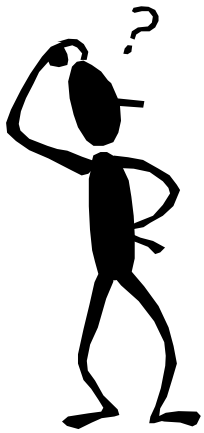
advanced skills | case studies

making insulin adjustments



keep it simple

1) remember the targets
2) look for a pattern & collect information
3) make your decision – is a change necessary?

CASE A | Mark

before breakfast	before lunch	before dinner	bedtime
9.4	10.1	9.2	10.4
7.8	8.9	7.9	9.5
8.6	9.3	8.9	9.1

Mark's insulin therapy:

- Lantus 45 units at bedtime
- Humalog 10 units with each meal

What would you do?

_____

_____

_____

CASE B | Angela

before breakfast	before lunch	before dinner	bedtime
9.4	6.4	5.8	11.4
7.8	5.9	5.1	13.1
8.6	6.8	6.1	12.8

Angela's insulin therapy:

- Lantus 45 units at bedtime
- Humalog 12 units with breakfast, 10 units with lunch, 14 units with dinner

What would you do?

_____

_____

_____

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contact your diabetes educator

Many adjustments need to be further individualized based on your specific insulin therapy, so if you have further questions or concerns about any of the following, reach out to your diabetes educator to discuss together.

- intense or endurance exercise
- managing blood sugars while sick
- hormonal/menstrual cycle effects
- travelling & time changes

don't forget!

diabetes doesn't do the same thing every day - always look for a pattern before you make a change to your insulin doses!

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