

# TRAINING HANDBOOK

Accu-Chek® Solo micropump system



# TEMPORARY BASAL RATES

## Temporary Basal Rates

Using the Temporary Basal Rate (TBR), you can increase or decrease your current basal rate profile on a percentage basis for a specified duration of 15 minutes to 24 hours. This enables you to better control the blood glucose level in case of illness, physical activity or other situations that require adjustments to the insulin delivery.

TBR percentage	Effect
0-90% delivery	decrease of basal insulin
100% delivery	normal basal rate
110-250% delivery	increase of basal insulin

### Note

Your normal basal rate is considered as being 100%. That means, if a TBR is not currently active, the basal rate percentage is set to 100 %.

If you switch your basal rate profile, an active TBR will be discarded.

A TBR can only be programmed when the micropump is running (RUN mode).

When the pump is stopped (STOP mode), delivery of the TBR as well as of any boluses is stopped.

When the duration of the TBR has expired, you are informed that it has finished.

You can program and save customized temporary basal rates for recurring situations that change your insulin needs. For a customized TBR, the percentage and the duration are saved and used as default values each time you select this TBR. You also have the option of entering a name for a customized TBR.

## Example situation

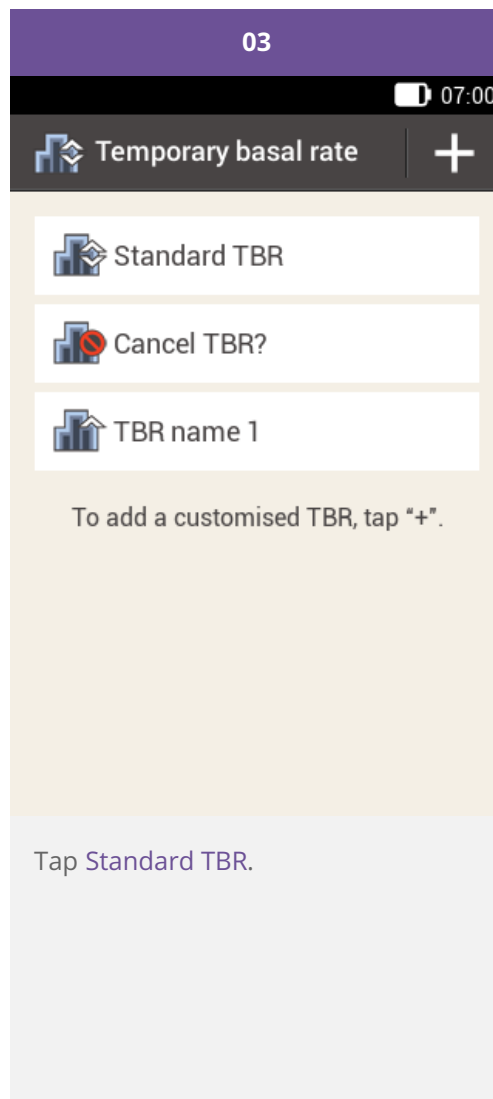
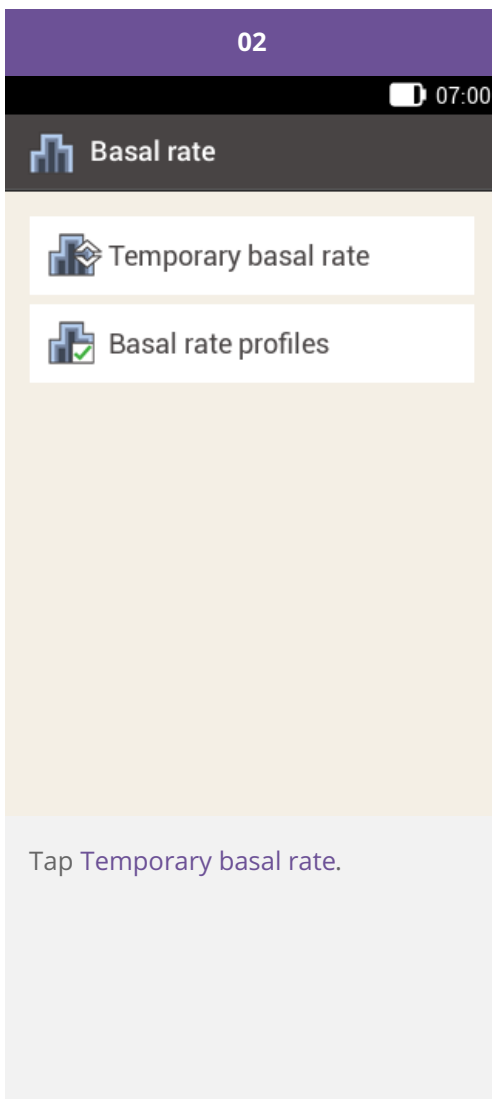
John Doe wants to play tennis for 1 hour. He knows that his body needs 40 % less insulin during this activity and for the subsequent recovery phase of 2 hours. He programs a TBR of 60 % (100 – 40 %) for the next 3 hours and saves this customized TBR, using the name: tennis.

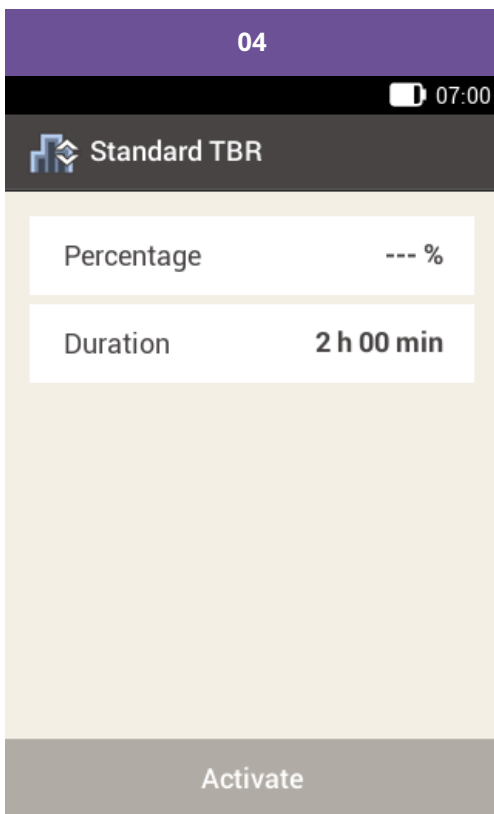
## Programming a Temporary Basal Rate (TBR)

The image displays two screenshots of a mobile insulin pump application interface. The left screenshot shows the main menu with a glucose reading of 5.9 mmol/L, a bolus of 150 U, and a basal rate profile of 0.60 U/h. The right screenshot shows the status screen with a grid of icons for Bolus, Basal rate, Stop, Test, Replace, Settings, My data, USB, Flight mode, Signals, and Help. Below the screenshots are instructions for navigating to the Basal rate profile.

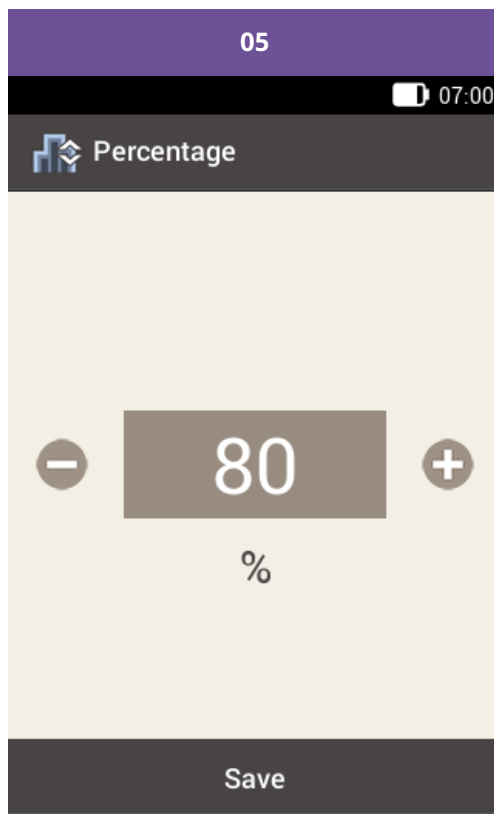
On the Status screen, tap the basal rate profile.



On the main menu, tap Basal rate.



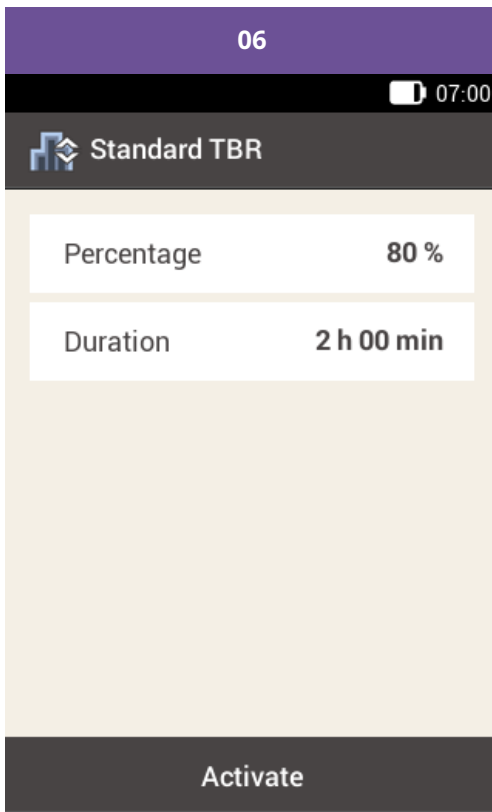


Tap Adjust percentage.

