Are you interested in using an Insulin Pump? 
Insulin Pump Pathway

Children and Young People’s Diabetes Service
If you would like this document in another language or format, or require the services of an interpreter, contact us on 020 3447 9364. We will do our best to meet your needs.

If you are interested in using an insulin pump, the information below has been written for you:

**Things to consider first:**

1. **Why do you want a pump?**
   - Insulin pumps work well when they are used well. A pump will not manage diabetes for you. Using a pump can help to improve overall diabetes management and lower HbA1c. A pump may also reduce the risk of hypoglycaemia and make everyday life easier to manage.
   - It is important to think about your reasons for choosing to use insulin pump therapy. A pump does not always make diabetes management easier. You will need to check blood glucose levels at least 6 times a day, carbohydrate count everything you eat or drink and give an insulin bolus before all meals and snacks and whenever blood glucose levels are above target.
   - Insulin pump therapy means wearing the pump all the time. Depending on the pump you chose you may be able to disconnect for up to an hour once a day
   - Insulin pump therapy means that monitoring for high blood glucose levels and acting quickly is very important to prevent DKA (diabetic ketoacidosis). Insulin pump therapy uses fast acting insulin only so there is no 'safety net' of long acting insulin in your body.
   - Using a pump with an integrated continuous glucose monitoring system (CGMS), can help to fine tune insulin doses. Having more information about blood glucose levels can be really useful during exercise, exams, after meals and for school/club trips, sleepovers and other life events.
2. Which pump are you interested in?

- Information about the pumps we offer can be found in our ‘Pump Comparison Leaflet’. You can find this on our website at [www.uclh.nhs.uk/T1](http://www.uclh.nhs.uk/T1). Have a look at the websites of the companies who manufacture the different pumps to find out more as well as looking at forums and blogs. Do not hesitate to contact us to discuss the different options. Please note that some pumps are not suitable for young people needing very small or very large amounts of insulin.

- Your pump choice is a choice for the next 4 years. Take time to think about the pros and cons of the different pumps in relation to your lifestyle and individual needs.

3. What do you need to be doing before starting on a pump at ULCH?

- You will need to be checking your blood glucose levels between 6 and 10 times a day
- You should be managing high and low blood glucose levels correctly.
- You need to be carbohydrate counting all the food and drink you have and giving your insulin before eating/drinking
- You need to be looking at blood glucose patterns and adjusting insulin doses. This includes adjusting background insulin, carbohydrate ratios and insulin sensitivity factors. You should be in regular contact with the diabetes team, this means coming to clinic every 3 months and contacting at least once between clinics.
- You should be able to download your blood glucose meter and know how to review your blood glucose patterns.

4. Insulin Pump Pathway

Once you have decided you would like an insulin pump, and if you meet the criteria for funding, you will follow the insulin pump pathway. If you do not meet the criteria the team will work with you to help you move towards pump therapy.

See the pathway flowchart below.

This will give you an idea of how to progress towards starting on a pump at UCLH. The amount of time it takes to move through the pathway will vary. We can offer you as many nurse and dietetic appointments as you need to get you off to the best possible start on your new pump.
For new referrals to our diabetes service, the first appointment will be with the Nurse Consultant.

Following this, you will attend appointment(s) with our nursing team, so we can work with you towards meeting the objectives as set out in number 3 above.

You will meet with the dietitian to ensure that you are confident and competent in carbohydrate counting and learn more about the relationship between food, insulin, blood glucose and activity.

You will let us know which pump you are interested in.

You will attend a further nurse led out-patient clinic for a ‘pump trial’.

We will put a pump on you so that you can experience a pump cannula insertion. We will not put insulin in the pump, so you will still need to give your insulin injections as usual. You will wear the pump for three days, and then take it off. This is so you can get an idea about how you feel being attached to an insulin pump on a continuous basis (during the day and night, school, sports etc).

Following your ‘pump trial’, if you still want to go ahead with the pump, and everyone is in agreement that you are ready, we will arrange a date for you to start on the pump of your choice. You will be invited to attend our ‘Pump School’. This will involve you, your parents and, ideally, somebody from your school being taught how to use the pump. ‘Pump School’ is run over two consecutive Tuesdays.

Please note, you should choose a time to start pump therapy when you are going to be able to concentrate on learning how to use the pump, and when you will be able to engage fully in the necessary follow-up. It is not a good idea to start on a pump during or just before exams, less than six weeks before a holiday abroad, or when you know life is going to be very busy for other reasons (e.g. moving house). Please see our ‘Pump School’ leaflet for information on pump school content, timetable and follow-up.

Paediatric Diabetes Nurses – 020 3447 9364
Website – www.uclh.nhs.uk/T1