

Dietitian Pre-Pump worksheet

The worksheet will help us to support your learning with starting on an insulin pump.

Hi, Amy. When you submit this form, the owner will see your name and email address.

* Required

1

What is an insulin to carbohydrate (ICR) ratio? *

- ☐ Calculates a dose for how much rapid-acting insulin is needed for a certain amount of carbohydrates.
- ☐ Calculates a dose for how much long-acting insulin is needed for a certain amount of carbohydrates.
- ☐ How much the glucose will come down (correct). For example, 1 unit lowers the glucose by 3 mmol/L.
- ☐ The time it takes for insulin to become active in the blood stream.
- ☐ Unsure.

2

What is an insulin sensitivity factor (correction factor)? *

- ☐ How much the glucose will come down with additional insulin (correction). Example, 1 unit of insulin lowers the BGL by 3 mmol/L.
- ☐ The number of carbohydrates that is covered by 1 unit of insulin.

- ☐ The rate at which insulin is absorbed by the body.
- ☐ Unsure.

3

Insulin to carbohydrate ratios and insulin sensitivity/correction factors never need to be changed. Is this true or false? *

- ☐ True.
- ☐ False.

4

Have you been using flexible bolusing? Yes/No? If yes, have you been using dosing cards or MyLife? *

- ☐ MyLife - Flexible bolusing app for meals.
- ☐ Dosing cards for meals.
- ☐ No, set doses for meals.

5

If you have an insulin to carbohydrate ratio of 1 unit for 5 grams and you wanted to eat 65 grams of carbohydrates, how much insulin would you give? Assume your glucose is between 4-7mmol/L for this calculation. *

- ☐ 13 units of NovoRapid/Humalog.
- ☐ 20 unit NovoRapid/Humalog.
- ☐ 5 units NovoRapid/Humalog.

☐ 10 units NovoRapid/Humalog.

☐ Unsure.

6

You have a BGL of 6 mmol/L before lunch. Insulin is given before lunch and you have eaten. An hour post the meal, you notice your blood glucose levels (BGL) drops below 4 mmol/L. This has been happening for 3 days in a row after lunch. Are changes needed to your lunchtime insulin to carbohydrate ratio? *

☐ No changes are needed.

☐ Unsure.

☐ The insulin to carbohydrate ratio is too weak. More insulin is needed.

☐ The insulin to carbohydrate ratio is too strong. Less insulin is needed.

7

You are about to eat a meal and your glucose is 15 mmol/L. You give a correction dose on top of your usual mealtime insulin but notice 3 hours post the meal, your glucose levels remain higher at 14 mmol/L. You have found that over the last few days when you do a correction at this time of the day, your glucose does not come down 2-3 hours after you have given it. What does this mean for the correction factor? *

☐ No changes are needed to the correction factor.

☐ Unsure.

☐ The correction factor is too strong.

☐ The correction factor is too weak.

8

Should you give yourself a correction within 1 hour of administering NovoRapid/Humalog? *

- ☐ Yes.
- ☐ No.
- ☐ Sometimes.

9

Does using an insulin pump mean that you can eat any foods? *

- ☐ Yes.
- ☐ No.

10

What modalities are you using to carbohydrate count (eg apps, books, measuring cups). Tick all that apply. *

- ☐ Calorie King.
- ☐ FigWee.
- ☐ Carbs & Cals.
- ☐ Easy Diet Diary.
- ☐ MyFitness Pal.
- ☐ Measuring cups.

- ☐ Weighing food (using food scales).
- ☐ Reading food labels.
- ☐ Carbohydrate counting books.
- ☐ Estimation.
- ☐ None.
- ☐ Other

11

This question is broken into two parts and involves a recipe. Question 12 refers to these same ingredients and quantities.

Tick the carbohydrate foods in the following recipe for a chicken stir-fry and rice.

*

- ☐ 80 grams onions.
- ☐ 80 grams mushrooms.
- ☐ 120 grams capsicum.
- ☐ 80 grams bean sprouts.
- ☐ 200 grams chicken breast.
- ☐ 1 tablespoon soy sauce.
- ☐ 0.5 tablespoon oil.
- ☐ 250 grams cooked basmati rice.

12

The above recipe in question 11 serves 2 people. How many carbohydrates are there per serve? *

Enter your answer

13

The following question is broken into two parts and involves a pancake recipe. Write both answers in same text box.

The pancake batter makes 12 pancakes.

2 eggs

2 cups milk

2 cups white flour

1/3 cup caster sugar

a. How many carbohydrates are in the entire pancake batter?

b. If you wanted to eat 5 pancakes, how many carbohydrates would this be?

*

Enter your answer

14

This is the nutrition table for an Up&Go. What is the carbohydrate content if you have the full drink? *

☐ 25.4 grams.

☐ 6.1 grams.

☐ 15.4 grams.

☐ 10.5 grams.

☐ Unsure.

15

If you were to eat a serve of vita weats (4 vita weats) this is 14.9 grams of carbohydrates. However, if you only wanted to eat 3 vita weats, how many carbohydrates would this contain? *

☐ 14.9 grams.

☐ 11.17 grams.

☐ 7.45 grams.

☐ Unsure.

16

On a scale of 1-10, how do you rate your carbohydrate counting skills (1 being very poor and 10 being excellent)? *

☐ 1

☐ 2

☐ 3

☐ 4

☐ 5

☐ 6

☐ 7

☐ 8

☐ 9

17

Where/how do you think your carbohydrate counting skills could improve?
Or is there a particular food/meal you find especially challenging? *

Enter your answer



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