Diabetes Management

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| **Meal or Snack** | **Usual intake** | **Insulin doses** |
| **Carbs** grams (g)ie, 0g, 15-20g, 55-65g | **Basal** (Tresiba, Basaglar, Humalog, etc) | **Rapid** (Admelog, Trurapi, Novorapid, Apidra, etc) **Scale** ie.1/2/3/4/5 **Ratio** ie. 1:10 **Fixed** ie. 10 Units |
| **Breakfast** |  |  |  |
| **Snack AM** |  |  |  |
| **Lunch** |  |  |  |
| **Snack PM**  |  |  |  |
| **Supper** |  |  |  |
| **Snack Evening** |  |  |  |
| **If on Ratios & Correction method, complete the following:**Correction Equation = (BG – **BG target**) / **IS** |
| **BG target (mmol/l) =** | **IS (Insulin Sensitivity) =** |

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| **Physical Activity** |
| **What type?** | Example:*Gym at school* |  |  |
| **How often?** | *Tues and Thurs* |  |  |
| **How long?** | *75 min per class* |  |  |
| **Management** ie extra carbs, decrease insulin, and/or nothing | *If BG ⩽ 8 mmol/l, juice box (21 g) or granola bar (17 g) or -2 u rapid insulin at previous meal* |  |  |

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| **Hypoglycemia Treatment and Prevention** |
| **How often?**Number of episodes | Example:*~1-2x/week* |  |
| **Reason(s) why hypos?** | *Activity, miscalculations, insulin stacking* |  |
| **How do you treat a hypo?** | *Juice (21 g) or 4 Dex4 tabs (16 g)* |  |
| **What do you do in the evening to prevent overnight hypoglycemia?** | *If BG ⩽ 6 mmol/l before bed, eat yogurt (15 g) or peanut butter toast (15 g); without insulin* |  |