ACCU-CHEK® Solo

Roche

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

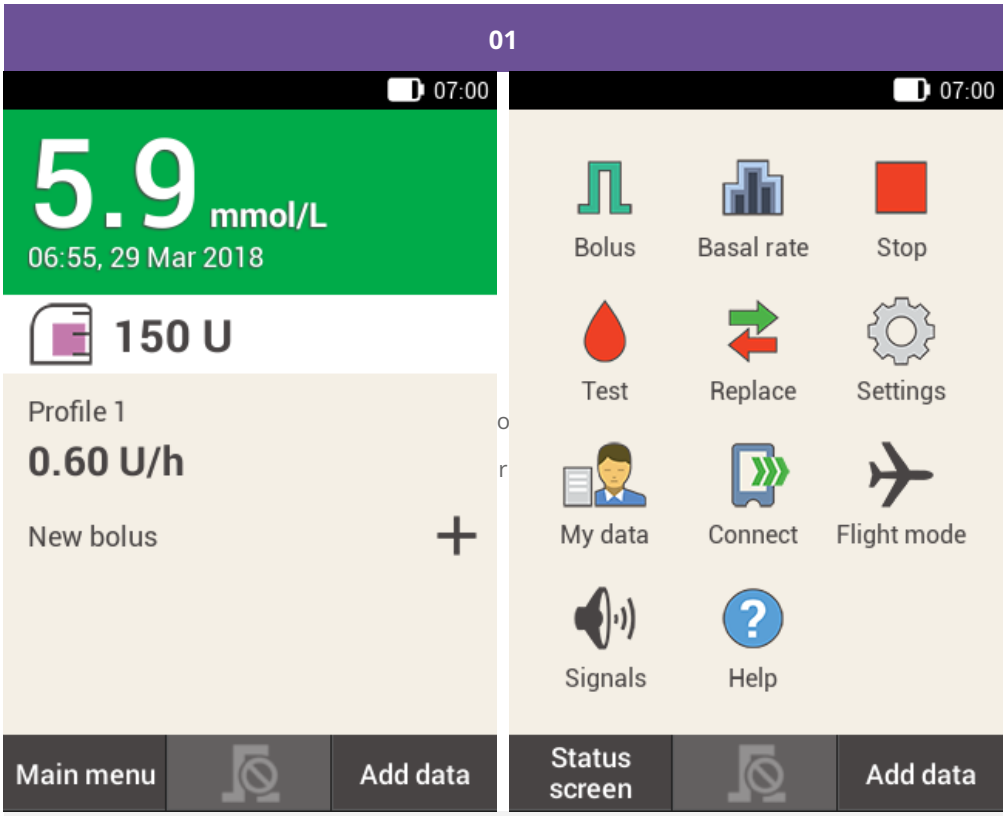
- Your normal basal rate is considered as being 100%. That means, if a TBR is not currently active, the basal rate percentage is set to 100 %.
- If you switch your basal rate profile, an active TBR will be discarded.
- A TBR can only be programmed when the micropump is running (RUN mode).
- When the 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.

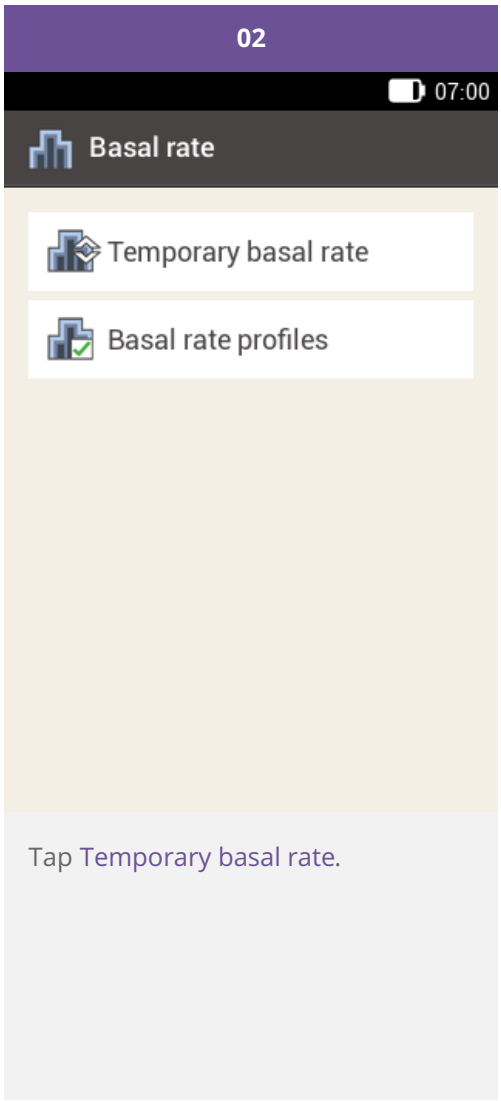
Programming a Temporary Basal Rate (TBR)



