

# Health PEI

## ARE YOU READY TO PUMP? SELF-ASSESSMENT

**Insulin pump therapy requires learning and preparation. The following checklist can help you assess if you are ready for pump therapy.**

- I have had type 1 diabetes for more than one year (some exceptions may apply).
- My diabetes team/provider has suggested insulin pump therapy.
- I am interested in pump therapy.
- I am aware of the benefits and challenges of insulin pump therapy and have read the handout [Introduction to Insulin Pump Therapy](#).
- I understand that:
  - Starting on an insulin pump will take time and effort.
  - I will need to attend a pump education session with the Provincial Diabetes Program.
  - If I am seeking coverage through the PEI Insulin Pump Program, I will need to visit the Health PEI Provincial Diabetes Program at least three times per year (in-person or virtually) to maintain my coverage.
    - Or, I will need to visit my out-of-province care team at least three times per year to maintain my coverage (in-person or virtually)
- I will attend pump follow-up clinics regularly (as recommended by my diabetes care team).
- I have mastered the basics of diabetes care:
  - glucose testing
  - insulin adjustments including adjustments for illness and physical activity
  - meal planning
- I already count carbohydrates accurately and I am willing to attend a refresher session with a dietitian. If not, I am aware I will need to attend a carbohydrate counting class/appointment and be carb counting before starting the pump.

## Are You Ready to Pump Self-Assessment

- I rotate my injection sites and use my abdomen for insulin injections regularly. I am aware that once started on a pump I will need to rotate my infusion sites every two to three days or as recommended by the manufacturer.
- I have been checking my blood sugar **at least four** times a day **and** recording the results in a logbook; or, I use a glucose sensor with at least 70% active sensor time to monitor my glucose level.
- I can independently make appropriate insulin adjustments for activity (planned or unplanned), illness or food.
- I check for ketones when my glucose is high and when I feel unwell.
- I will arrange to have my A1C checked at least three times a year (or more often as recommended by my diabetes care team).
- I am actively trying to meet my A1C target agreed upon by myself and my diabetes care team.
- In the last year, I have not been admitted to the hospital for DKA (diabetic ketoacidosis). If I had an episode of DKA, I have worked with my diabetes care team to reduce the future risk.
- I would be able to upload my pump data using a computer/tablet and share my data with my pump educator. If not possible, I will discuss a plan with my pump educator.
- I am aware of the costs of pump therapy, including the cost of the pump and ongoing supplies.
- I have discussed my coverage with my insurance company and used the [Insulin Pump Payment Calculator](#) to estimate costs.

Note: Private health insurance companies provide varying levels of coverage. You must know your coverage before contacting the Diabetes Education Program. Private health insurance coverage is applied first to the cost of the insulin pump and pump supplies. Funding assistance under the Insulin Pump Program applies to the balance not covered by your private health insurance.

## Are You Ready to Pump Self-Assessment

For children and teens:

- Both you and your parents are interested.
- For teens, you allow your parents to be involved and take part in your diabetes care.
- For parents of younger children, you understand that school and daycare staff will not operate the pump. You will need to have a plan for pump operation when your child is out of your care and be available at all times in case of a problem.

**What do you hope to achieve by using an insulin pump?**

**List your concerns about insulin pump therapy.**

For more information on the Insulin Pump program visit the [Insulin Pump Program web page](#).