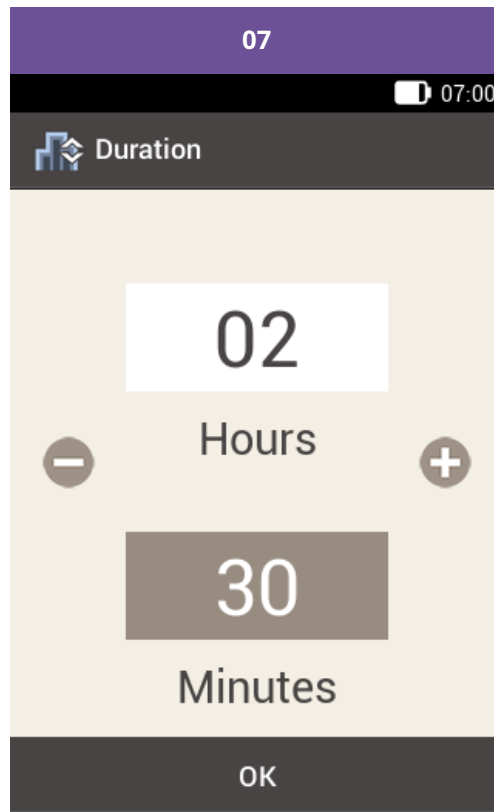




Use  and  to set the percentage for standard TBR adjustment.

Tap Save.

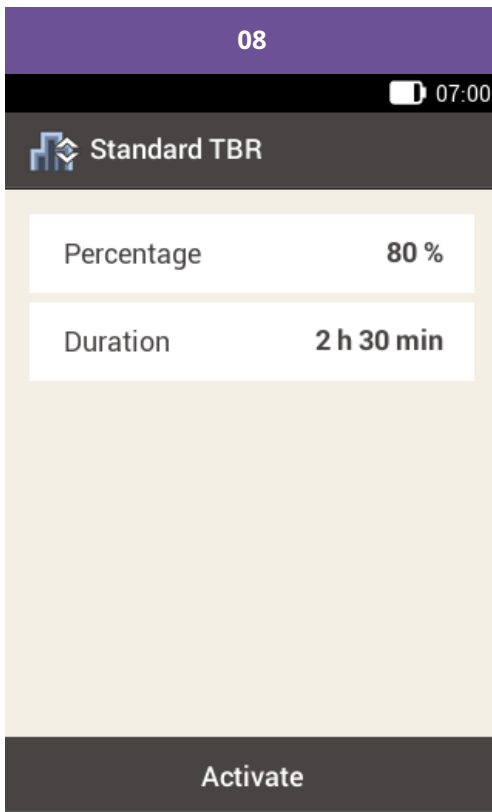


Tap [Duration](#).

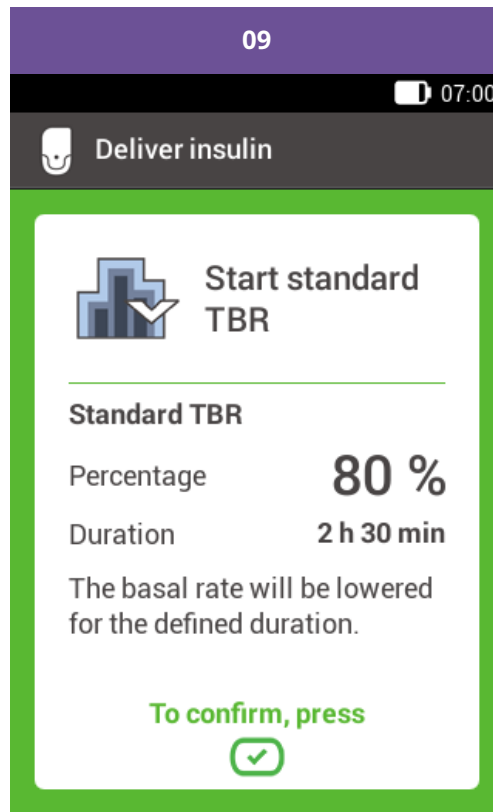



Use  and  to set the hours and minutes for the duration of the standard TBR.

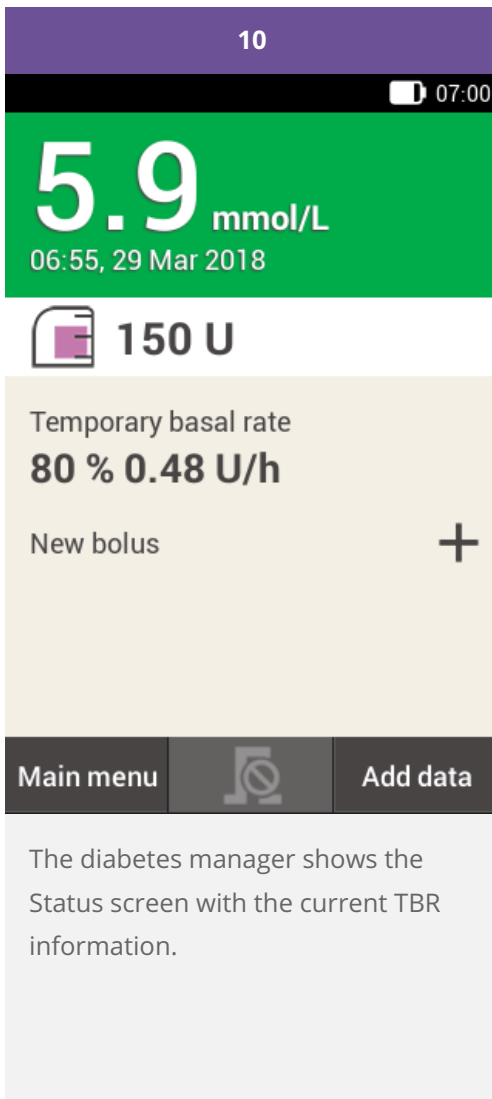
Tap [Save](#).



Tap [Activate](#).



To confirm, press the insulin button .





## Programming or editing a customised TBR

01

07:00

**5.9** mmol/L  
06:55, 29 Mar 2018

**150 U**

Profile 1  
**0.60 U/h**

New bolus +

Bolus Basal rate Stop

Test Replace Settings

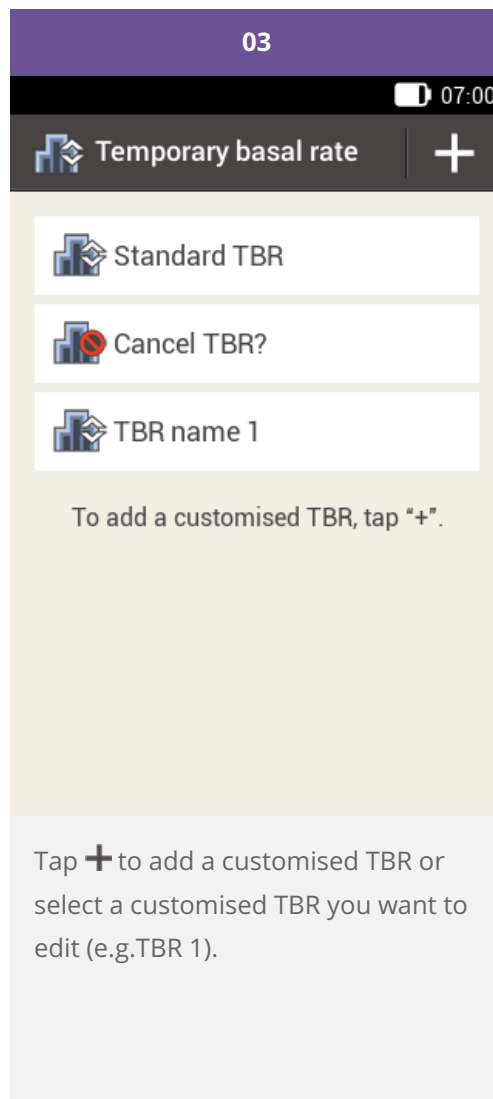
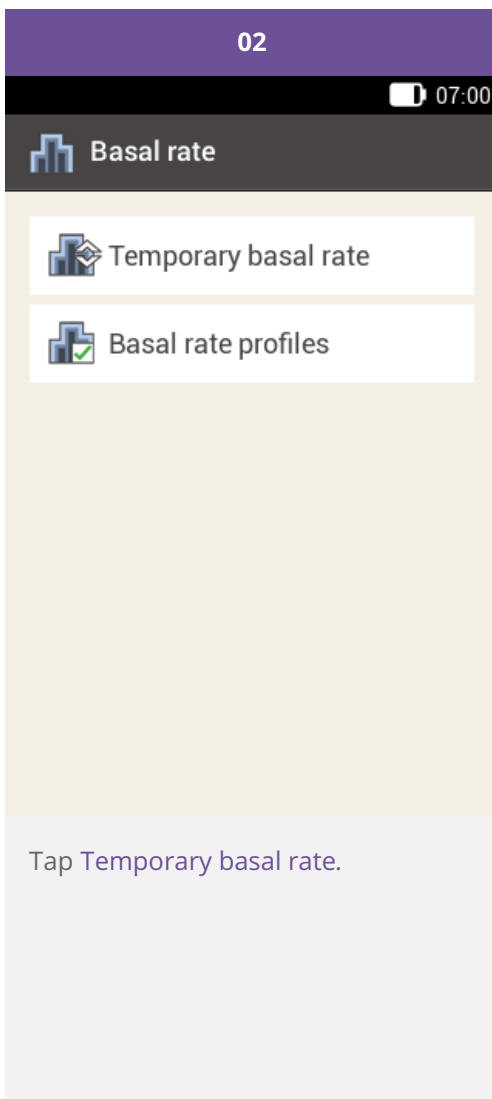
My data USB Flight mode

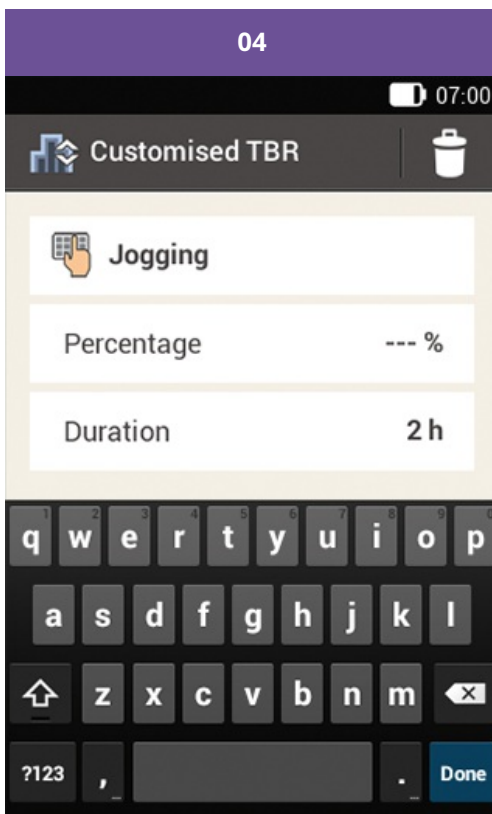
Signals Help


Main menu Add data Status screen Add data

On the Status screen, tap the basal rate profile.

