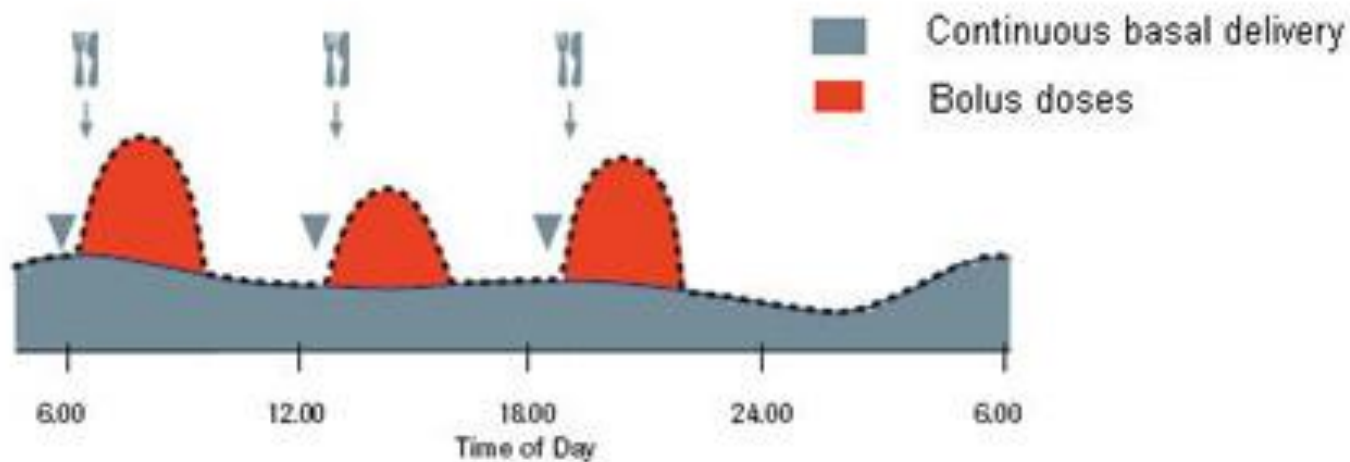


Basal Assessments



The Importance of a Good Basal Setting



Insulin release with insulin pump therapy mimics normal pancreatic function

▼ = pump bolus

Basal Assessments

- Carb free profiles
- Downloaded information
- Other clues:
 - What happens to BG levels if a meal is delayed/skipped
 - Any suggestions of hypos at night
 - What happens to BG levels between waking & breakfast
 - Frequent use of temp basal changes



Rules for basal reviews

- Very important... Foundations
- Eat low fat meal 4-5hrs before starting test
- Avoid alcohol
- Only miss one meal during a test period
- Have carb free foods during test period
- Avoid exercise and testing after hypoglycaemia
- Repeat tests to see patterns
- Abandon if hypo – consider basal change.
- Use Expert meter tags
- Useful prior to clinic visits
- Beware of patients maths skills – do they see the same patterns you see?!



- Chicken/Prawns with stir fry green veg
- Omelette/Scrambled eggs & grilled mushrooms
- Grilled meats/fish kebabs
- Tuna fish /hard cheese salad



When to test ?



- **Overnight** – have an early evening meal which is low in fat and known carbs then after 4-5 hours test BG every 2 hours throughout the night. Ideally repeat.
- **Morning** – miss breakfast; test BG every 1-2hrly until lunch time
- **Afternoon** – miss lunch; start testing 4-5 hours after breakfast, test 1-2hrly until evening meal
- **Evening** – miss evening meal; start testing 4-5 hours after lunch, test 1-2hrly until bedtime

Have a look at these

TEST 1 OVERNIGHT

Details of meal eaten prior to test	
TIME OF MEAL	18:40
CARBOHYDRATE VALUE	70g
INSULIN BOLUS	7 units
CORRECTION DOSE	0.6 units

TIME	22:00	24:00	01:00	02:00	03:00	04:00	05:00	06:00	07:00	08:00
BGL	7.5		6.4		8.3		9.8	11.1	10.2	9.8
BASAL	0.35	0.35	0.32	0.32	0.36	0.42	0.42	0.55	0.62	0.62

TEST 2 MORNING missed breakfast

TIME	06:00	07:00	08:00	09:00	10:00	11:00	12:00	13:00
BGL	7.1	6.5	9.2	7.0		4.6	3.4 *	-
BASAL	0.5	0.62	0.62	0.55	0.52	0.52	0.52	0.52

