

| How to work out TDD | Breakfast | Lunch | Dinner | Snacks | Before Bed |
|-------------------------------|---------------|-------|--------|--------|------------|
| NovoRapid | | | | | |
| Glargine | | | | | |
| Total Daily Dose (TDD) | = _____ units | | | | |
| TDD / 10 = 10% | = _____ units | | | | |
| TDD / 20 = 5% | = _____ units | | | | |

Ketone Management

Ketones need to be checked when blood glucose is either 15mmol/L or higher OR your child is unwell (regardless of the BGLs). Knowing how to treat ketones is an important part of diabetes management. This chart tells you what to do.

| Blood Ketones | BGL 3.9mmol/L or less | BGL 4.0 – 7.9mmol/L | BGL 8.0 – 14.9mmol/L | 15.0mmol/L or higher |
|---------------------|--|---|---|---|
| 0.9mmol/L or less | Treat hypoglycaemia following standard protocol* and give normal insulin doses with meals | Give usual NovoRapid insulin dose with meal | Give usual insulin dose with meals + correction dose as per your correction chart | Give usual insulin dose with meals + correction dose as per your correction chart |
| 1.0 – 2.9mmol/L | Treat hypoglycaemia following standard protocol*. Once BGL is above 4.0 mmol/L, administer insulin and eat immediately. Consider reducing the insulin dose if appetite is low. Recheck BGL & ketones in 2 hours. | Give usual NovoRapid insulin before main meals. Consider decreasing insulin dose if appetite is reduced. Recheck BGL & ketones in 2 hours | If eating, give usual NovoRapid dose + 5-10% of TDD. If not eating, give NovoRapid dose of 5-10% of TDD. Recheck BGL & ketones in 2 hours | If eating, give usual NovoRapid dose + 10% of TDD. If not eating, give NovoRapid dose of 10% of TDD. Recheck BGL & ketones in 2 hours |
| 3.0mmol/L or higher | Treat hypoglycaemia following standard protocol*. Go to your closest Emergency Department. | Give 10% of TDD using NovoRapid and go to your closest Emergency Department. Sip on carb containing fluids | Give 10% of TDD using NovoRapid and go to your closest Emergency Department. Avoid food consumption. Encourage small sips of water | |

Things to remember

- For all correction insulin doses use NovoRapid insulin.
- Your child's total daily dose is a sum of **ALL** their insulin doses (NovoRapid + Glargine). Insulin doses change, so please make sure you work out your TDD each time you are required to use it.
- If your child is vomiting, has high ketones and there is a change in their state of consciousness (i.e. they are becoming drowsy or not responding to you in their normal way), go to your nearest Emergency Department for assessment.
- If your child has ketones that are not responding to the above advice, but they appear well, the Diabetes Allied Health Team can be contacted Mon-Fri between 0700 – 2100 via the diabetes sick day service on 9345 5522

*Standard Hypo Protocol: Give high GI carbohydrate, recheck BGL in 15 minutes, if BGL 3.9mmol/L or less give additional high GI carbohydrate. Once BGL 4.0mmol/L or higher give low GI carbohydrate