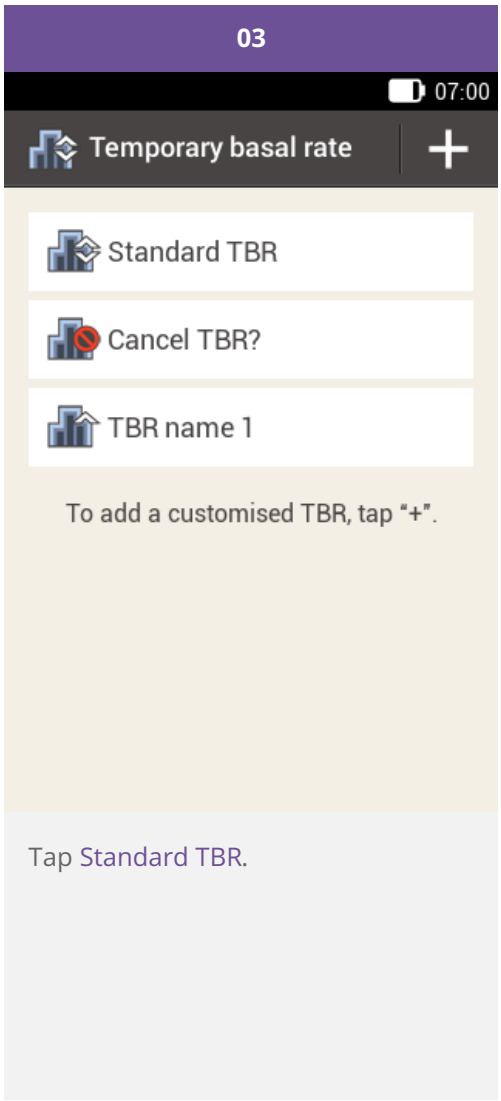
On the Status screen, tap the basal rate profile.

or

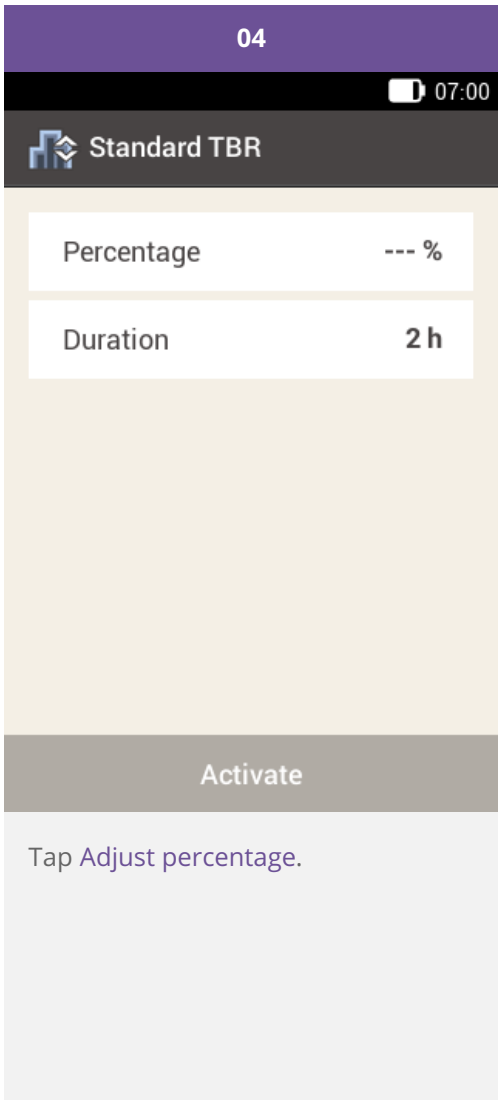
On the main menu, tap Basal rate.

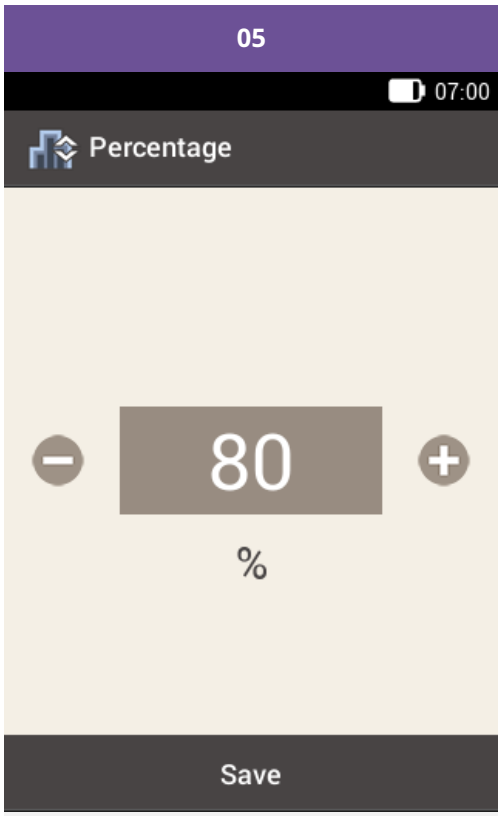


Tap Temporary basal rate.



