

TYPE ONE DIABETES ACTION PLAN 2025

Insulin Pump

As kaitiaki (carers/guardians) of diabetes related services, it is a collective responsibility to establish an environment that facilitates a pathway for people with diabetes to navigate te ao mate huka - the world of diabetes¹.

EARLY CHILDHOOD CENTRE

Use in conjunction with Diabetes Management Plan.
This has been developed by specialist diabetes clinicians

LOW Hypoglycaemia (Hypo)

Blood Glucose Level (BGL) less than or equal to

3.9 mmol/L

SIGNS AND SYMPTOMS Pale, headache, shaky, sweaty, dizzy, changes in behaviour *Note: Symptoms may not be obvious*

**DO NOT LEAVE CHILD ALONE
DO NOT DELAY TREATMENT**

MILD

Child conscious
(Able to eat hypo food)

Step 1 Give fast acting Carbohydrate
e.g. _____

Step 2 Recheck BGL in **10-15 mins** If BGL still less than or equal to 3.9 mmol/L **Repeat Step 1**

If BGL greater than or equal to 4.0, **Go to Step 3**

Step 3 Return to normal activity no follow up long-acting carbohydrate is required.
See Management Plan

SEVERE

Child drowsy / unconscious
(Risk of choking / unable to swallow)

- First Aid DRSABCD
- Stay with unconscious child
- Administer Glucagon if available

**CALL AN AMBULANCE
DIAL 111**

Contact parent/carer when safe to do so.

HIGH Hyperglycaemia (Hyper)

Blood Glucose Level (BGL) greater than or equal to

15.0 mmol/L requires additional action

SIGNS AND SYMPTOMS increased thirst, extra toilet visits, poor concentration, irritability, tiredness
Note: Symptoms may not always be obvious

Check Blood ketones. Blood ketones greater than or equal to 1.0 mmol/L requires immediate treatment (contact caregiver)

Blood Ketones less than 1.0

- Deliver correction insulin dose via pump/phone bolus calculator
- Encourage water and return to activity
- Extra toilet visits may be required
- If GL is high and child is hungry, they can still eat carbohydrate with insulin via pump
- Extra activity is NOT required as a method of treatment for high GLs
- Re-check BGL in 2 hours

BGL <15.0mmol/L and ketones less than <1.0mmol/L, No further action required

BGL still >15.0mmol/L
POTENTIAL SITE FAILURE
Check ketones

Blood Ketones greater than or equal to 1.0 mmol/L

POTENTIAL SITE FAILURE

- Contact Parent/Caregiver for further advice
- Will need injected insulin via pen and set change
- This is the parent/caregiver responsibility

If unable to contact parent/carer

SEEK MEDICAL ADVICE

IF UNWELL (E.G. VOMITING), OR KETONES > 1.0mmol/L CONTACT PARENT/CAREGIVER TO COLLECT CHILD OR CALL AMBULANCE DIAL 111

Child's name:		Place photo of child here
Age:	DOB:	
Date:		

Centre name:

INSULIN

The insulin pump continuously delivers insulin. The pump will deliver insulin based on carbohydrate food entries and GLs.

If the insulin pump site falls out, a parent should be contacted immediately.

If the continuous glucose monitor falls out or stops working, BGLs should be monitored via finger pricks and entered into the pump.

GL CHECKING TIMES

- Anytime, anywhere in the Centre
- Before morning tea and before lunch
- Anytime hypo is suspected
- Before planned activity.
- Playtime does not usually require additional carb.
See Management plan

PHYSICAL ACTIVITY

- Turn on as guided by parents/carers (Cross-out if N/A):
"Exercise activity" / "Ease-off" / "Temp target" / "Temp basal" / "Profile"
- Vigorous activity should **NOT** be undertaken if BGL ≥ 15.0 **AND** blood ketones are ≥ 1.0 **AND/OR** child is unwell

Parent/Carer's name:	Contact phone:
Treating medical team:	Contact phone: