

2023 Camp MYDA Medical Packing List

PLEASE READ THIS VERY CAREFULLY AND FULLY!

Dear Parents of Campers,

Camp MYDA 2023 is just around the corner! To ensure your child's camp experience is the best possible, please carefully review the following important information regarding insulin pumps and continuous glucose monitors, and what medical supplies are needed. Some items have changed since last year.

What to Bring for Pumpers

Please send your camper with enough pump supplies (infusion sets, reservoirs, skin prep, insertion devices, batteries, tape, etc.) for **5 full set changes**. While we do not anticipate using all of these, the high level of activity and different camp conditions sometimes necessitate more frequent site changes than usual. **Place all of these supplies in a clear plastic container, labeled with your child's name.**

Plastic container example:



What to Bring for Campers with CGM's

If your child will be using a CGM at camp, we recommend bringing **2 extra sensors** and adequate supplies. **Place these in your clear plastic container shown above.**

Cell phones used for Dexcom/Pumping

Many diabetes devices require that a camper have a cell phone nearby to continuously monitor their glucose or control their insulin pump. The cell phone is permitted as a medical device only; using the cell phone for other purposes is not allowed at camp. The camper's cabin counselors will be responsible for carrying the phone during the day and charging the phone nightly.

PLEASE REVIEW THE CELLPHONE AND CGM POLICY

Infusion Sets/Site Change Schedule

PLEASE CHANGE YOUR CAMPER'S PUMP / OMNIPOD SITE ON MONDAY MORNING, August 7th even if this is earlier than your usual routine. **If you arrive at check-in without a site that was changed on Monday, we will ask you to complete a set change before checking in to camp.**

In order to change pump sites for over 100 campers and quickly return them to camp activities, we have pump site changes scheduled by cabin on Wednesday, August 9th, and Thursday, August 10th. **If your camper needs to change sites every 2 days**, please let the technology team and your med staff know this, when you check-in.

Continuous Glucose Monitors

MAKE SURE THAT THE SENSOR HAS AT LEAST 5 DAYS LEFT ON THE SENSOR WEAR BEFORE COMING TO CAMP. Please review and discuss with your child and bring with you to camp a signed Cellphone and CGM Policy.

CGM settings will be adjusted to reduce the frequency of alarms while still maintaining your child's safety. Please make sure the **low alert is set to 80mg/dL or higher** for camp. Otherwise, we can help you at the CGM table during check-in.

Other Medical Items/Insulin to Bring to Camp

Lastly, remember to bring your meter and any additional supplies you may need for the trip to and from camp. You WILL NOT be leaving these supplies at camp. Camp MYDA will have meters for campers. **Do not leave your child's home meter at camp.** We will not be responsible for lost or stolen devices.

We are also asking that you bring your camper's open vial of insulin or pen to camp. If they run out at camp we will supply any insulin needed for the remainder of camp. (we know there was some confusion on this last year. We do need it this year)

Electricity

There is limited access to AC power at camp and LIMITED electricity in the cabins. We will have options for campers to use electricity to charge their diabetes devices. Please send the power cord with pump/CGM supplies so that we can charge these devices, labeled with the camper's full name.

Preparing for Camp Check-In

Please bring the completed **Camper on Technology Form** the night before camp and bring it to camp check-in or bus drop-off location (found below).

Most children at camp require less insulin due to the increased activity, and we, therefore, recommend reducing insulin delivery by about 20% and applying higher targets to reduce the risk of hypoglycemia. **We want you to make changes in the settings for the pump with your child in the morning as they are leaving for camp.** This will ensure a fast and seamless check-in process. Medical staff will confirm that the appropriate changes have been made at check-in.

Be sure to write down ALL your current pump settings prior to making changes or upload your pump at home! You will need these settings after returning from camp.

We will monitor your child's blood sugars closely throughout camp and make pump adjustments to keep them as safe as possible, avoiding both hypoglycemia and hyperglycemia as best we can. At Camp MYDA we strive to achieve the best possible BG outcomes keeping future activity in mind.

Returning Home

- Review your child's pump and CGM programming to make sure they are returned to home settings.
- If your child is on an automated insulin delivery system, glucose levels may be more variable when returning home since the pump uses the last several days of information to determine delivery.

Please remember to REVIEW ALL of your new camp settings when finished with programming your insulin pump or CGM. Thank you for reviewing this important information. We look forward to seeing you soon!

Technology To-Do Checklist

- Read Technology Letter 2023
- Pack 5 Full Set Changes for pumps including patches or adhesive (place in plastic container, labeled with camper name)
- Pack 2 Site Changes for sensors including patches or adhesives (place in plastic container, labeled with camper name)
- Bring current insulin pen or vial. This will be kept at camp for the week.
- Label pump, PDM, receiver, cell phone and all charging cords
- Bring Meter TO and FROM camp for the drive but do **NOT** leave meter with camper
- Change Pump site the morning of MONDAY August 7th
- Check that Sensor has at least 5 days of life left before camp
- Fill out Camper on Technology Form located at the bottom of this letter **THE NIGHT BEFORE CAMP** and bring with you to camp
- Make sure to complete changes to pump/CGM settings prior to arrival at camp and have this checklist completed

Changes to MAKE to pump prior to arrival at Camp

Decreasing insulin delivery by 20% helps us proactively avoid hypoglycemia. Please change your child's basal rates and targets before check-in. See the worksheet below for guidance on how to calculate the changes.

Please set all BG Targets settings to:
 Tandem: 150 (will be set at 110 if using Control IQ)
 Medtronic: 100-150
 Omnipod: 150 correct above 170

*** Tandem pumpers please change sleep schedule to run from 8pm-8am Monday through Friday***

Basal Rates

Example

12 AM/PM 0.5 units [x 0.80] = 0.4 units for camp
3 AM/PM 0.6 units [x 0.80] = 0.475 units for camp



If the basal rate from 12 AM to 3 AM is 0.5 units, multiply 0.5 by 0.80 to get the rate for camp. Please fill in the provided space for your child's basal pattern. Circle AM/PM time for each new rate.

____ AM/PM ____ units [x 0.80] = ____ units for camp
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Basal Info			Carb Bolus Info			Correction Bolus Info		
Time	Units per hour		Time	Carb Ratio		Time	Correction Factor (Sensitivity)	
	Home	At Camp		Home	At Camp		Home	At Camp
Midnight								

Target Glucose

Time	Target Glucose		Correct Above (Omnipod Only)	
	Home	At Camp	Home	At Camp
		150		
Sleep schedule 1				
Sleep schedule 2				

Complete this record with the current settings for your child's pump. Use the calculation sheet above to reduce your child's basal settings the day they come to camp. Once your child return homes, review the pump settings and make sure the pump is back to their pre-camp settings.

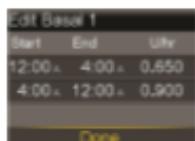
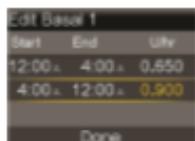
Medtronic Instructions

Instructions on how to change Medtronic basal rate, recommend creating a new basal pattern for camp

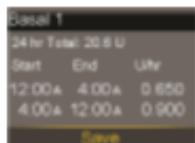


MINIMED® 670G SYSTEM | BASAL QUICK REFERENCE GUIDE

- 11) Press **○** on the new time segment.
- 12) Press **^** to enter the new **End** time and press **○**.
- 13) Press **^** to enter the new **Basal Rate** and press **○**.
- 14) Continue adding **End** times and basal rates if necessary.
- 15) Select **Done**.



- 16) Review basal rates.
- 17) Select **Save**.



REVIEWING BASAL PATTERNS

- 1) From the Home screen, press **○**.
- 2) Select **Basal**.
- 3) Select **Basal Patterns**.
- 4) Select the Basal Pattern you wish to review.



- 5) Review basal rates.
- 6) Select **OK**.



NOTE: If you have multiple Basal Rates, the scroll bar will appear to the right. Press down to view all Basal Rates.

NOTE: The basal rates shown are for illustration purposes only—your basal settings will be different.

Medtronic Instructions continued

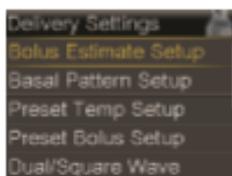
Instructions on how to change BG Target

MINIMED® 670G SYSTEM | BOLUS WIZARD QUICK REFERENCE GUIDE

ENTERING YOUR BOLUS WIZARD SETTINGS

Using either your most recent CareLink Personal settings report or your completed Setting Guide with your settings, follow these steps to enter your Bolus Wizard settings into your new pump.

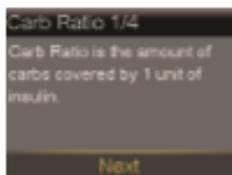
- 1) From the Home screen, press **○**.
- 2) Select **Options**.
- 3) Select **Delivery Settings**.
- 4) Select **Bolus Estimate Setup**.



- 5) Select **Bolus Wizard** to turn on.
- 6) Press **▼** to continue reading text.
- 7) Select **Next**.



- 8) Review the description of **Carb Ratio** and select **Next**.



- 9) Press **○** on the time segment.
- 10) If you have only one Carb Ratio, press **○**.



If you have more than one Carb Ratio, press **▲** or **▼** to enter the time that your first Carb Ratio ends and the second begins and press **○**.

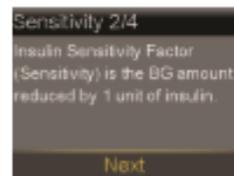
- 11) Press **▲** or **▼** to enter the **g/U** of your Carb Ratio and press **○**.



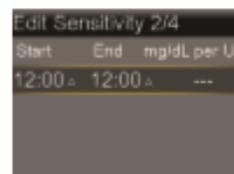
If you have more than one Carb Ratio, continue by entering your time segments and Carb Ratios until all are entered.

- 12) Select **Next**.

- 13) Review the description of **Sensitivity Factor** and select **Next**.

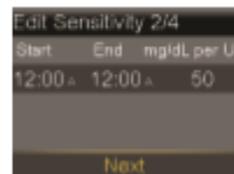


- 14) Press **○** on the time segment.
- 15) If you have only one Sensitivity Factor, press **○**.



If you have more than one Sensitivity Factor, press **▲** or **▼** to enter the time that your first Sensitivity Factor ends and the second begins and press **○**.

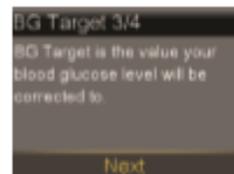
- 16) Press **▲** or **▼** to enter the **mg/dL per U** of your Sensitivity Factor and press **○**.



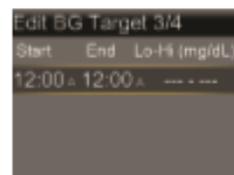
If you have more than one Sensitivity Factor, continue by entering your time segments and Sensitivity Factors until all are entered.

- 17) Select **Next**.

- 18) Review the description of **BG Target** and select **Next**.



- 19) Press **○** on the time segment.
- 20) If you have only one BG Target Range, press **○**.



If you have more than one BG Target Range, press **▲** or **▼** to enter the time that your first BG Target Range ends and the second begins and press **○**.

NOTE: The boluses shown are for illustration purposes only — your settings and bolus results will be different.

OMNIPOD Instructions:

Instructions on how to change Omnipod basal settings



Instructions on how to change Omnipod bolus settings (Target Glucose)



BASAL INSTRUCTIONS:

1. From the Home screen, go to Settings
 - a. Choose Basal programs and press select
 - b. Select Basal 1 (or whatever program you are running)
 - c. Select “copy” and it will copy that program for you to edit
 - d. It will default as Basal 2 or you can rename it as “camp” if desired
2. Now you are ready to edit each segment with a reduction of 20%
 - a. Highlight your first segment and press “next” through the start and end times
 - b. Reduce the rate by 20% or recommend the amount from your provider
 - c. Repeat for each time segment in the basal program
3. Choose Done when you are done programming and then press save for 2 screens
4. When the PDM takes you back to the Basal programs menu, choose basal 2 again and press select
5. Choose View/edit, press select, then review the new rates to make sure they are correct
6. Select the new pattern to be active when you are leaving for camp
 - a. Highlight the pattern and press “enable”
 - b. The pattern with a dot by it is the one you are running
7. Make sure to switch the basal pattern back to the original Basal program when you pick up your child

TARGET INSTRUCTIONS:

1. From the home screen, choose Settings and press select.
1. Choose System setup, then press select
2. Choose Bolus/basal/calcs, then press select
3. Choose Ratios/factors/targets, then press select
4. Scroll down to Target BG
 - a. Choose the segment and press Edit
 - b. Press “next” through the start and end times
 - c. Adjust the target and “correct above” levels if needed
 - d. When finished, press Done, then Save.

