



Ypsomed®



Glooko review guide

for mylife Loop powered by mylife™ CamAPS FX®

1. **Summarise** – review key metrics of your therapy data
2. **Analyse** – identify patterns
3. **Optimise** – establish actions to help get the most out of your system



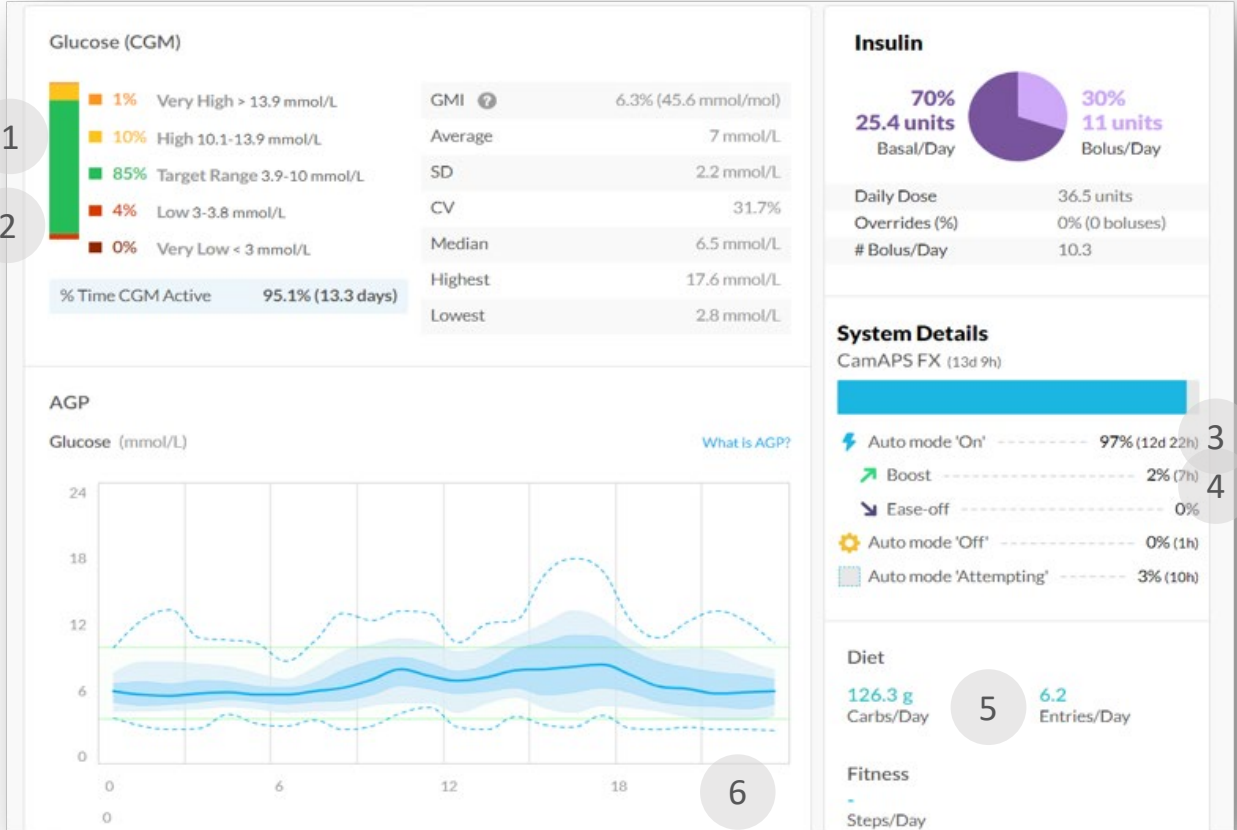
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Summarise

Use this page to assess system use, glycaemic results and identify glucose patterns



1. Is the time in range (TIR) target set correctly?

- Yes
- No – changed from
- changed to

2. Is the user meeting TIR targets?

- Time In Range (TIR)%
- Time Below Range (TBR)%



- 3. Is the user in auto mode \geq 90% of the time?
 - Time in auto mode %

If less than 90%, discuss the reasons why and note below. Furthermore, write some ideas of how to increase time in auto mode moving forward.

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4. Use of Ease-Off and Boost

Are they both being used in the right way. For things out of the ordinary such as illness, exercise, course of steroids etc.

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5. Carb entries

Is the user entering an appropriate number of carb entries per day? If not, identify possible causes and solutions around missed entries.

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6. Review AGP

Review AGP and look for patterns of hypoglycaemia, hyperglycaemia and the times of day with greatest glucose variability. For example, hyper before bedtime.

