

PEDIATRIC WORKSHEET

ADJUSTING INSULIN DOSES USING DEXCOM G5® MOBILE TREND ARROWS

This is your worksheet based on the Endocrine Society approach¹ for making treatment decisions using the Dexcom G5® Mobile Continuous Glucose Monitoring (CGM) System.








FOOD + CORRECTION + ARROW = TOTAL INSULIN DOSE

STEP 1: Calculate your rapid-acting insulin dose for food and corrections as prescribed by your healthcare professional.

STEP 2: Add or subtract insulin based on your trend arrow.

Do not take any additional insulin until at least _____ hours from last dose.

ADJUSTING INSULIN DOSES USING TREND ARROWS: PRE-MEAL AND AT LEAST 3 HOURS POST-MEAL.

ARROW DIRECTION	CHANGE IN GLUCOSE	CORRECTION FACTOR	INSULIN DOSE ADJUSTMENT (U)	NOTES
 RAPIDLY RISING	Increasing >3 mg/dL/min	<input type="checkbox"/> less than 25	<input type="checkbox"/> +4.0	Example: If your correction factor is 1:50 you will add 2.0 units of insulin for the double up arrows.
		<input type="checkbox"/> 25-49	<input type="checkbox"/> +3.0	
		<input type="checkbox"/> 50-74	<input type="checkbox"/> +2.0	
		<input type="checkbox"/> 75-124	<input type="checkbox"/> +1.0	
		<input type="checkbox"/> over 125	<input type="checkbox"/> +0.5	
 RISING	Increasing 2-3 mg/dL/min	<input type="checkbox"/> less than 25	<input type="checkbox"/> +3.0	
		<input type="checkbox"/> 25-49	<input type="checkbox"/> +2.0	
		<input type="checkbox"/> 50-74	<input type="checkbox"/> +1.0	
		<input type="checkbox"/> 75-124	<input type="checkbox"/> +0.5	
		<input type="checkbox"/> over 125	No adjustment	
 SLOWLY RISING	Increasing 1-2 mg/dL/min	<input type="checkbox"/> less than 25	<input type="checkbox"/> +2.0	
		<input type="checkbox"/> 25-49	<input type="checkbox"/> +1.0	
		<input type="checkbox"/> 50-74	<input type="checkbox"/> +0.5	
		<input type="checkbox"/> 75-124	No adjustment	
		<input type="checkbox"/> over 125	No adjustment	
 STEADY	Not increasing/ decreasing >1 mg/dL/min	<input type="checkbox"/> less than 25	No adjustment	
		<input type="checkbox"/> 25-49	No adjustment	
		<input type="checkbox"/> 50-74	No adjustment	
		<input type="checkbox"/> 75-124	No adjustment	
		<input type="checkbox"/> over 125	No adjustment	
 SLOWLY FALLING	Decreasing 1-2 mg/dL/min	<input type="checkbox"/> less than 25	<input type="checkbox"/> -2.0	
		<input type="checkbox"/> 25-49	<input type="checkbox"/> -1.0	
		<input type="checkbox"/> 50-74	<input type="checkbox"/> -0.5	
		<input type="checkbox"/> 75-124	No adjustment	
		<input type="checkbox"/> over 125	No adjustment	
 FALLING	Decreasing 2-3 mg/dL/min	<input type="checkbox"/> less than 25	<input type="checkbox"/> -3.0	
		<input type="checkbox"/> 25-49	<input type="checkbox"/> -2.0	
		<input type="checkbox"/> 50-74	<input type="checkbox"/> -1.0	
		<input type="checkbox"/> 75-124	<input type="checkbox"/> -0.5	
		<input type="checkbox"/> over 125	No adjustment	
 RAPIDLY FALLING	Decreasing >3 mg/dL/min	<input type="checkbox"/> less than 25	<input type="checkbox"/> -4.0	
		<input type="checkbox"/> 25-49	<input type="checkbox"/> -3.0	
		<input type="checkbox"/> 50-74	<input type="checkbox"/> -2.0	
		<input type="checkbox"/> 75-124	<input type="checkbox"/> -1.0	
		<input type="checkbox"/> over 125	<input type="checkbox"/> -0.5	

SCENARIO

Kim has a target glucose of 100 mg/dL and a correction factor of 1u:50mg/dL. It is 5:00 PM, before dinner, and Kim has not taken any insulin since lunch at 12:00 PM. Her dinner has 30g of carbohydrate and her insulin to carb ratio is 1u:10g of carbohydrate.



**KIM'S
READING**

STEP 1

1A. Kim divides her carbohydrate by her insulin:carb ratio

$$\blacktriangleright 30 \text{ g} \div 10 = 3 \text{ u}$$

FOOD

1B. Kim subtracts her target number

$$\blacktriangleright 300 - 100 = \underline{200}$$

1C. Kim divides by her correction factor

$$\blacktriangleright \underline{200} \div 50 = 4 \text{ u}$$

CORRECTION

STEP 2

Kim subtracts 2 units because of the double down arrow

$$\blacktriangleright 3 \text{ u} + 4 \text{ u} - 2 \text{ u} = 5 \text{ u}$$

FOOD CORRECTION ARROW TOTAL DOSE

PRACTICE SCENARIO

It is 5:00 PM, before dinner, and you have not taken any insulin since lunch at 12:00 PM. Assume that you are going to eat a typical meal. Using the scenario below figure out how much insulin you would take to correct your pre-meal high glucose using this approach.

My target glucose pre-meal is: _____

My correction factor is: _____

My insulin to carbohydrate ratio is: _____



**CGM
READING**

STEP 1

1A. Divide meal by insulin:carb ratio

$$\blacktriangleright \underline{\quad} \text{ g} \div \underline{\quad} = \underline{\quad} \text{ u}$$

FOOD

1B. Subtract your target number

$$\blacktriangleright 232 - \underline{\quad} = \underline{\quad}$$

1C. Divide by your correction factor

$$\blacktriangleright \underline{\quad} \div \underline{\quad} = \underline{\quad} \text{ u}$$

CORRECTION

STEP 2

Add _____ units because of the arrow

$$\blacktriangleright \underline{\quad} \text{ u} + \underline{\quad} \text{ u} + \underline{\quad} \text{ u} = \underline{\quad} \text{ u}$$

FOOD CORRECTION ARROW TOTAL DOSE