* treated with lucozade

TEST 3 AFTERNOON

Details of meal eaten prior to test	
TIME OF MEAL	08:00
CARBOHYDRATE VALUE	55g
INSULIN BOLUS	5.5units
CORERCTION DOSE	0.6 units

TIME	08:00	09:00	10:00	11:00	12:00	13:00	14:00	15:00	16:00	17:00	18:00
BGL	7.8	10.1		7.4	6.3		6.8	10.2	12.3	11.3	12.0
BASAL	1.8	1.8	0.97	0.92	0.75	0.75	0.75	0.75	0.88	0.88	0.88

TEST 4 EVENING

Details of meal eaten prior to test	
TIME OF MEAL	12:30
CARBOHYDRATE VALUE	35g
INSULIN BOLUS	3.5units
CORRECTION DOSE	-

TIME	17:00	18:00	19:00	20:00	21:00	22:00	23:00	24:00
BGL	5.2	6.5		7.1		5.6	6.8	
BASAL	0.25	0.28	0.32	0.28	0.28	0.24	0.24	0.22

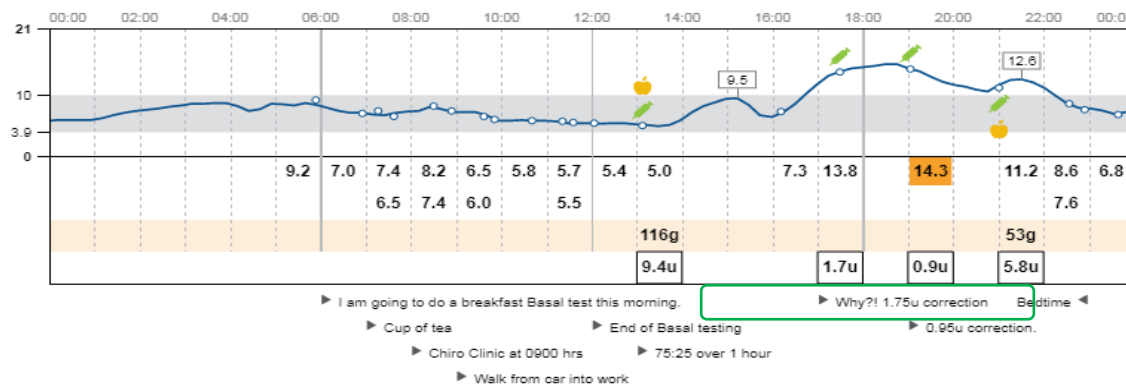
FRI 8 Nov

Glucose mmol/L

Carbs grams

Rapid-Acting Insulin

Notes



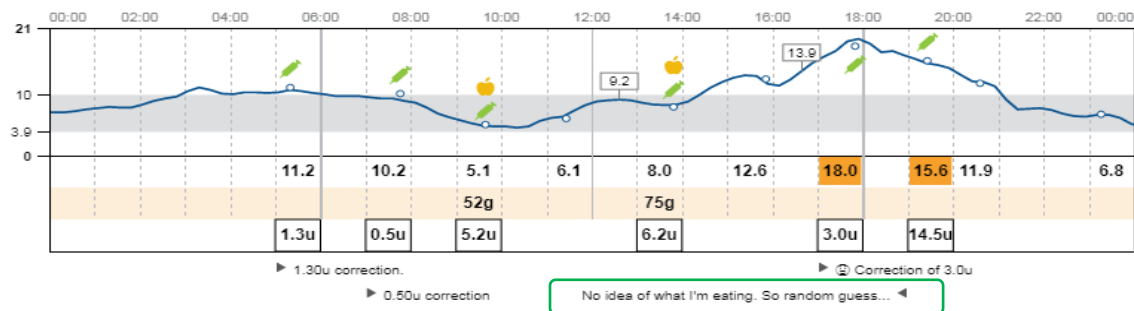
SAT 9 Nov

Glucose mmol/L

Carbs grams

Rapid-Acting Insulin



Notes



Stable basal/background insulin checks.

High CHO meals & error with CHO estimations leading to delayed hyperglycaemia

Making changes

- Note time of change in BG level ( or ).
- Increase or decrease basal rate by 0.05-0.1u/hr (or 10%?) 1-2 hrs prior to this.
- No need to change at point BG level is stable, even if stable at high level.
- Important to review by repeating basal check... One change does not, necessarily make things right!
- Consider using different profiles for different days of week e.g. weekend vs weekdays, variable work shifts, training vs competition days.
- Variable profiles can be useful for pump starts.

Good Luck!

- Solutions not always clear
- Repeat reviews important
- Support patients – its hard work!
- Encourage skills in early stages of pump therapy