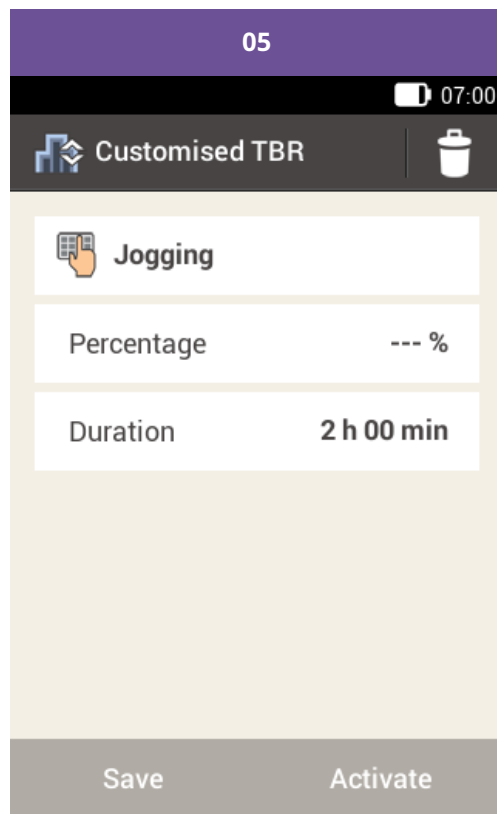
On the main menu, tap **Basal rate**.



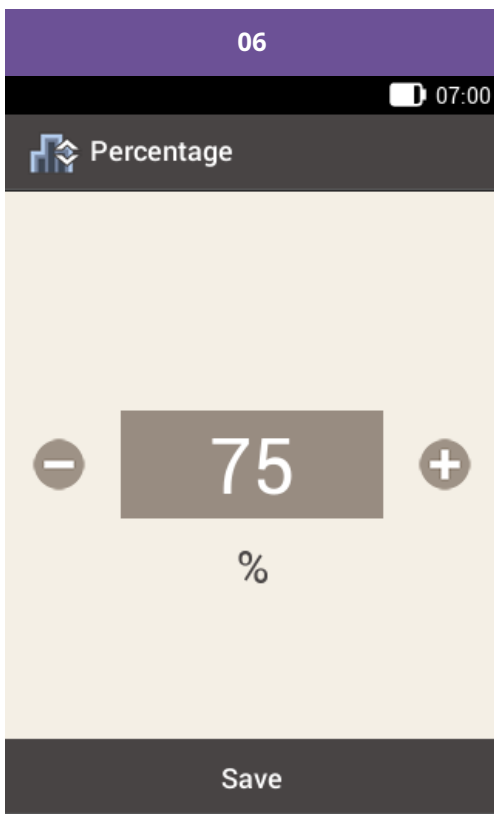




Tap . Using the keypad, assign a name for the customised TBR with a maximum of 12 characters.

Tap Done.

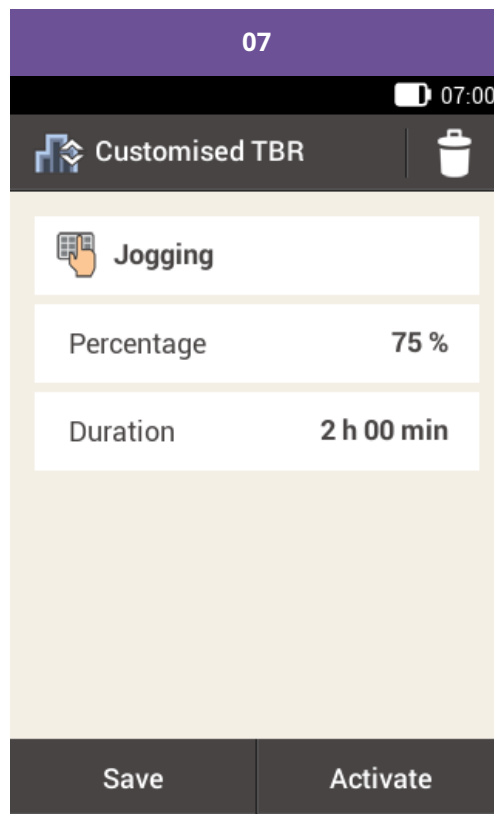


Tap Adjust percentage.

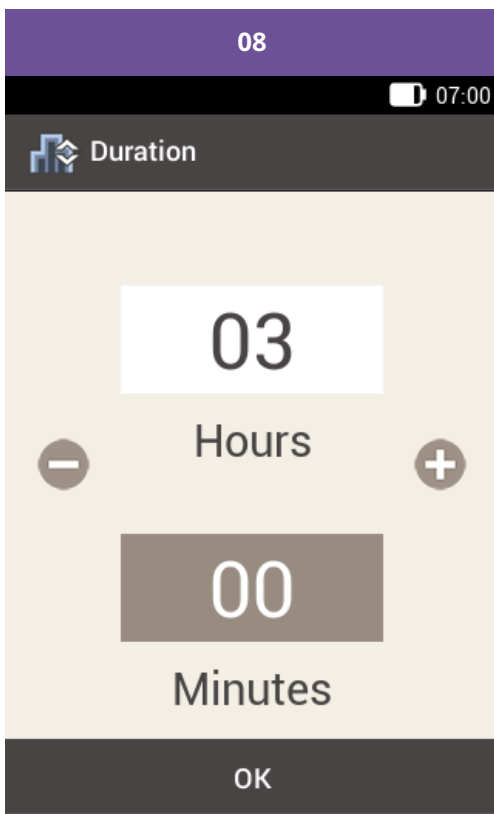


Use  and  to set the percentage for customised TBR adjustment.

Tap [Save](#).

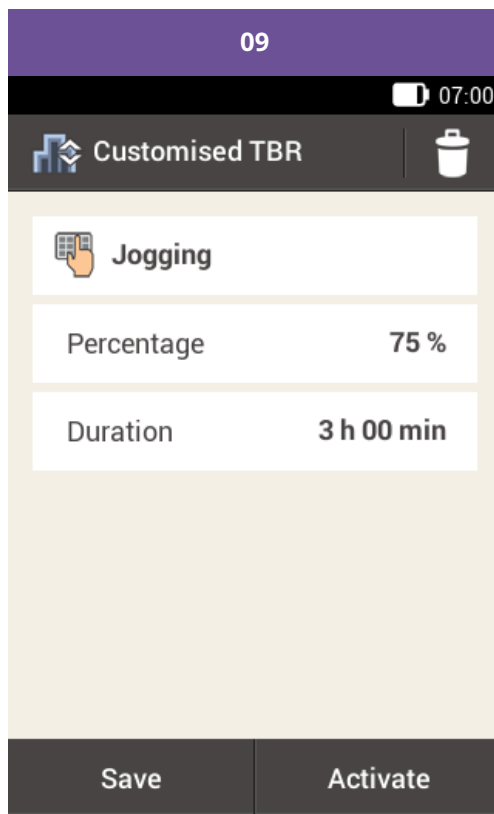


Tap [Duration](#).




Use **-** and **+** to set the hours and minutes for the duration of the standard TBR.

Tap **Save**.






To save and directly start the customised TBR, tap **Activate**.


To save your settings for the customised TBR without starting it, tap **Save**.


 **Note**


07:00

 Temporary basal rate 

 Standard TBR

 Cancel TBR?

 Jogging

 Name of TBR 2

To add a customised TBR, tap "+".

If you tap Save the new customised TBR appears on the TBR menu but is not started now.

## Activating a customised TBR

**01**

07:00

Temporary basal rate +

Standard TBR

Cancel TBR?

Jogging

To add a customised TBR, tap "+".

To activate a saved TBR, tap the desired entry in the list of Temporary Basal Rates.