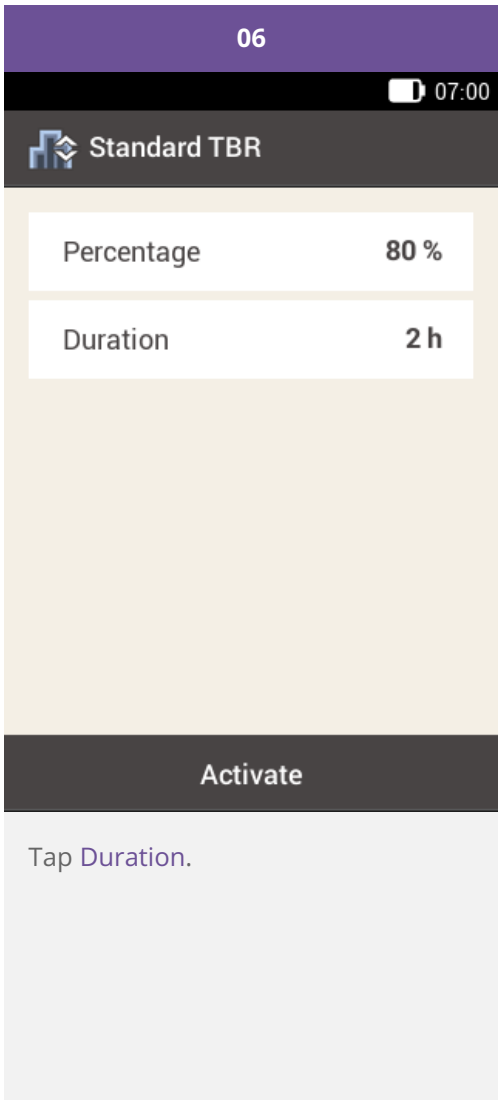
Tap Standard TBR.


04
07:00
Standard TBR
Percentage
--- %
Duration
2 h
Activate
Tap Adjust percentage.

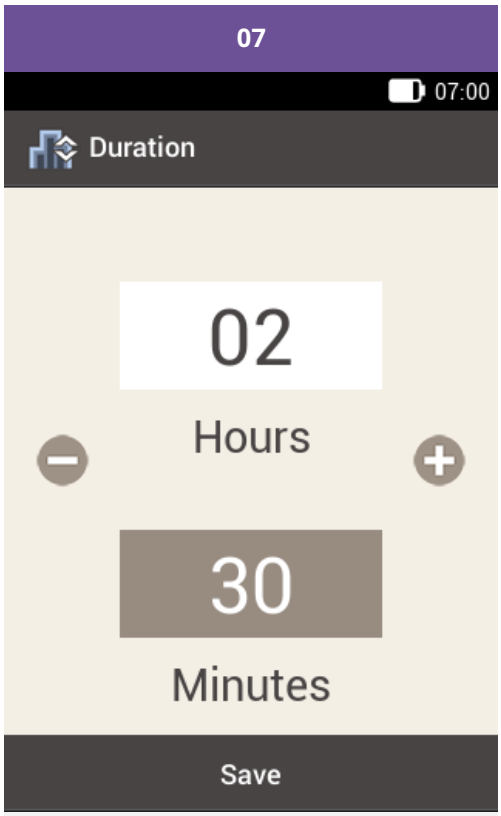


Use ⊖ and ⊕ to set the percentage for standard TBR adjustment.

Tap Save.

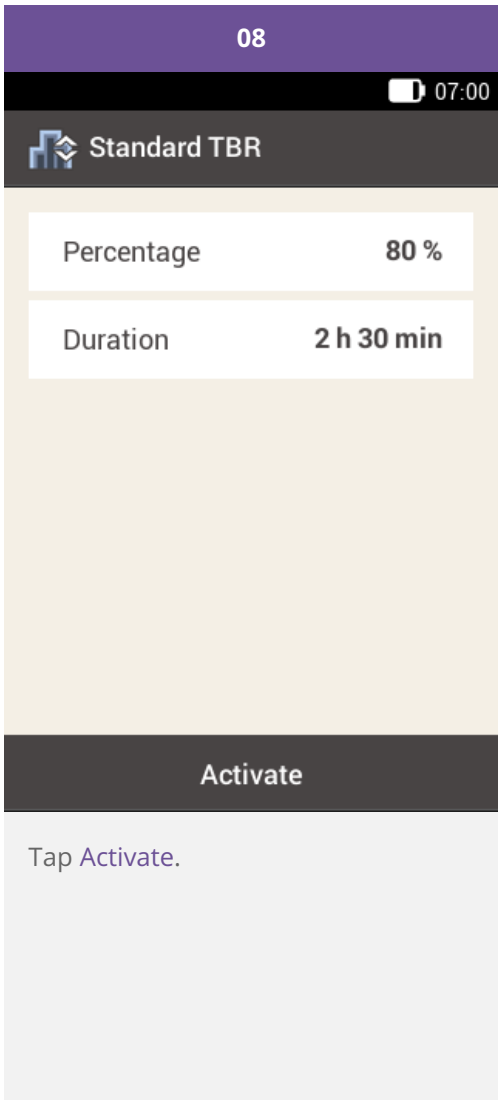


Tap Duration.

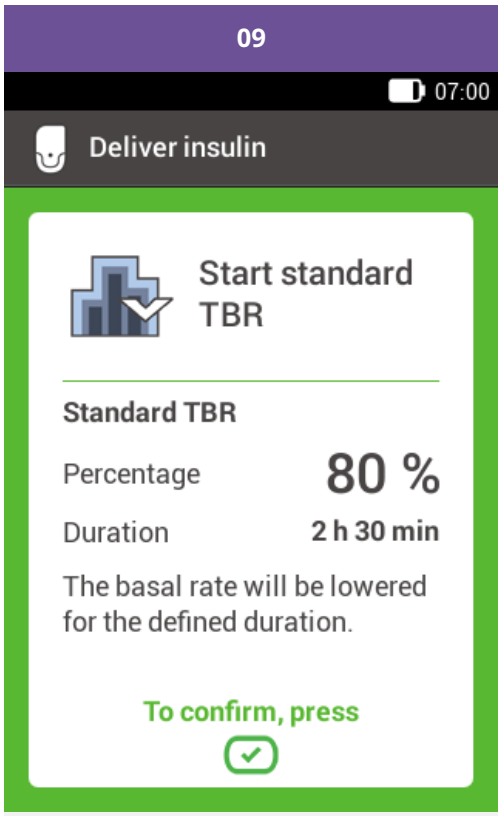


Use ⊖ and ⊕ to set the hours and minutes for the duration of the standard TBR.

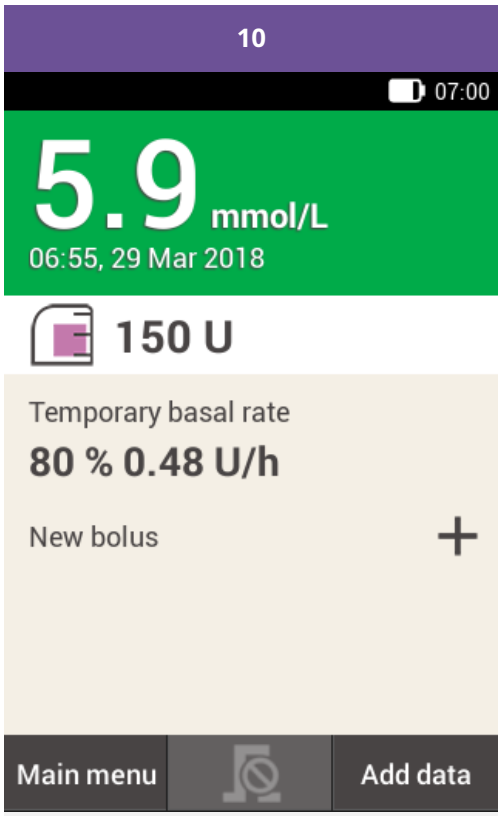
Tap Save.



Tap Activate.

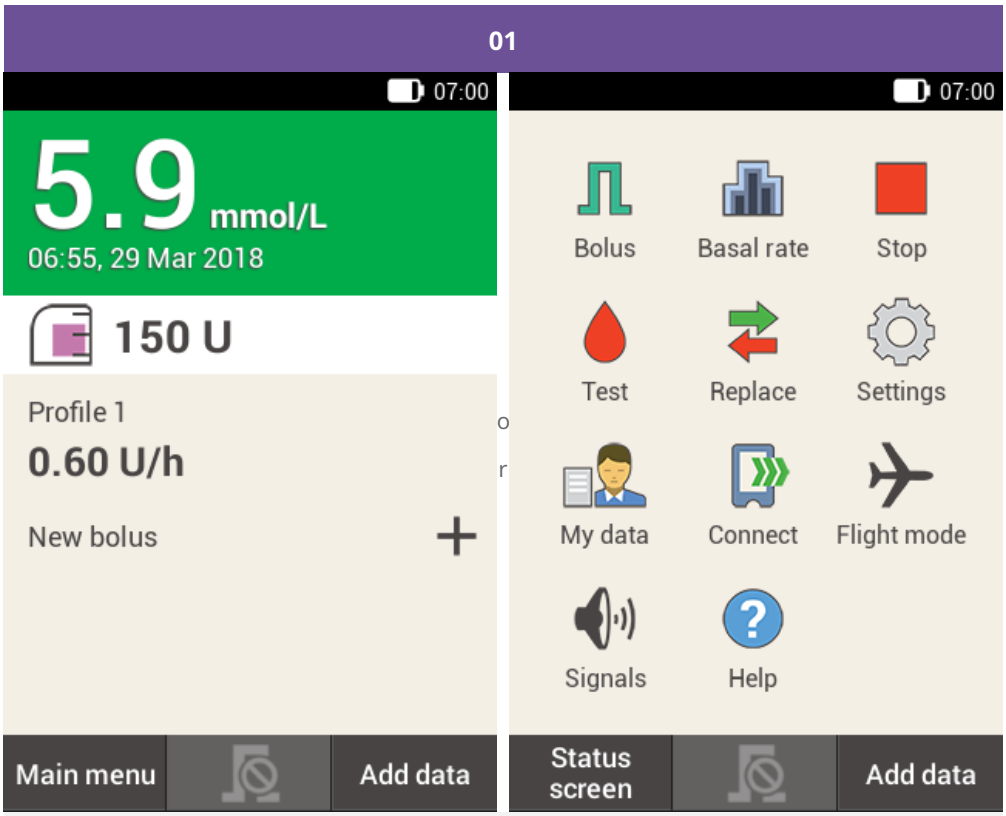


To confirm, press the insulin button .



The diabetes manager shows the Status screen with the current TBR information.

