

# **SICK DAY RULES FOR CHILDREN USING INSULIN PUMP THERAPY**

If your child is unwell with blood glucose above 14 mmol/l and ketones 0.6 mmol/l or above, there may be an insulin pump delivery problem and/or illness.



## Contact Details:

Children's Diabetes Team: Mon-Fri 8am – 6pm

**Tel: 01274-365219** or **Pager: 07970-357818**

Out of these hours and/or if unable to contact the Diabetes Team, call Children's Assessment Unit: on 01274-382311

You can contact us using the Relay UK app. Textphone users will need to dial 18001 01274 365219

## How to calculate Total Daily Dose (Example only)

Find the total daily dose for the last five 'normal and well' days (not including today) on the history section of the pump or handset and determine an average of these totals. This is calculated by adding all the insulin doses together then dividing by the total number of days.

32.5 unit on Day 1    36.2 unit on Day 3    35.9 unit on Day 5

40.1 unit on Day 2    34.6 unit on Day 4

**Total units (179.3) ÷ Total days (5) = 35.8 unit average**

**Therefore the average dose is 36 units (rounded off to nearest deliverable dose)**

**To calculate 10% rule** Total Daily Dose x 0.1 = Sick Day Dose

**Example** 36 x 0.1 = 3.6 units Novorapid (therefore give 3.5 units, rounded to the nearest half unit).



**To calculate 20% rule** Total Daily Dose x 0.2 = Sick Day Dose

**Example** 36 X 0.2 = 7.2 units Novorapid (therefore give 7 units, rounded to the nearest half unit).



### Calculation Grid

Day 1 total daily dose	
Day 2 total daily dose	
Day 3 total daily dose	
Day 4 total daily dose	
Day 5 total daily dose	
<b>Add all 5 day doses and divide this by 5</b>	
<b>Average Total Daily Dose =</b>	

**To calculate 10% rule**

Average Total Daily Dose  x 0.1 = Sick Day Dose

**To calculate 20% rule**

Average Total Daily Dose  x 0.2 = Sick Day Dose

If you need this information in another format or language, please ask a member of staff to arrange this for you.