

## What needs to happen for the pump holiday to start?

You need to have a discussion with a member of the Paediatric Diabetes Team to plan the pump holiday, so we can make sure you:

- have the right insulin prescribed for you;
- have the right psychological support;
- you understand what is happening to you and your pump;
- have a written agreement with the Paediatric Diabetes Team about this process;

## Will I go back to using my pump?

The primary aim of the paediatric diabetes team is to keep you safe and well. Usually, reverting back to using the pump is a decision made jointly between you, your family and the team caring for you and is made at the end of the trial period. If you do decide to remain on injections this does not affect your chance of having a pump again in the future and your need would be assessed according to the NICE criteria in the same way as any other new pump user.

## Contact details for more information

### Monday to Friday 9am-5pm

- Diabetes doctors can be reached via the paediatric secretaries on **01952 641222**, ext. **5980** or **5981**
- Diabetes nurses on **01743 450855 option 2**
- Diabetes Dietician on **01952 641222** extension **4874**

### In an emergency/out of hours

In an emergency during working hours when you cannot reach one of the team above or for out of hours support i.e. after 5pm or at weekends. All patients requiring advice should contact the Princess Royal Hospital switchboard on **01952 641222** and ask to speak to the paediatric registrar for diabetes advice.

# Managing Type 1 Diabetes

## Pump Holiday



## Pump Holiday - What does this mean?

Insulin Pumps are very clever pieces of equipment, but they are just one way to give insulin. Sometimes the best way to deliver insulin for someone changes. This decision may be made by the young person or by those caring for them. Everyone who started using an insulin pump under the age of 12 years is required to have a pump holiday between the age of 12 and 18 (Shropshire CCG). This leaflet will help explain the process and what needs to be considered when moving from a pump to injections for a planned period.

## What is a pump holiday?

A pump holiday is a period of time, usually somewhere between 1 and 3 months, during which you stop using the insulin pump and use insulin injections to manage your diabetes. Whilst this may be a bit daunting a number of young people who have been through this process have found it to be a really positive change.

## Why do I need a pump holiday?

- Following NICE (National Institute for Health and Care Excellence) guidance, all people over the age of 12 years old, who started using pump therapy before their 12th birthday need to have a pump holiday so that approval for pump funding continues.
- Some people start using pumps when they are very small and so they never experience what it is like to use insulin pens on a regular basis.
- Some people find living with Type 1 diabetes challenging and having a constant reminder about diabetes, like wearing a pump, can make living with diabetes even harder.
- Sometimes an insulin pump is not used to the benefit of the person wearing it. This can mean that this is not safe and you are in danger of becoming very unwell very quickly. In this situation those caring for that person may make the decision that injections are a safer way to manage diabetes.

## What help can I get when going on a pump holiday?

A member of the Paediatric Diabetes Team is likely to have discussed a pump holiday either specifically, or as a concept with you, and we are all here to help you. The insulin regime you are going to change to will determine the exact advice you are given about making the change. This may mean that you may be given different advice than someone else you may know. Please speak to your Paediatric Diabetes Specialist Nurse about making the change so that you understand what needs to happen, and when.

If you have never given yourself an injection before, a member of the team will happily go through this with you and our Psychologist is available to help you if you are concerned or worried about this process.

If you need additional equipment to help the “holiday” go smoothly, such as injection aids or particular meters, the team will organise this.

As with all changes to a diabetes regime, some work is needed until it is tailored to your body and insulin requirements. We would ask that you do at least 5 blood glucose checks per day and download your meter every 2 weeks, and review this once a month with your PDSN or as requested by the team. Depending on what you need we may offer one to one education sessions.

When the time comes for you to decide to either stay with injections or to go back to using the pump the team is still here to help, please discuss the change of regime with the nurses so that you can make a safe change.