Programming or editing a customized TBR

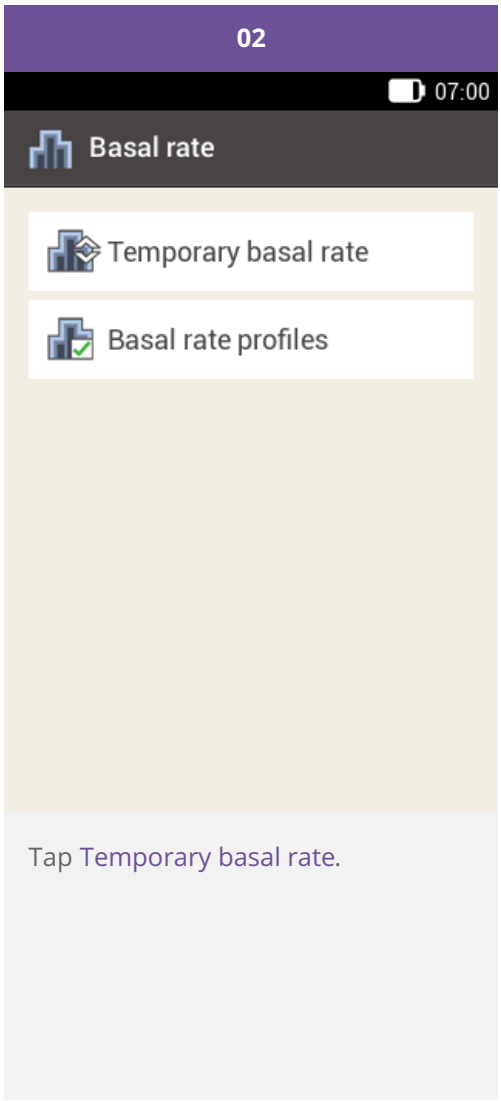


o

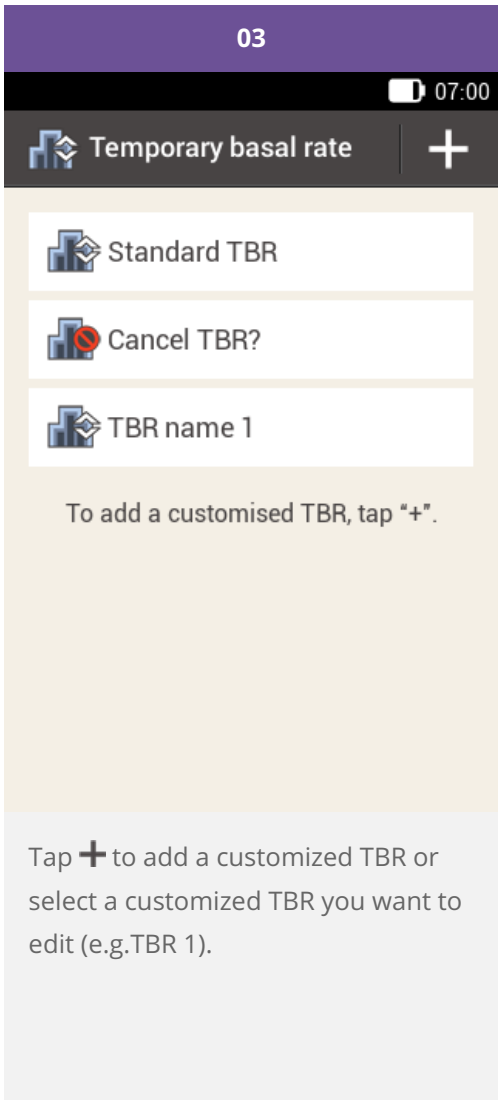
r

On the Status screen, tap the basal rate profile.

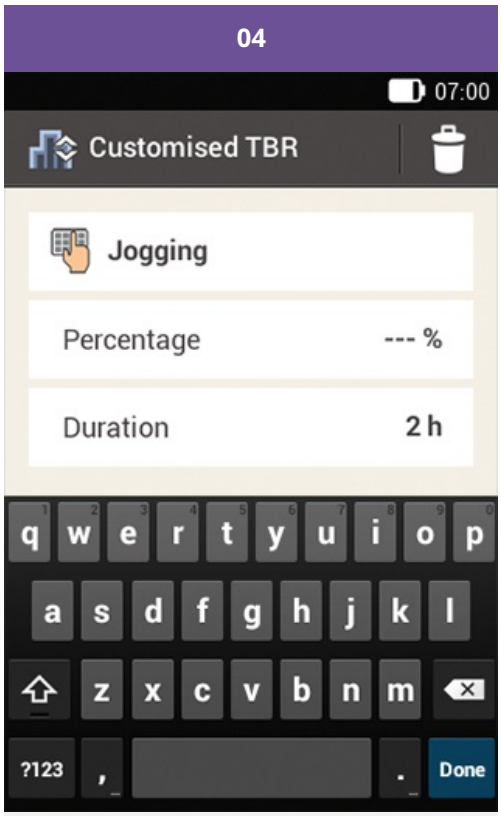
On the main menu, tap Basal rate.



Tap Temporary basal rate.