**02**

07:00

Customised TBR

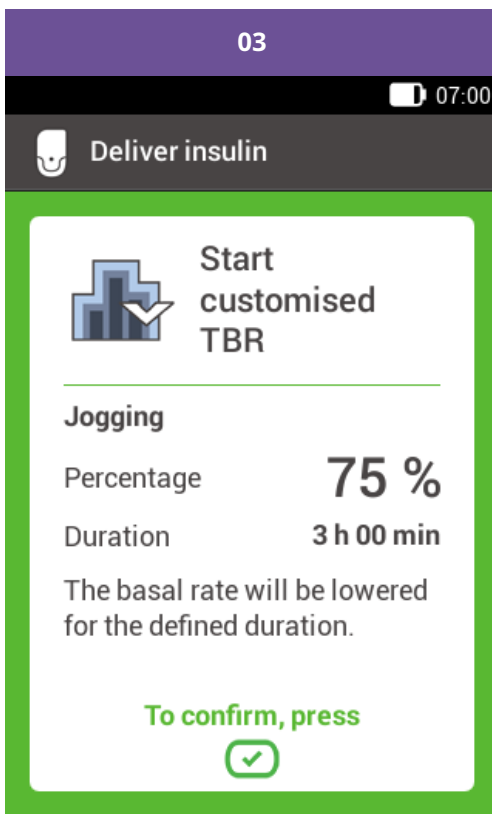
Jogging

Percentage 75 %

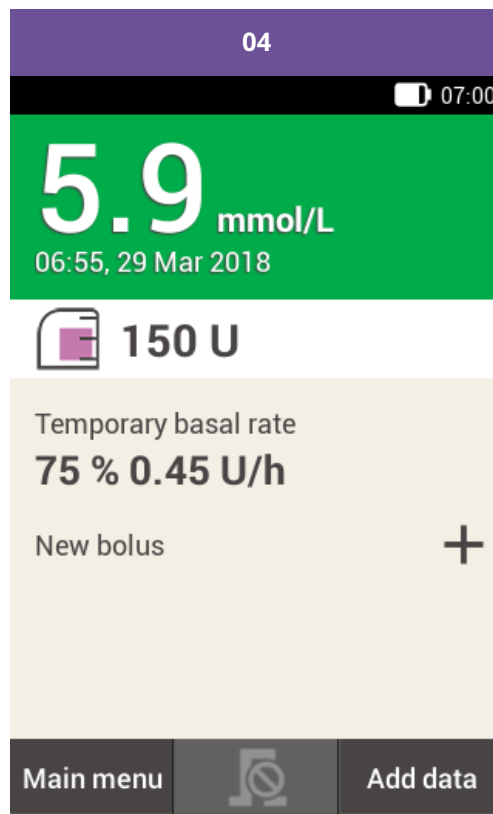
Duration 3 h 00 min

Save Activate

To save and start the TBR straight away, tap [Activate](#).



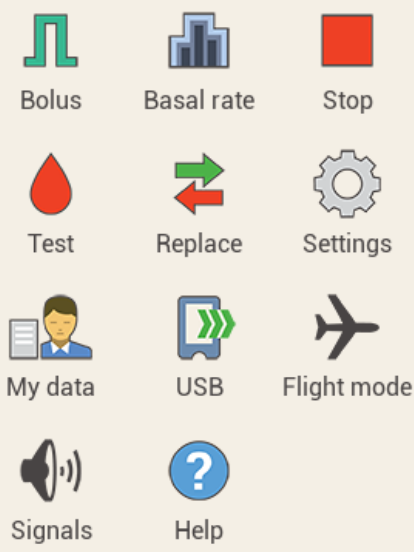

To confirm this step and start the TBR, press .

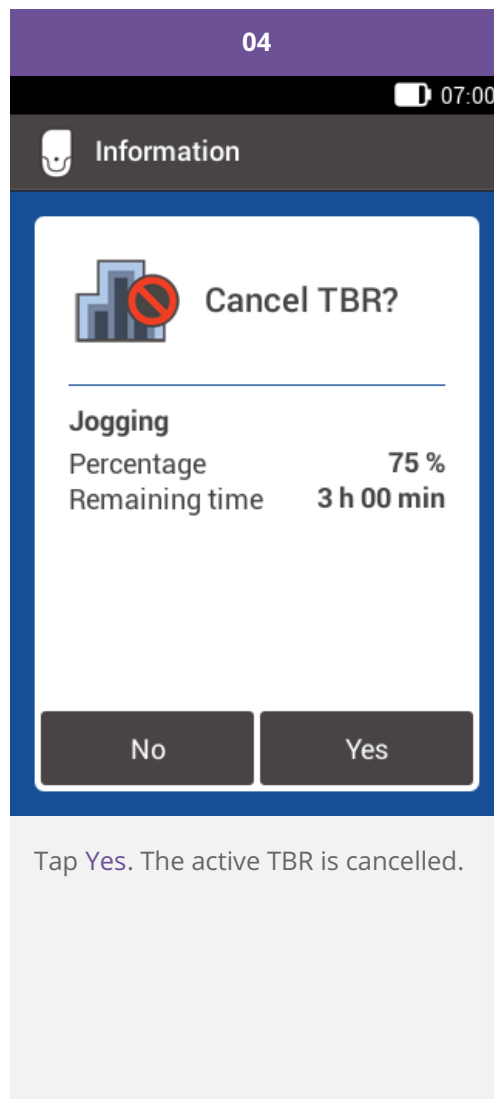
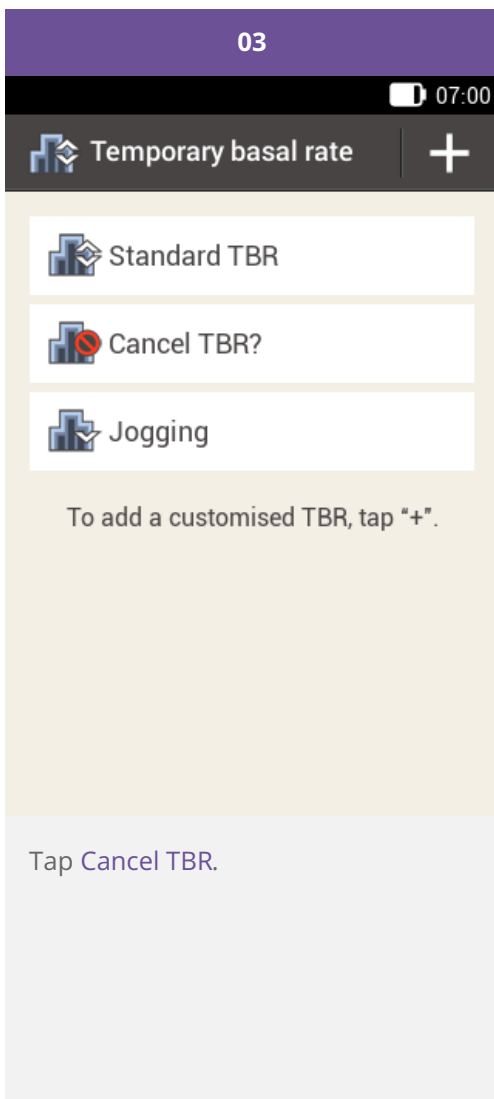


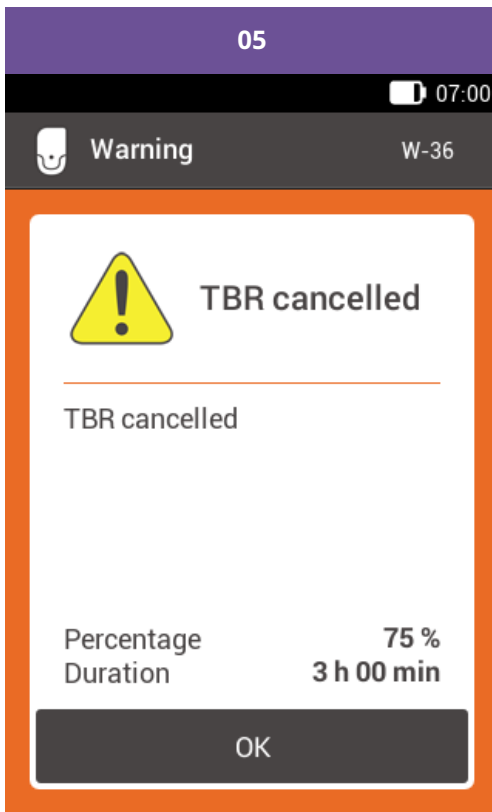
The activated TBR is displayed on the Status screen.



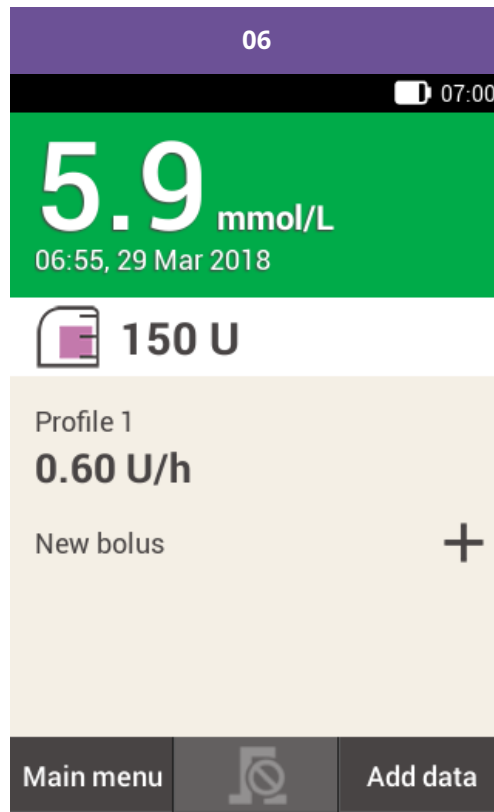
## Cancelling a TBR

<p>01</p> <p>07:00</p>  <p>Status screen  Add data</p>	<p>02</p> <p>07:00</p> <p>Basal rate</p> <p>Temporary basal rate</p> <p>Basal rate profiles</p>
<p>On the main menu, tap Basal rate.</p>	<p>Tap Temporary basal rate.</p>





Tap **OK** to confirm the warning.



The TBR is deleted from the Status screen.

## Cancelling TBR from Status screen

**01**


07:00

**5.9** mmol/L  
06:55, 29 Mar 2018

**150 U**

Temporary basal rate  
**75 % 0.45 U/h**

New bolus +


Main menu  Add data

On the Status screen, tap the basal rate profile.

**02**

07:00

Information

 **Cancel TBR?**


**Jogging**

Percentage	75 %
Remaining time	3 h 00 min

No Yes

Tap Yes. The active TBR is cancelled.

