What	How	Comments
Current Weight In Kg	Take Child's Weight in Pounds divided by 2.2 = Wt in Kg	Calculate your child's weight in Kg _____ ÷ 2.2 = _____Kg
Weekly average Blood Glucose levels per time of day	Add all numbers for breakfast in a week and ÷ by the number of entries. Repeat for each time frame during the day	This helps us identify where we need to consider making a change. • *Where do you see the need for a change*?
Total Daily Dose (TDD) The total amount of insulin given in one day – *basal, bolus* and *correction*	Add together all the Humalog/Novolog and Lantus/Levemir Doses given in a day. Basal and Bolus. Average doses for the week *You can often get this information off your pump*. Add up 7 to 10 days of total insulin and then divide by the number of days	→Your Child's Average Total Daily Dose of Insulin _____
Insulin Ratios– percent of *basal to* bolus	**Basal dose** divided by the **TDD** x 100 = percentage Bolus of TDD *Basal can be the Lantus/Levemir or the basal amount set on your pump	_____(Basal) divided by _____(TDD) X 100 = _____% Basal - Basal = 30% → 40% of TDD - Humalog/Novolog = 60% → 70% of TDD
400 Rule	Use as a guideline when looking at dose changes for adjusting your child's current Unit per Carb rati0	400 ÷ by _____(TDD) = _____ Unit per carb ratio
1700 Rule	**Note**: For very small children sometimes the "Yale Rule" is used instead - The amount of insulin that will cover 15 grams of carbohydrate will also drop the blood sugar 100 mg/dl (gives a more conservative correction dose)	1700 ÷ _____(TDD) = _____ Insulin Sensitivity or Correction Factor

Your Child's Current Dosing: Correction: 1 unit for _____ points Current Unit per Carb ratios

Breakfast: _____
Snack: _____
Lunch: _____
Snack: _____
Dinner: _____
Snack: _____

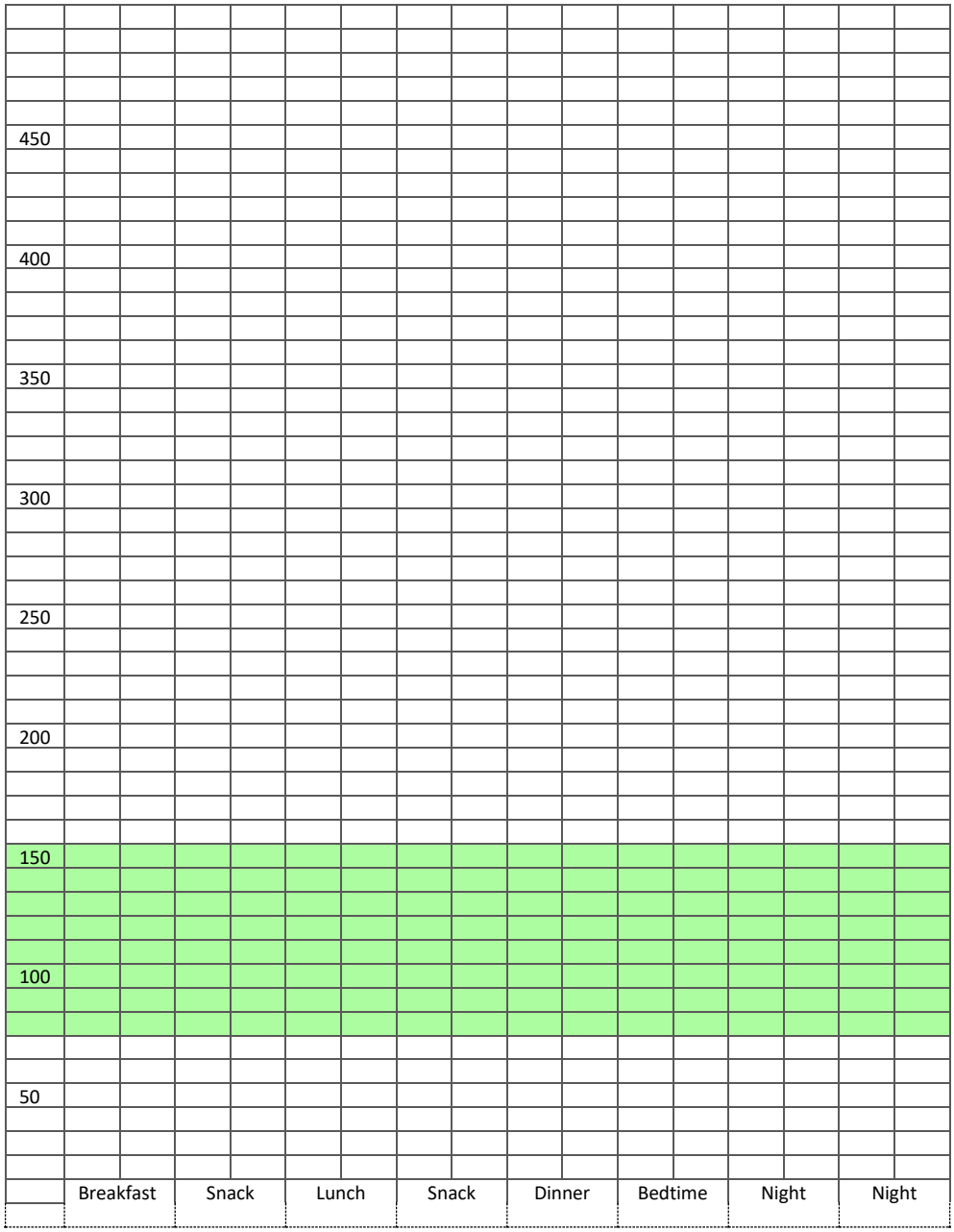
Age/Puberty: TDD **should not exceed**

- Pre-pubertal kids - 0.8 units/kg*
-Mid-pubertal kids – 1.1 units/kg*
-Late-pubertal teens – 1.2 units/kg

_____**TDD** divided by _____**Wt** in Kg = _____**Units/Kg** of Weight

* Make the smallest change you can (10 % or less)
* Change one insulin dosing at a time and allow time to evaluate the change

Let's Graph your average Blood Glucose per time of day



Average Blood Glucose		
	Week 1	Week 2
Breakfast		
Snack		
Lunch		
Snack		
Dinner		
Bedtime		
Night		
Night		

Where does it look like you are out of your Target Range?

What Insulin impacts that time frame?