Omnipod 5 Case study 1

Automode percentage = 97% (Above minimum 90% target)

Time below range (TBR, <3.9 mmol/L) = 1% (no concerns and well below 4% cut-off)

Time in range (3.9-10.0 mmol/L) = 68% (just below target of 70%)

Obvious areas of glucose excursions = High from 12:00 to 18:00 and 18:00 – 02:00

Total Daily Dose and % basal = 48 units at 0.87 units per kg (medium) with 65% as basal (high suggesting basal might be supporting missed insulin for food)

Survive advice:

- No concerns.

Thrive advice:

- Only 2.9 carb entries per day with days of 1-2 meal bolus's
- May not be waiting 15 minutes to eat

Potential automated setting issues:

- Tightest target level at 6.1 mmol/L across the day – keep as is
- Cold make active insulin time from 3 to 2.5 or 2 hours to make corrections stronger
- Carb ratio' make be weak but need to see insulin going in for all meals and timing improved to get a full understanding.
- Correction factors seem fine at 2.5

Updates to manual mode settings:

- Update max basal to 2.5 units
- Update basal rate to 1u per hour

Questions / Plans for consultations:

- *Positives:*
    a. Congratulate on changing Pod on time and downloading and days of 3 meal insulin bolus's
- *Ask for their insight:*
    a. What have you observed and what do you think is going well?
    b. What do you think needs to be changed/improved to help get more TIR?
    c. What's frustrating you about the system?
- *Ask questions:*
    a. On a scale of 1 to 10, how would you rate yourself for entering in all the carbs eaten?
    b. Do you give meal Insulin 15 mins pre meal.
- *Negotiate a plan:*
    a. Discuss "piggy backing" technique for remembering the carb entries at mealtimes. For example, if a cup of tea is always made at breakfast, put a not on the kettle that says "Enter your carbs for breakfast" Must fuse new behaviour cue with exiting habit!
    b. Follow-up arrangements with the aim of getting to 75% TIR first then maybe close to 80%, with the key metric being 3.5 boluses per day.

Omnipod 5 Case study 2

Automode percentage = 98% (Above 90% minimum target)

Time below range (TBR, <3.9 mmol/L) = 0% (no concerns, cut-off of 4%)

Time in range (3.9-10.0 mmol/L) = 71% (exceeding target of 70%)

Obvious areas of glucose excursions = Creeping high from 15:00 to 19:00 and 21:00 – 02:00

Total Daily Dose and % basal = 54 units at 0.76 units per kg (medium) with 61% as basal (high suggesting basal might be supporting missed insulin for food)

Survive advice:

- No concerns, as highs for more than 90 mins are expected as eating without insulin.

Thrive advice:

- Only 2.5 carb entries per day with days of 1-2 meal bolus's, only 112g per day (unrealistic)
- May not be waiting 15 minutes to eat

Potential automated setting issues:

- Tightest target level at 6.1 mmol/L across the day – keep as is
- Cold make active insulin time from 3 to 2.5 or 2 hours to make corrections stronger
- Carb ratio's appear to work when bolus's are given on time
- Correction factors seem fine

Updates to manual mode settings:

- Max basal is fine.
- Basal is fine at 1.2 units per hours

Questions / Plans for consultations:

- *Positives:*
    a. Congratulate on changing Pod on time and downloading and days of 3 meal insulin bolus's!
- *Ask for their insight:*
    a. What have you observed and what do you think is going well?
    b. What do you think needs to be changed/improved to help get more TIR?
    c. What's frustrating you about the system?
- *Ask questions:*
    a. On a scale of 1 to 10, how would you rate yourself for entering in all the carbs eaten?
    b. Do you give meal Insulin 15 mins pre meal?
    c. Are you having a snack at abou 21:00 or is that a delayed rise from a high fat and protein meal?
- *Negotiate a plan:*
    a. Piggy backing" technique for remembering the carb entries at mealtimes. For example, if a snack is always eaten after school from a particular cupboard, put a not on door saying "Enter your carbs for your snack" Fuse with existing habit.
    b. If snack at 21:00, give carbs, if delayed rise then give 20-30g 60-90 min after eating
    c. Follow-up arrangements with the aim of getting to 75% TIR first then 80%