# Teaching/Optimization Checklist

<table>
<thead>
<tr>
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<th>Content</th>
<th>Date(s)</th>
<th>Instructor(s)</th>
</tr>
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| 1. Insulin infusion set selection | Appropriateness of:  
- Cannula material  
- Cannula length  
- Insertion angle  
- Tubing length  
- Mode of insertion  
- Disconnect mechanism |         |               |
| 2. Site selection |  
- Palpate and inspect injection sites for lipodystrophy  
- Review site selection  
- Review rotation (different body parts) |         |               |
| 3. Insertion technique |  
- Manual insertion  
- Device-aided insertion  
- Caregiver training |         |               |
| 4. Priming |  
- Detecting air in tubing  
- Purging air from tubing  
- Cannula priming:  
  - Steel needle  
  (0.0u) New Insulin Delivery Recommendations – suggest smallest length cannula to avoid IM insertion  
  - 6mm cannula (0.3u)  
  - 8mm cannula (0.4u)  
  - 9mm cannula (0.5u)  
  - 10mm cannula (0.6u)  
  - 13mm cannula (0.7u)  
  - 17mm cannula (0.7u) |         |               |
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| 5. Disconnection guidelines (if indicated – not necessary with “patch” pump) | ◆ Duration, frequency limits  
◆ Hourly insulin replacement via bolus  
◆ Sterility of site and tubing connector  
◆ Do not remove insulin cartridge from chamber or separate tubing from cartridge while connected  
◆ Always disconnect at infusion set hub |         |               |
| 6. Site change frequency | Optimal: every 48 hours  
As tolerated: up to 72 hours |         |               |
| 7. Skin health | ◆ Site preparation  
◆ Signs of infection, scarring, irritation, sensitivity  
◆ Skin care after set removal  
◆ When to contact healthcare team |         |               |
| 8. Troubleshooting | ◆ Occlusions (silent or alarm activated)  
◆ Blood in the cannula/tubing  
◆ Adhesion issues  
◆ Pain/irritation/infection  
◆ Leakage of insulin  
◆ Unexplained hyperglycemia  
◆ Ketone testing procedure, response to ketones  
◆ When to contact diabetes care team |         |               |
| 9. Sharps disposal | (Per local guidelines) |         |               |
| 10. Reorders | ◆ Who to contact  
◆ Order frequency  
◆ Number IIS/mo  
◆ Number of reservoirs/mo |         |               |