

Pattern Management

There are some commonly seen problems with blood sugars associated with your insulin patterns. These suggestions may not be for everyone, talk to your pump nurse educator for individual suggestions.

1. **The “bolus-happy” camper!**

This person just loves the bolus feature on their pump.

Observations	Problem	Possible Solution
Frequent correction of highs. Weight gain	“Grazing” Miscalculation of foods eaten.	Need to start the day in target. Get a good reference book for carbs / snacks.
Boluses add up to more than 60% of total daily dose.	Chasing highs	Re-adjust basal rate upwards. Get back to basics! More frequent checking BG

2. **The “dawn phenomenon” dilemma!**

If you can't start your day in target, it becomes more difficult to gain control throughout the day.

Observations	Problem	Possible Solution
High pre-breakfast blood sugars	Increased dawn phenomenon Could be due to increased hormonal secretion. Miscalculated bedtime snack bolus.	Back to basics! Test at Midnight, 3 am and morning. Set a new basal rate if needed. Change insulin to carb ratio for breakfast.
High HbA1c	Overnight blood sugars are high.	Test your basals during those “windows”

3. **The “bedtime climber”**

This person has a great day, but their blood sugar climbs steadily throughout the evening.

Observations	Problem	Possible Solutions
Pre-supper blood sugars are good. Bedtime sugars are high.	Late meal. High fat meal. Over-sized meal. “Grazing” throughout the evening. Metabolic need for more insulin at that time of day.	Eat the last meal of the day by 6pm. Watch meal composition. Set a square or dual wave bolus. Set a higher basal rate from 6 – 10 pm
Depending on their corrections at bedtime, they can have either high blood glucose in the morning, or lows throughout the night.	Can contribute to sub-optimal A1c. Nocturnal hypoglycemia	Get back to basics! Test your windows!

4. **The “Weekend Warrior”**

This person typically has good control throughout the week, but whose blood sugar either goes up or down on the weekends.

Observations	Problem	Possible Solutions
High blood sugars on the weekend due to <u>decreased</u> physical activity.	Single basal pattern does not meet the need for more insulin on less active days.	Set another basal pattern up for less active days at 1/3 more basal rate than you would have for that time of day. (e) from .6u/h to .9u/h “Flip” to pattern B on the weekends.
Low blood sugars on the weekend due to <u>increased</u> physical activity.	Single basal pattern does not meet the need for less insulin on more active days.	Increase food intake on weekends and bolus “light” for it. Set another basal pattern for the weekend at about 50% (half) of what you would normally have during the day. May need to adjust overnight as well.

5. **“my pump does it all” mayhem**

Pump therapy has benefits in terms of quality of life and flexibility. These people realize the benefits right away, however; do not strive for good control of their diabetes with it.

Observations	Problem	Possible Solutions
Sub-optimal diabetes control as evidenced by HbA1c	Blood sugar testing drops off and so does control.	Back to basics, picking up the testing will help you see where your blood sugar levels are – you may be surprised!
Do not wish to learn advanced features on the pump nor use them	Many issues can be solved by using temp basal rate, basal patterns and other bolus methods.	Talk to your pump educator to learn how to maximize pump therapy.
Person is very happy with their pump.....BUT.....	It is easy to forget your diabetes control and just bolus a set amount with each meal.	Buy a good carb counting book and challenge yourself to match your insulin to your food.