03

 07:00

**5.9** mmol/L  
06:55, 29 Mar 2018

 **150 U**

Profile 1

**0.60 U/h**

New bolus



Main menu



Add data

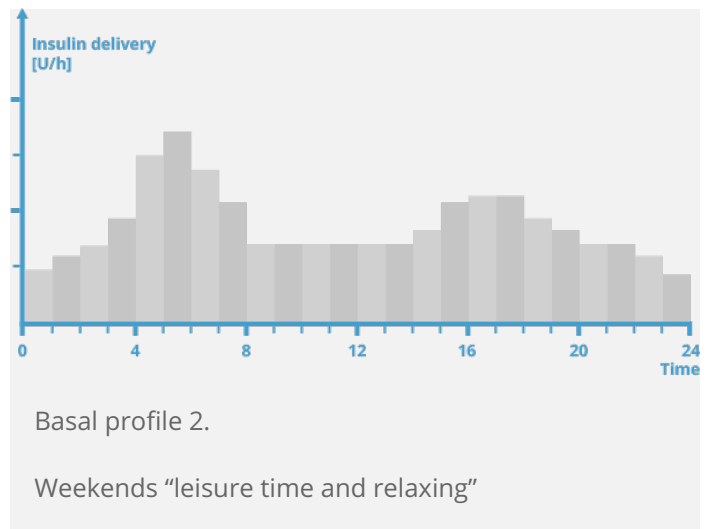
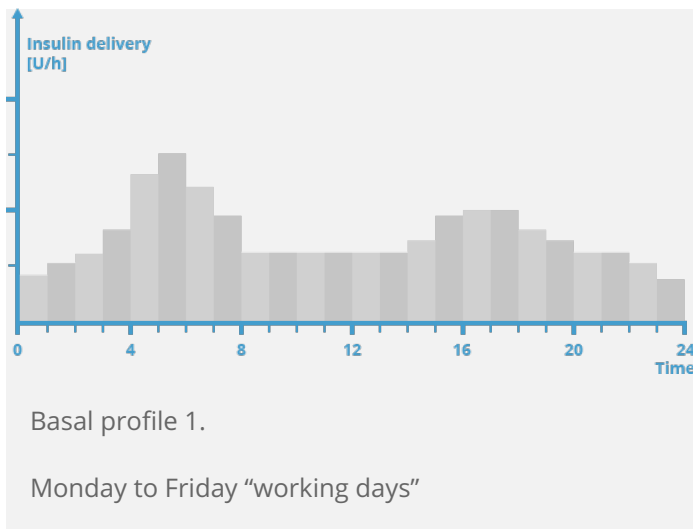
The TBR is deleted from the Status screen.

# ADJUSTING AND ADDING BASAL RATE PROFILES

## The reason behind different basal rate profiles

In addition to your initial basal profile, you may want to use other basal rate profiles for different daily routines. You can program up to 5 different basal profiles. Discuss using different basal profiles with your doctor or healthcare team.

### Example



In this example, the user is a construction worker and from Monday to Friday he is on his feet from early morning until end of work. On the weekend, he likes to sleep in late and relax and read for hours. After discussing his varying daily routines with his doctor, the user programmed Basal Profile 1 for working days. He also programmed Basal Profile 2 that provides more basal insulin for Saturdays and Sundays.

## Programming a basal rate profile

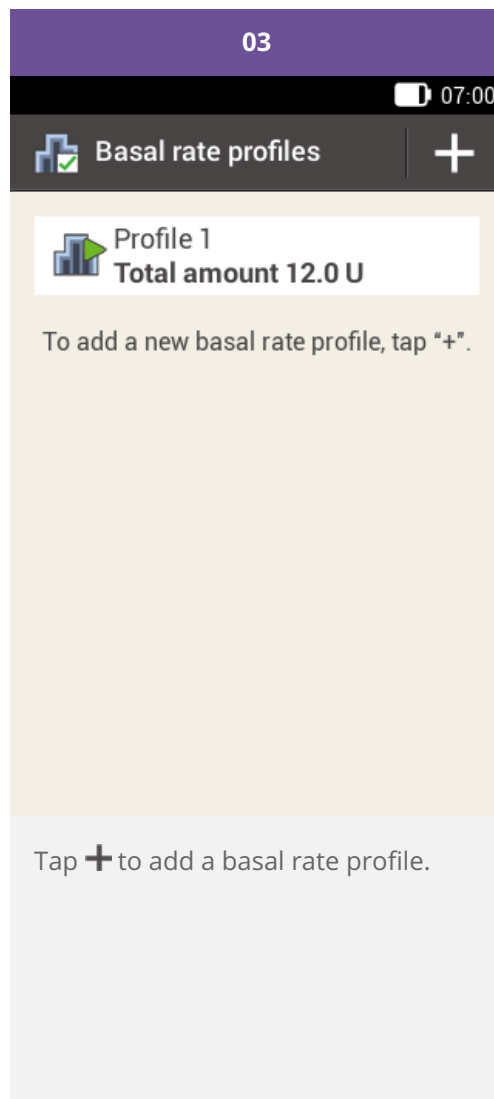
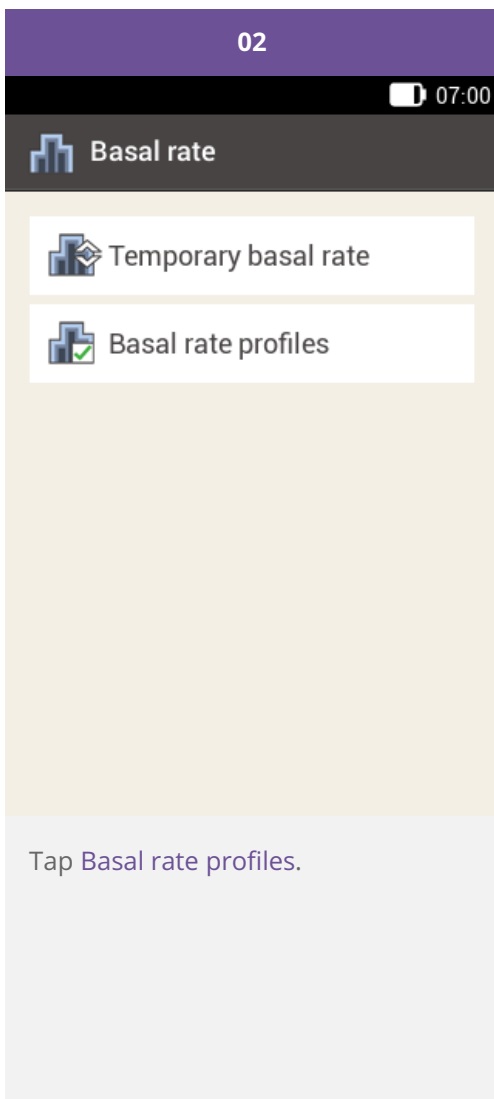
The image displays two screenshots of a mobile application interface for programming a basal rate profile.

**Left Screenshot (Status screen):** Shows a glucose reading of **5.9 mmol/L** at 06:55 on 29 Mar 2018. Below the reading is a bolus of **150 U**. Underneath, it displays **Profile 1** with a basal rate of **1.20 U/h** and a **New bolus** button with a plus sign.

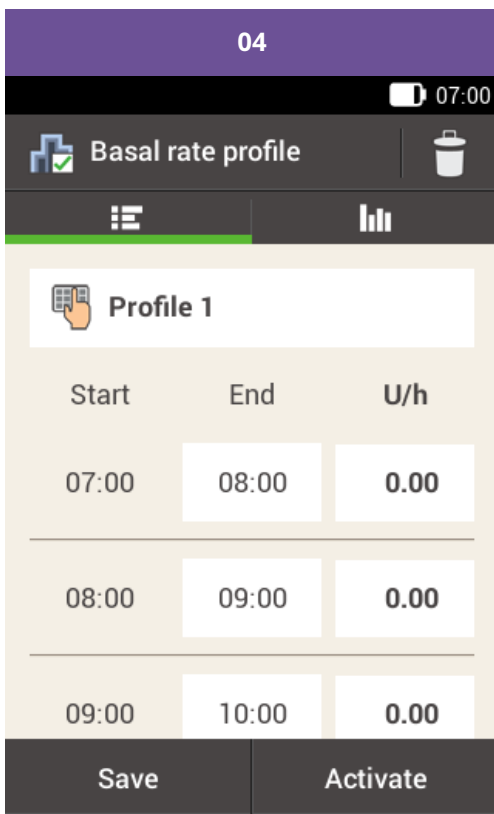
**Right Screenshot (Main menu):** Shows a grid of icons for various functions: Bolus, Basal rate, Stop, Test, Replace, Settings, My data, USB, Flight mode, Signals, and Help.

**Navigation Instructions:**

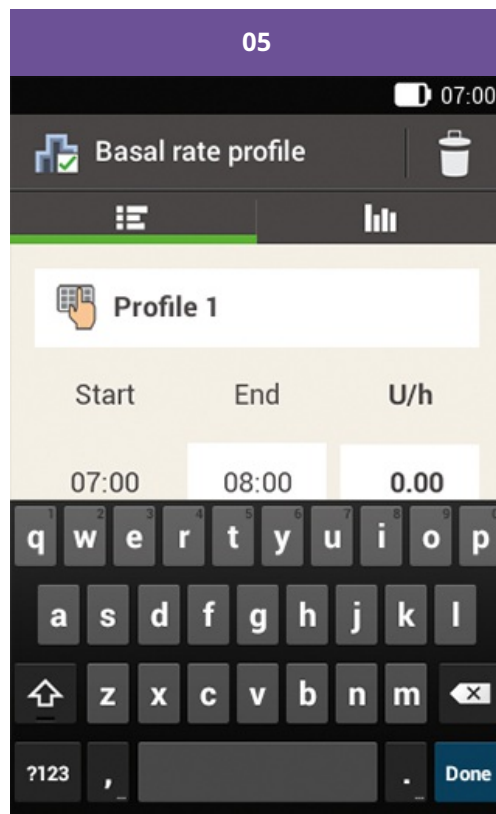
- On the Status screen, tap the basal rate profile.
- On the main menu, tap **Basal rate**.





