adjust insulin sensitivity by\*:** |
| 1.0-1.9 mmol/L/U | 0.1 |
| 2.0-2.5 mmol/L/U | 0.2 |
| 2.6-4.9 mmol/L/U | 0.5 |
| 5-9.9 mmol/L/U | 1.0 |
| 10 mmol/L/U or higher | 2.0 |

\*Do not set insulin sensitivity below calculated insulin sensitivity unless this has been discussed with your diabetes team

* To make an adjustment to the insulin sensitivity on the pump go into:

Bolus → Bolus setup → Bolus wizard setup→ Edit settings → Sensitivity