You will also have the opportunity to discuss your expectations and issues with pump therapy.

**Step 6**

When all three members of staff are in agreement that you are ready to commence pump training, a date will be formulated. Insulin pump initiation takes place over a three hour period with 2 – 3 other patients. Education is given in programming the insulin pump. The pump is worn using saline over the following few days allowing time for you to gain confidence and practice with the pump safely.

**Step 7**

Insulin initiation with the pump takes place over approximately 6 hours with the same group members. Education is given in daily management of pump therapy. Two hourly blood glucose monitoring commences for the following few days. You also advised to take the remainder of the week off work.

**Step 8**

During the first week of pump treatment you will have daily contact with diabetes pump specialist nurse. You may require weekly appointments until you are dependent with your insulin pump. You will receive a three month appointment after commencing your insulin pump in insulin pump clinic with the insulin pump team members to view your progress and if you are benefiting pump therapy.

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**Introduction to Insulin Pump Therapy**
What is insulin pump therapy?

Pump therapy is a method of insulin delivery via a pump. The pump is worn outside the body and delivers rapid insulin via tubing with a cannula worn under the skin. Rapid insulin is frequently pulsed as basal (background) insulin. When carbohydrates are eaten, the amount of insulin required is calculated using a ratio to bolus the correct amount of insulin via the pump, thus allowing stable and controlled diabetes. The pump is worn 24 hours a day but can be unattached for up to one hour. Pump therapy is hard work initially and requires commitment, competence, motivation, intense education and support. The pump team will support you to manage this period.

Do I Fit the Criteria for An Insulin Pump?

Continuous subcutaneous insulin infusion or insulin pump therapy is recommended under NICE guidelines (2008) as a possible treatment for adults and children 12 years and over with type 1 diabetes mellitus if:

- attempts to reach target haemoglobin (HbA1c) levels with multiple daily injections result in the person having ‘disabling hypoglycaemia’,

or

- HbA1c levels have remained high (8.5% or above/ 64 mmol/mol) with multiple daily injections (including using long-acting insulin analogues if appropriate) despite the person and/or their carer carefully trying to manage their diabetes. Insulin pump therapy is recommended as a possible treatment for children under 12 years with type 1 diabetes mellitus if treatment with multiple daily injections is not practical or is not considered appropriate. Children who use insulin pump therapy should have a trial of multiple daily injections when they are between the age of 12 and 18 years.

Step 1

The consultant for diabetes will discuss with you at your clinic appointment whether you fulfil the criteria for an insulin pump. Should you wish to pursue insulin pump therapy, your consultant will refer you to the insulin pump clinic for an assessment. The assessment process will take time and it may be a few weeks or even months until you are ready for pump therapy.

Step 2

You will invited to attend REACCT (re - educate and carbohydrate counting training). It will involve two education sessions about management of diabetes and carbohydrate counting in a group setting approximately for two to three hours six weeks apart.

Step 3

You will have a consultation with the lead consultant for insulin pumps. In the meeting, your management and control of diabetes will be reviewed. If you fulfil the criteria and the consultant is in agreement with you for pump therapy you will be referred to a structured education programme (REACCTT) if you have not already attended. Otherwise, you will be referred to the pump dietitian and diabetes specialist nurse for separate assessments.

Step 4

Assessment by the pump dietitian will take approximately one hour. Your blood glucose and food diaries are reviewed to investigate if you are independently and effectively carbohydrate counting for pump therapy. This may take more than one appointment and will depend on the individual.

Some patients have benefited from carbohydrate counting and not required insulin pump therapy.

Step 5

During your consultation with the diabetes pump specialist nurse you will be assessed for commitment, competence and motivation towards pump therapy. Your current diabetes management will be evaluated.