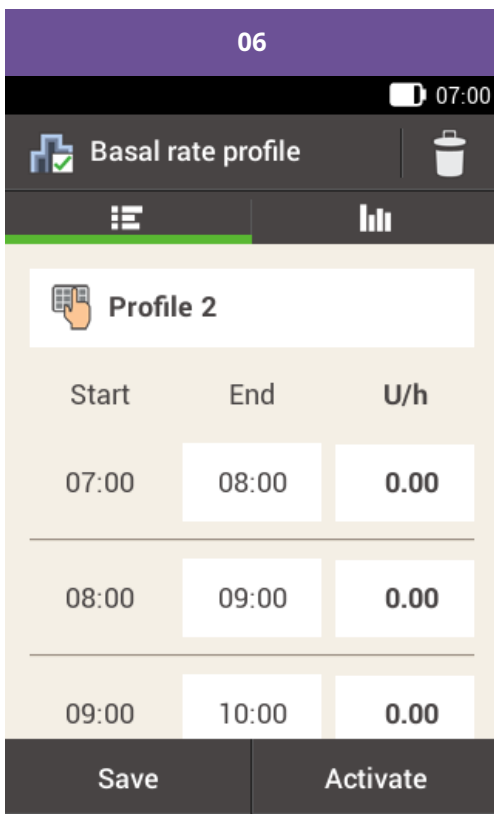


Tap to name the profile.

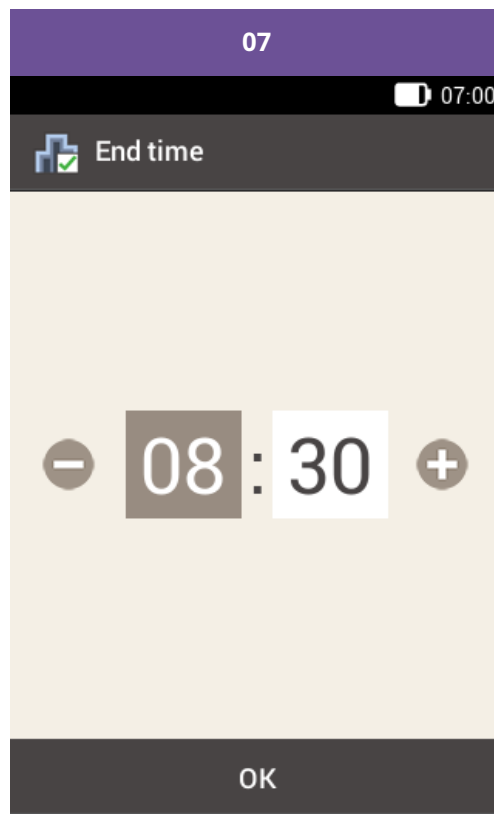


Enter the desired name for the basal rate profile (maximum 12 characters).

Then tap Done.



Select the first time block.



Enter the end time for the time block.

Tap Save.

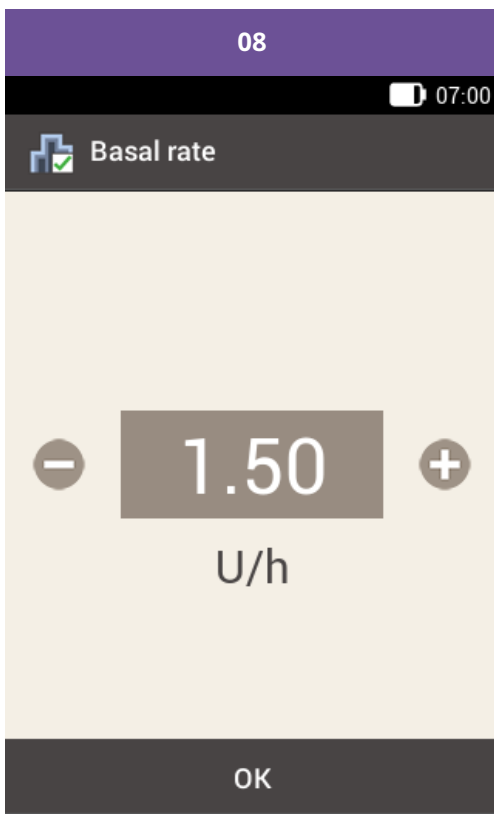
### Note

You are only able to edit the end time of basal rate time blocks. The start time of each time block is identical to the end time of the previous time block.

To delete a time block, set the end time of the time block to the start time of the same time block.

To add a new time block, set the end time of the last time block to the desired start time for the new time block.

Basal rate time blocks are neither identical to, nor shared with the time blocks for bolus advice.



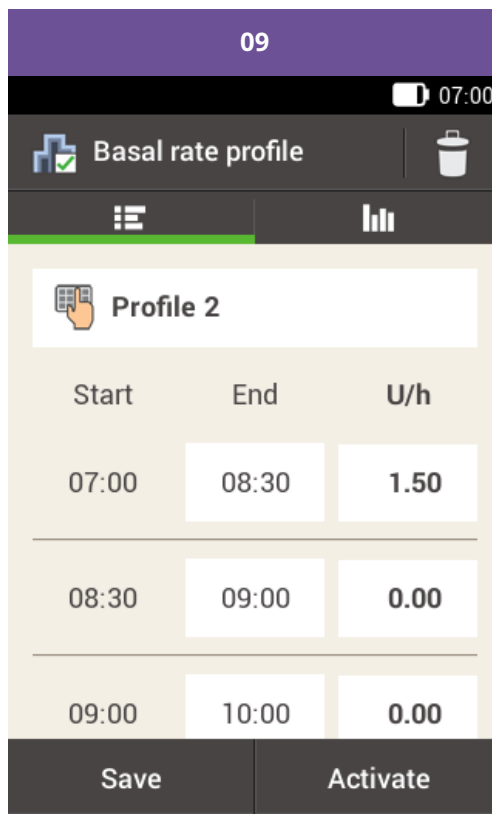
Enter the insulin amount per hour for the time block.

Tap [Save](#).

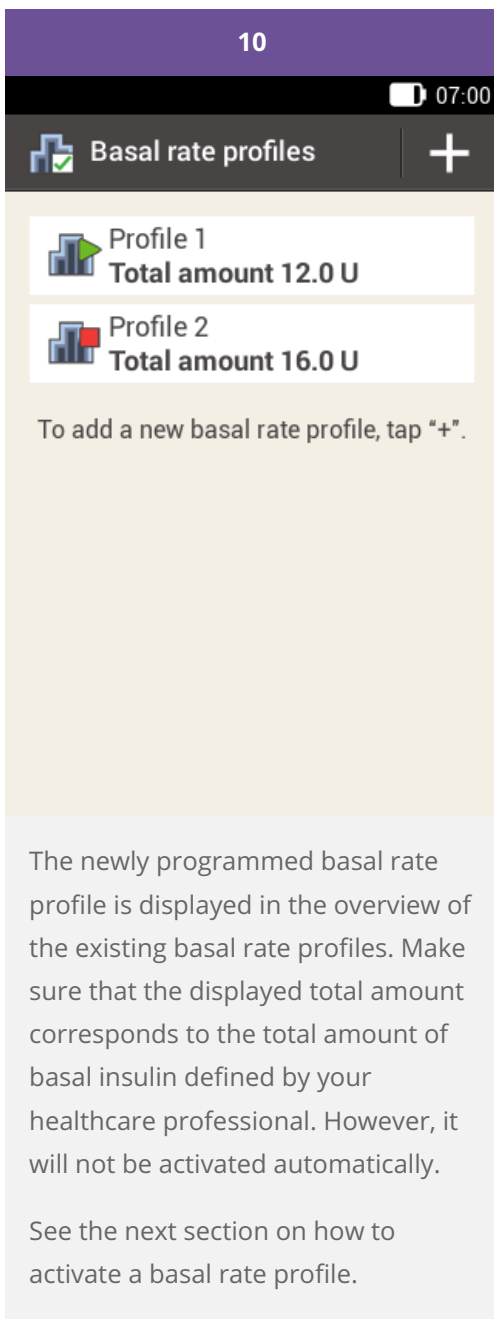
Continue to enter the end times and hourly basal rates until you have programmed the appropriate hourly basal rates for all 24 hours of the day.

If you wish to save but not currently activate this basal rate profile continue with step 09.

If you wish to save and activate the new basal profile immediately, tap "Activate". Continue with step 11.



Tap [Save](#) to save the programmed Basal rate profile.



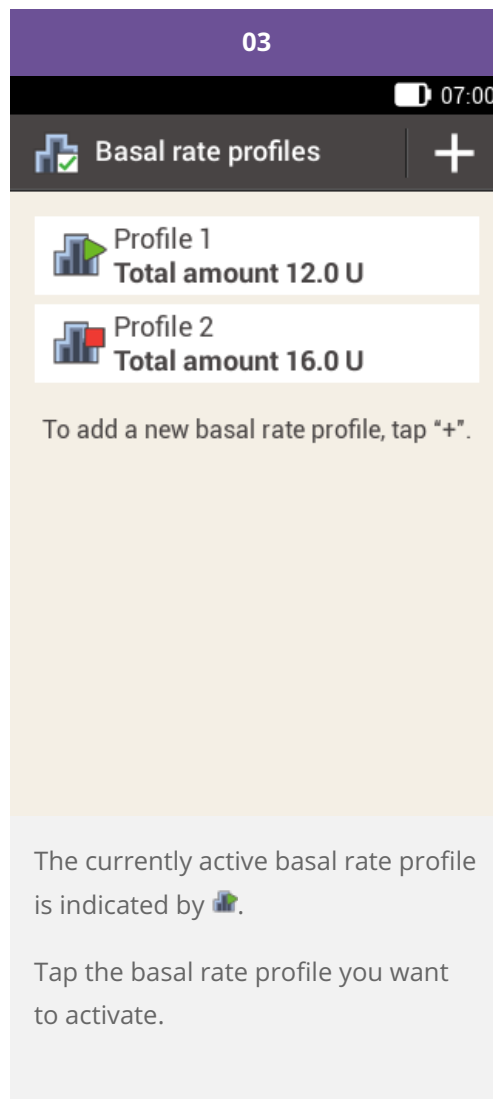
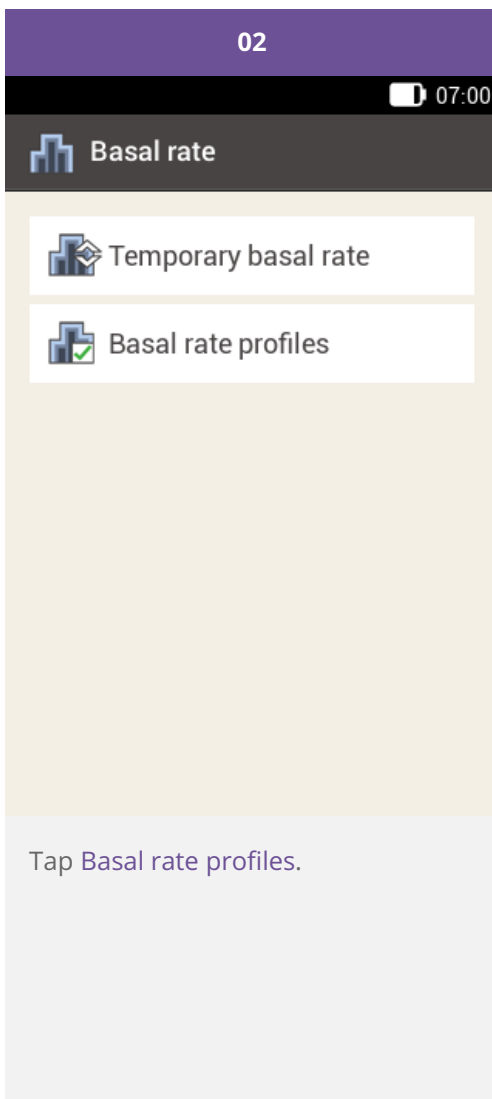
## Activating a basal rate profile