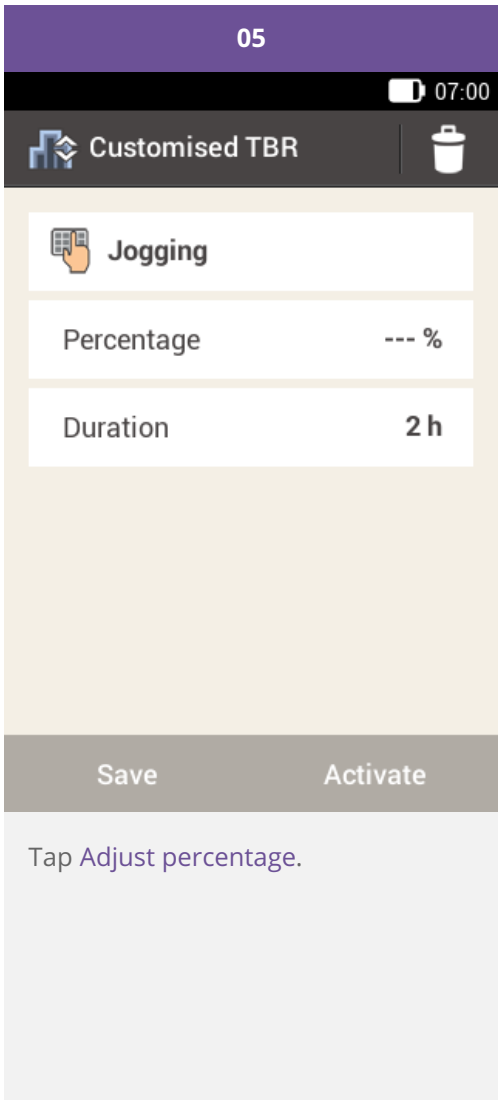


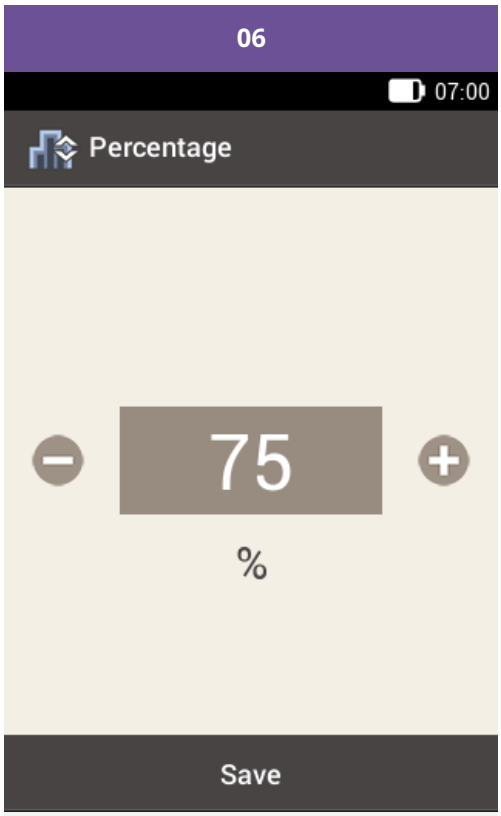
Tap + to add a customized TBR or select a customized TBR you want to edit (e.g.TBR 1).



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

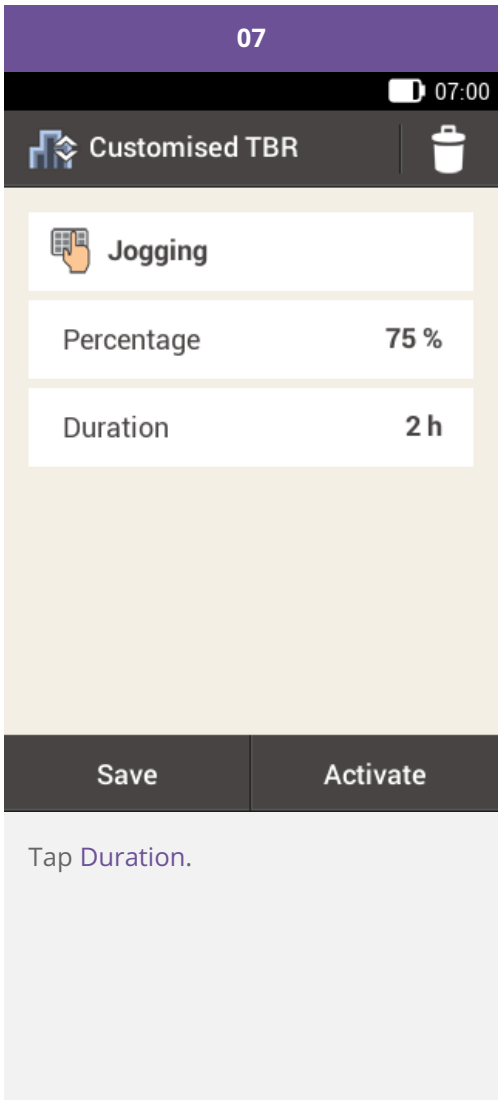
Tap Done.


05
07:00
Customised TBR
Jogging
Percentage
--- %
Duration
2 h
Save
Activate
Tap Adjust percentage.

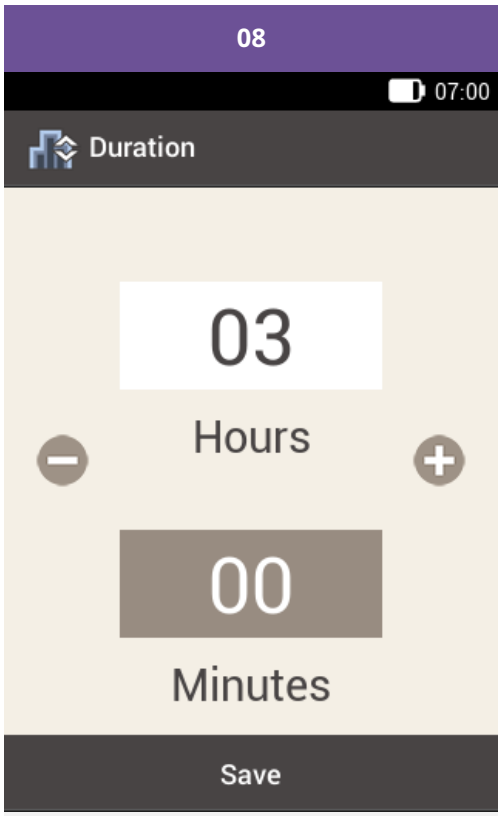


Use ⊖ and ⊕ to set the percentage for customized TBR adjustment.