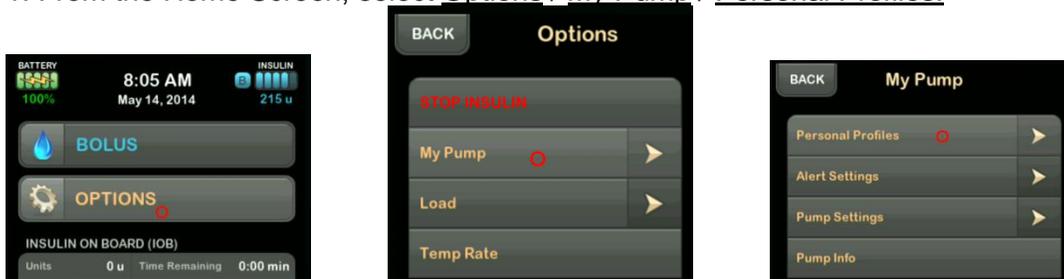
If you have any questions on how to make these changes, please call the Customer Support Helpline @ 800-591-3455

Tandem T: Slim X2 Instructions:

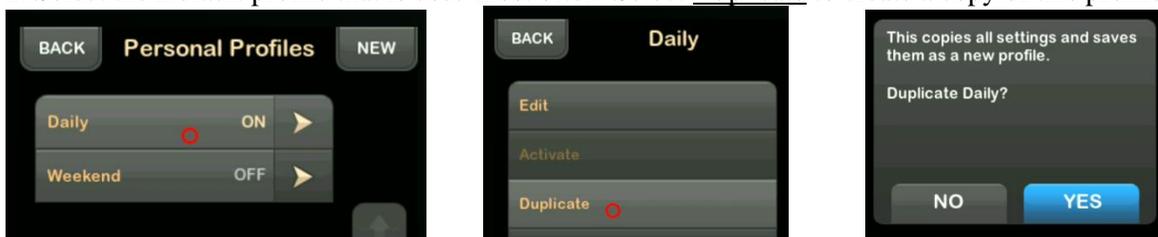
Create Personal Profile for Camp (Contains Basal, Carb Ratio, Correction and BG Target): Instructions on how to change Tandem Pump Settings (Basal and Target Glucose)



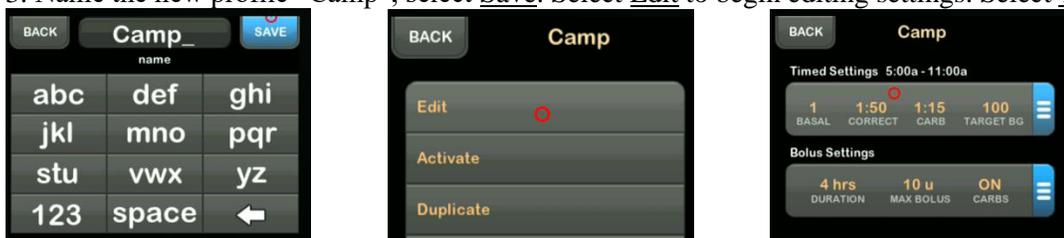
1. From the Home Screen, select Options / My Pump / Personal Profiles.



2. Select the Default profile that is used most often. Select Duplicate to create a copy of this profile.



3. Name the new profile “Camp”, select Save. Select Edit to begin editing settings. Select Timed Settings.



4. Beginning with the 12:00am time segment, enter calculated camp Basal Rate and Target BG using the guide on pages 3-4. Confirm entry when complete.



5. Repeat step 4 for each time segment. Select Back to exit Timed Settings Menu. When you drop off your camper, please activate the newly created camp profile!



If you have any questions on how to make these changes, please call the Customer Support Helpline @ 877-801-6901