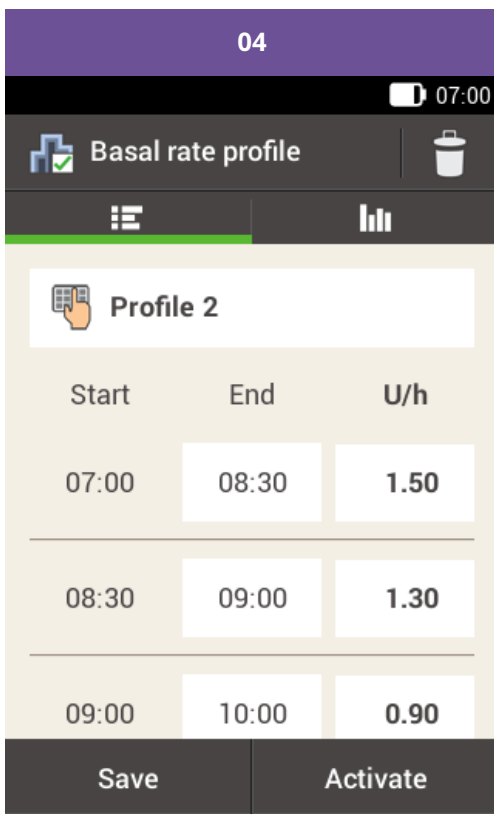
Activate the appropriate profile, when it is due. For example, Friday night, when you change to your weekend routines, activate the profile you have programmed for weekends.

The image displays two screenshots of a mobile application interface for insulin management. The left screenshot shows the main menu with a glucose reading of 5.9 mmol/L and a basal rate profile of 1.20 U/h. The right screenshot shows the status screen with a grid of icons for Bolus, Basal rate, Stop, Test, Replace, Settings, My data, USB, Flight mode, Signals, and Help. Below the screenshots are instructions for activating a basal rate profile.


On the Status screen, tap the basal rate profile.

On the main menu, tap basal rate.

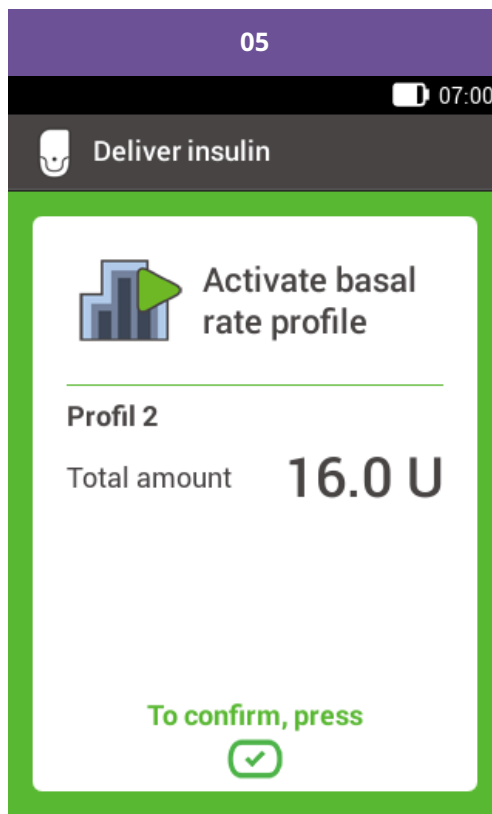





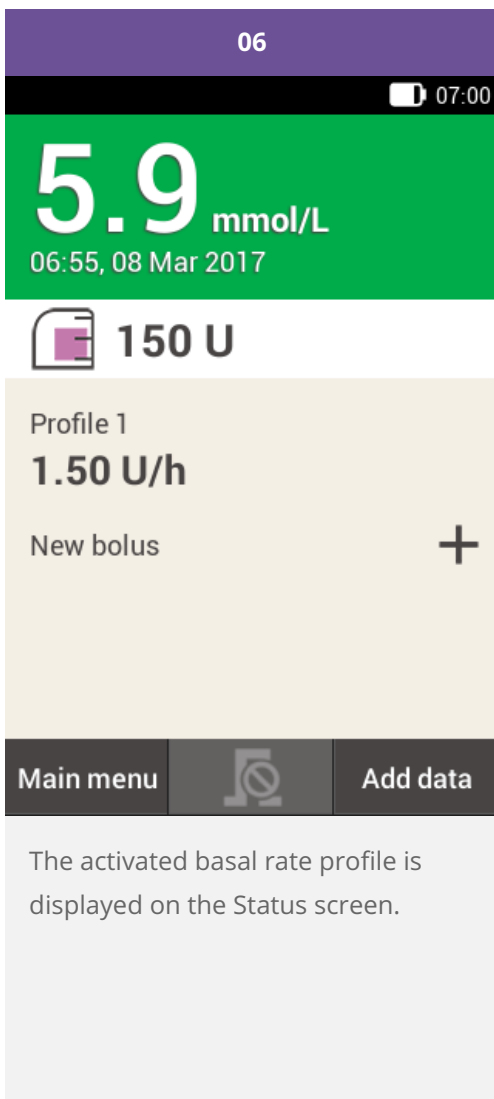
If required, scroll the screen upwards to see all time blocks of the basal rate profile.

Tap  to see the graphic for the profile.

Tap **Activate**.



To confirm, press the insulin button .





## Changing a basal rate profile

01


Basal rate profiles

Profile 1  
Total amount 12.0 U

Profile 2  
Total amount 16.0 U

To add a new basal rate profile, tap "+".

Tap the basal rate profile you want to change (for example, Profile 2).

The currently active basal rate profile is indicated by .

02

Basal rate profile

Profile 2

Start	End	U/h
07:00	08:30	1.50
08:30	09:00	1.30
09:00	10:00	0.90

Save      Activate

Tap an end time to change the end time for the time block.

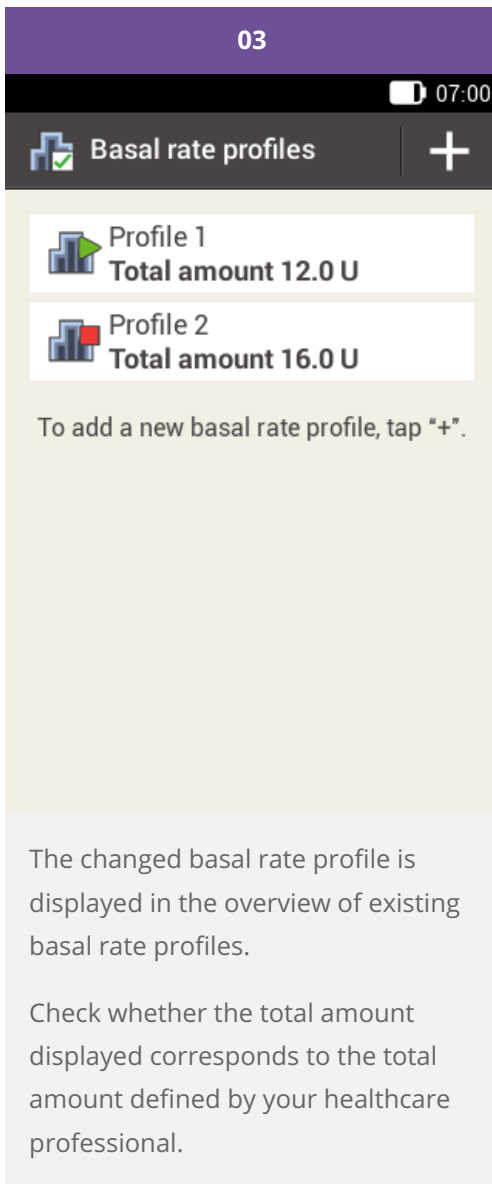
Tap a basal rate to change the basal rate for the time block.

Repeat this process until the correct basal rate has been programmed for all 24 hours of the day.