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Analyse

1. Review the daily reports.
2. Identify the main causes of hypoglycaemia and hyperglycaemia patterns.
3. Use the table below to write these patterns down.

	Hypoglycaemia	Hyperglycaemia
Overnight / fasting?		
Before mealtimes?		
After mealtimes?		
After use of Boost?		
After use of Ease-off?		
Before an infusion set change?		
After an infusion set change?		
Specific times of the day: For example, morning, lunchtime etc.		





Optimise

Now you have identified the causes of the glucose patterns, you can begin to optimise the system. The only settings that can be adjusted in the mylife CamAPS FX app which will affect the algorithm are:

- **Personal glucose target** - this can be set between 4.4 and 11.0mmol/L
- **Insulin to carb ratios** - consider setting several different ratios for through the day
- **Weight** - ensure that the users' weight is regularly updated in the app

Before suggesting any changes, ensure there is a pattern of reoccurrence.

1. Overnight or fasting?

Considerations:

- Ensure the pattern is not related to late evening meals/snacks.
- What kind of foods are they having for their evening meal? Do they need to consider a split bolus? Have these been carb counted correctly?

If hypoglycaemia Consider raising the personal glucose target overnight.

If hyperglycaemia Consider lowering the personal glucose target overnight.

2. Around mealtimes

Considerations:

- Assess carb counting accuracy, talk about bolus timings and meal types.
- If the pattern is hyperglycaemia, ensure all meals and snacks are being entered.

If hypoglycaemia Review what happens to the automated insulin after meals - is there a pattern of it shutting off?

If so, think about weakening I:C ratios if hypoglycaemia occurs after meal boluses.

If hyperglycaemia Review what happens to the automated insulin after meals – is there a pattern of it intensifying?

If so, think about strengthening I:C ratios if hyperglycaemia occurs after meal boluses.





Optimise

3. During or after use of Boost function

- Are they needing to Boost because of a missed or late meal bolus?
- Ensure they are not overusing this feature as the algorithm does not learn patterns as well when Boost is active.

If hypoglycaemia

Talk about if the use of Boost was necessary or could the algorithm have dealt with the hyperglycaemia by itself?

If hyperglycaemia

Could Boost have been set earlier or for longer?

If Boost is required at a specific time of day and this is a regular pattern, consider adjusting the personal glucose target.

4. During or after the use of Ease-off?

- Are they needing to Ease-off because of a missed or late meal bolus?
- Ensure they are not overusing this feature as the algorithm does not learn patterns as well when Ease-off is active.

If hypoglycaemia

If hypos still occurred could Ease-Off have been set earlier?

Are there other contributing factors like IOB or intensive activity?

If Ease Off is required at a specific time of day and this is a regular pattern, consider adjusting the personal glucose target.

If hyperglycaemia

Talk about the use of Ease-Off, was it set for too long?

Did they also eat carbs to top up their glucose levels and if so did they add them in the 'Add Meal' function?



Optimise

5. Before an infusion set change?

- If there are regular issues with infusion set issues revisit insertion technique.
- Check cannula sites for evidence of lipohypertrophy.
- Consider other cannula options.

If hypoglycaemia Ensure they are not priming the tubing whilst connected.

If hyperglycaemia Ensure infusion set is changed every 2-3 days or sooner if occlusion suspected.

6. After an infusion set change?

- See above.

If hypoglycaemia N/A

If hyperglycaemia Ensure tubing and canula are being primed properly. Revisit insertion technique. Check cannula sites.



Summarise

1. Tips for getting the most out of the mylife Loop system.

Summary of actions:

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2. Tick the areas below that could be focused on to help improve outcomes.



Time in auto-mode

Aim for at least 90% of the time or more



Carb counting

Try and carb count as accurately as possible



Use of Ease-off

Use for activity, heat, alcohol etc. Try not to overuse it.



Bolusing?

Remember to bolus for all the carbs you eat – even small snacks



Use of Boost

Try not to overuse, instead use it for out of the ordinary events. Eg: illness or set failure



Slowly absorbed meal

For high carb/high fat meals try using a split bolus



Hypo treatment?

You may find need less hypo treatment. Ensure you enter any hypo treatment in your app



Bolus timings

Ensure you bolus 10-15 mins before meals as much as you can



Infusion set

Change your infusion set every 2-3 days or if you have unexplained high blood sugars for more than 2 hours



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Ypsomed Ltd, Park Court, Riccall Road, Escrick, CM22 6HP // info@ypsomed.co.uk // 0344 856 78 20



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