



Diabetes Management

| 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 | | | |
| <p>If on Ratios & Correction method, complete the following:</p> <p style="text-align: center;">Correction Equation = (BG – BG target) / IS</p> | | | |
| BG target (mmol/l) = | | IS (Insulin Sensitivity) = | |

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



Hypoglycemia Treatment and Prevention

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