**Appendix A (ALG-OS)**

(i) **Wallet Card Advising Reactive Responses to RT-CGM Information.**

Front of short term adjustment card

| TREND ARROW | LOW (Below 4.0 pre-meal or below 6.0 after meal or bed-time) | TARGET (4.0-8.0 pre-meal or 6.0-10.0 after meal or bed-time) | HIGH (more than 8.0 pre-meal or more than 10.0 after meal or bed-time) |
|-------------|---------------------------------------------------------------|---------------------------------------------------------------|---------------------------------------------------------------|
| ↑↑          | Recheck in 10-15min                                           | Recheck in 1 hour Confirms meal bolus given.                  | Line Check. Ketone Check. Correction Bolus and Recheck in 1-2 hrs |
| ↑           | Eat, Recheck in 10-15 min                                     | No Action                                                    | Line Check. Ketone Check. Correction Bolus and Recheck in 1-2 hrs |
| No arrows   | EAT. Set temp basal. Recheck in 10-15 min                     | No Action                                                    | Correction Bolus Recheck in 1 hr                               |
| ↓           | EAT. Set temp basal. Recheck in 10-15 min                     | 6.0-8.0 at bedtime temp basal and recheck in 1 hr            | Recheck in 2 hrs. Consider Correction Bolus.                   |
| ↓↓          | EAT. Set temp basal. Recheck in 10-15 min                     | 6.0-8.0 (Bedtime below 10). EAT (Consider temp basal) and recheck in 30 min. 4.0-6.0: EAT + temp basal and recheck in 15 min. | Recheck in 2 hrs.                                             |
| Alarms | < 4.5 and >11.0 |
|--------|---------------|
| Bolus Wizard Target Range | 5.0 – 8.0 |

**Insulin Sensitivity:** _ _ _ _ _ _ _ _

*(100 / Total Daily Insulin Dose = glucose drop for 1 unit insulin)*

**Medtronic Pump Helpline:**
- Endocrinologist: _ _ _ _ _ _ _ _ Ph: _ _ _ _ _ _ _ _
- Diabetes Nurse: _ _ _ _ _ _ _ _ Ph: _ _ _ _ _ _ _ _
Wall Chart Advising Prospective Responses to RT-CGM Information.

1. Assess the basal rates: Use the Carelink Sensor Daily Overlay.
   a) Look at the average overnight levels:
      - Are the average overnight levels in range?
      - Decrease the basal rate by a small amount starting about 2 hours prior to the glucose levels starting to fall until the end of the period of low glucose eg 0.9 Units per hour to 0.8 Units per hour.
      - Increase the basal rate by a small amount starting about 2 hours prior to the glucose levels starting to fall until the the of the period of low glucose. eg. 0.9 units per hour to 1.0 units per hour.
   b) Look at each pre-meal (3-5 hours after the last meal) level separately.
      - Are they on an average (over 5-7 days) in range?
      - Decrease the basal rate by a small amount starting about 2 hours prior to the glucose levels starting to fall until the end of the period of low glucose eg 0.9 Units per hour to 0.8 Units per hour.
      - Increase the basal rate by a small amount starting about 2 hours prior to the glucose levels starting to fall until the the of the period of low glucose. eg. 0.9 units per hour to 1.0 units per hour.

2. Assess the bolus ratio: Use the Sensor Overlay by Meal and Meal Statistics/ Modal daily Blood Glucose by Period
   Look at the 2-3 hour period after each meal or a snack separately. Are you carbohydrate counting accurately?
   Are you adjusting your bolus profiles according to the composition of the meal? Do you need to change the sort of food you are eating?
   - Are the post meal readings on an average within 2mmol/L of the pre-meal readings?
   - Decrease the insulin to carbohydrate ratio by a small amount eg. 1 Unit per 10g Carb to 1 Unit per 11g Carb
   - Increase the insulin to carbohydrate ratio by a small amount eg. 1 Unit per 10g Carb to 1 Unit per 9g Carb

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