

Nova Scotia Insulin Pump Program (NSIPP)

Are You Ready to Use an Insulin Pump?



Insulin pump therapy requires learning and preparation. The following checklist can help you assess if you are ready for pump therapy. If you are seeking support under the Nova Scotia Insulin Pump Program (NSIPP), this checklist also reflects the NSIPP Clinical Eligibility Criteria.

I feel that I am ready for an insulin pump because:

- ☐ I have been living with type 1 diabetes for at least 4 months.
- ☐ I am aware of the benefits and challenges to insulin pump therapy (e.g., I have read *"Is an Insulin Pump for Me?"*).
- ☐ I am aware of the costs of pump therapy including the cost of the pump and ongoing supplies.
- ☐ I understand that starting on an insulin pump will take time and effort.
- ☐ I understand that I need to complete pump education provided by a Diabetes Team.
- ☐ I am willing to visit with my diabetes team at least once a year (in-person or virtual).
- ☐ I am willing to change and rotate the infusion site every 2 to 3 days or as recommended by the manufacturer or diabetes team.
- ☐ I have been using a CGM with at least 70% active time or have been checking my blood glucose at least 4 times per day. I also understand that I will have to check more often, for a while, after starting an insulin pump.
- ☐ I understand how to adjust my insulin dose for:
 - activity (planned and/or unplanned)
 - illness
 - food
- ☐ I can adjust my base dose of insulin based on my glucose readings – not just for food and activity.
- ☐ I know how to manage diabetes during illness.
- ☐ I check for ketones when my glucose is high and when I feel unwell.
- ☐ I will check my A1C at least once a year (more often if asked by my diabetes team).
- ☐ I have not been admitted to the hospital for an emergency related to my diabetes in the last year (not counting at diagnosis), or if I have, I have worked with my diabetes health care team to reduce the risk.

Please arrange to meet with your diabetes team to discuss items where you are unsure or need support.

Please complete the following questions and review with your diabetes team.

1. List 1 to 3 goals you hope to achieve by using an insulin pump.

2. List any concerns you may have about insulin pump therapy.

3. Please share any questions you may have about insulin pump therapy.