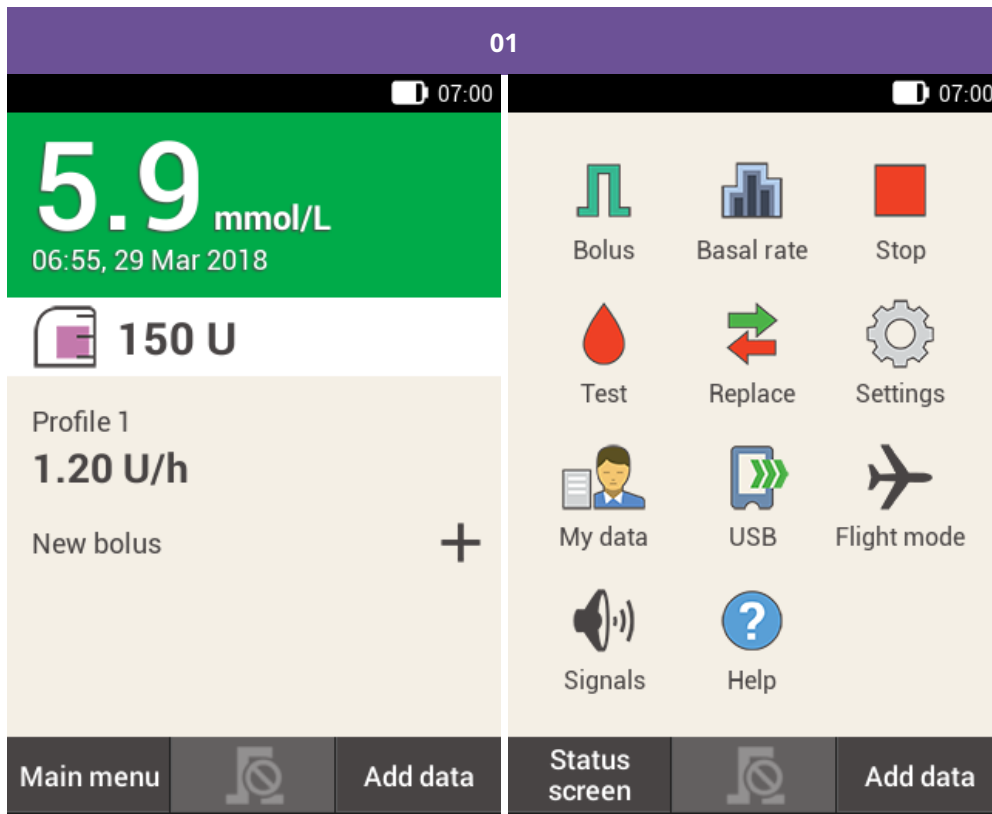
Tap **Save**.

### Note

If required, scroll the screen upwards to be able to check all time blocks of the basal rate profile.



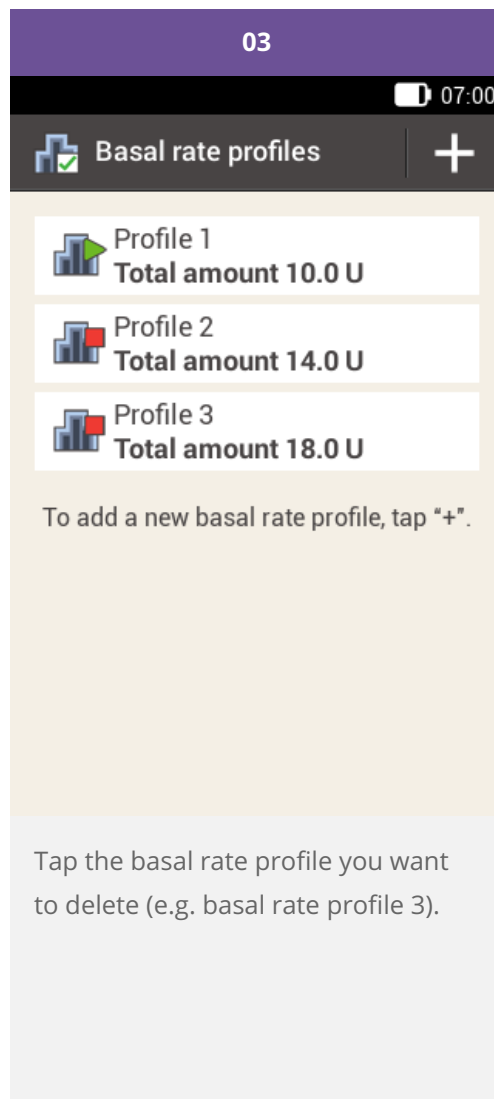
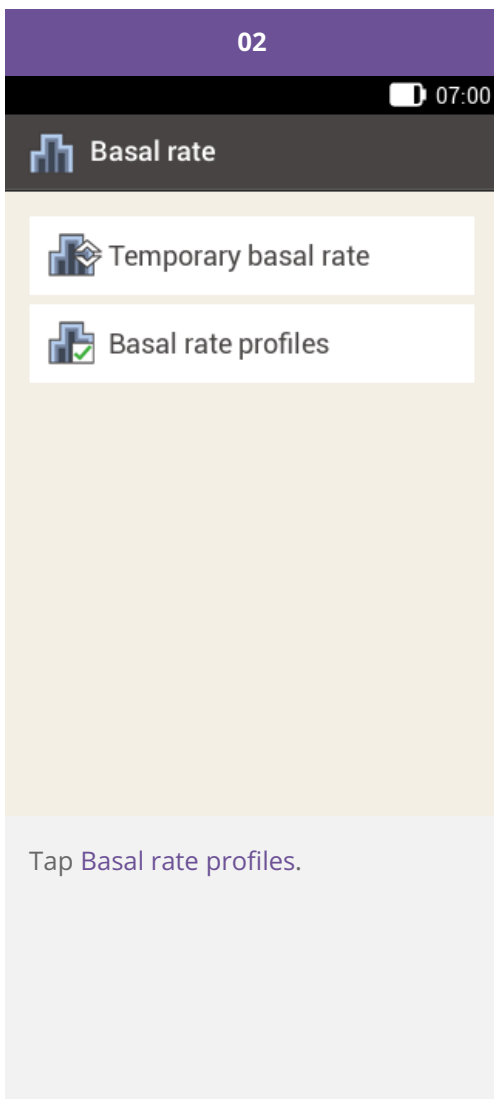
## Deleting a basal rate profile

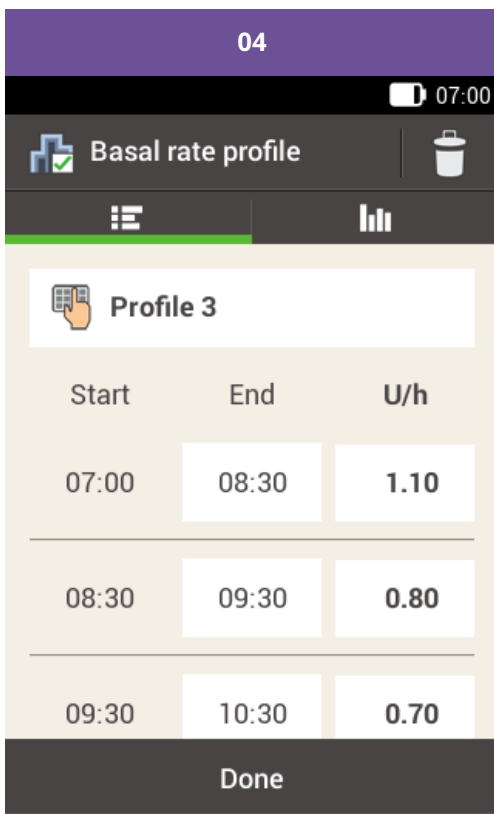



The image shows two side-by-side screenshots of an insulin pump interface. The left screenshot shows the 'Main menu' with a green header displaying a glucose reading of 5.9 mmol/L at 06:55 on 29 Mar 2018. Below this, it shows a bolus of 150 U and 'Profile 1' with a basal rate of 1.20 U/h. A 'New bolus' button with a plus sign is visible. The right screenshot shows the 'Status screen' with a grid of icons: Bolus, Basal rate, Stop, Test, Replace, Settings, My data, USB, Flight mode, Signals, and Help. At the bottom of both screens are navigation buttons: 'Main menu' and 'Status screen' (with a back arrow icon), and 'Add data' buttons.

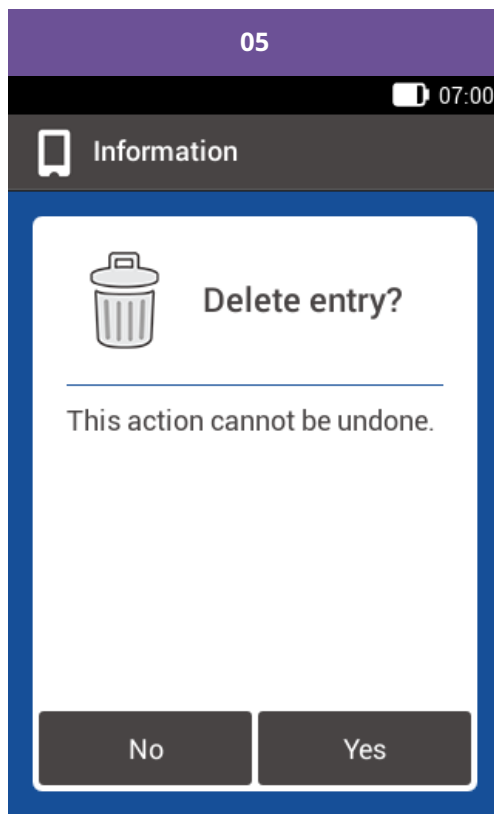
On the Status screen, tap the basal rate profile.

On the main menu, tap [Basal rate](#).






Tap  in the right upper corner of the screen.



If the active basal rate profile is to be deleted, the following display appears.

Tap Yes.

 Basal rate profiles

Profile 1

**Total amount 10.0 U**

Profile 2

**Total amount 14.0 U**

To add a new basal rate profile, tap "+".

The selected basal rate profile has been deleted from the list.

FOR PEOPLE WITH DIABETES. ALWAYS READ THE INSTRUCTIONS FOR USE. CONSULT YOUR HEALTHCARE PROFESSIONAL FOR ADVICE.

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