Tap Save.

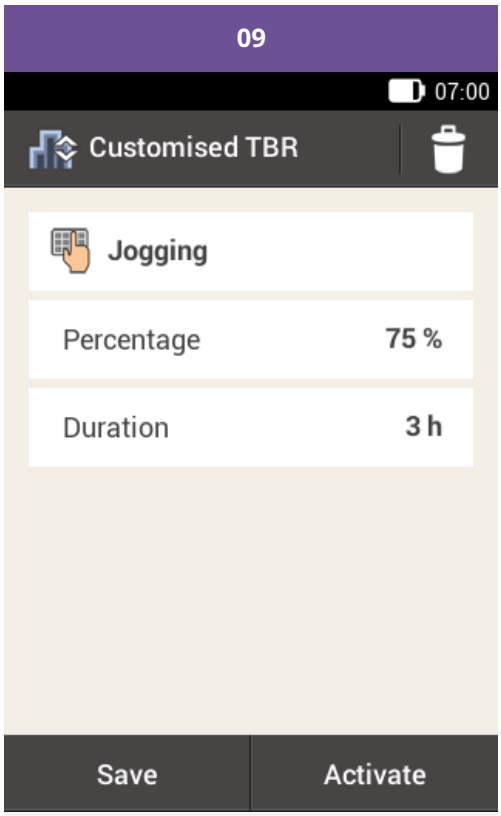


Tap Duration.



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

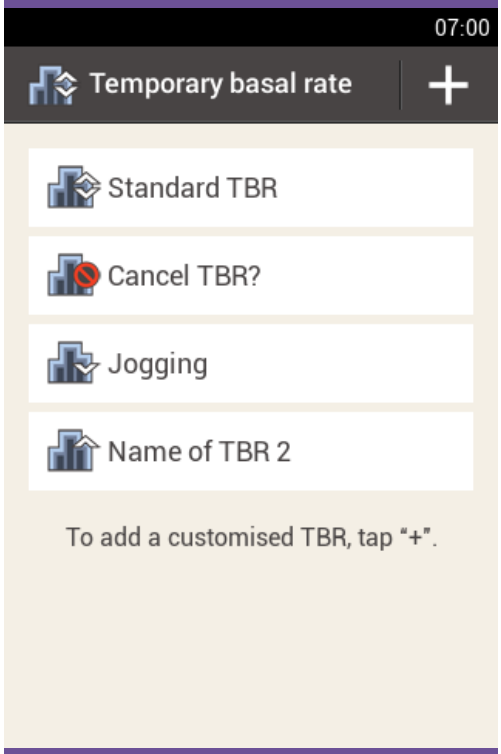
Tap Save.



To save and directly start the customized TBR, tap Activate.

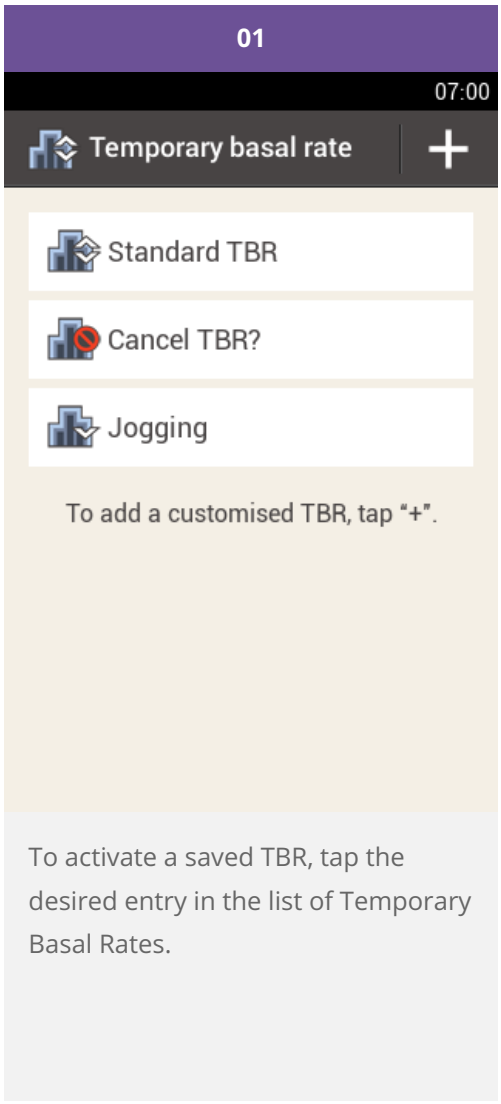
To save your settings for the customized TBR without starting it, tap Save.

Note

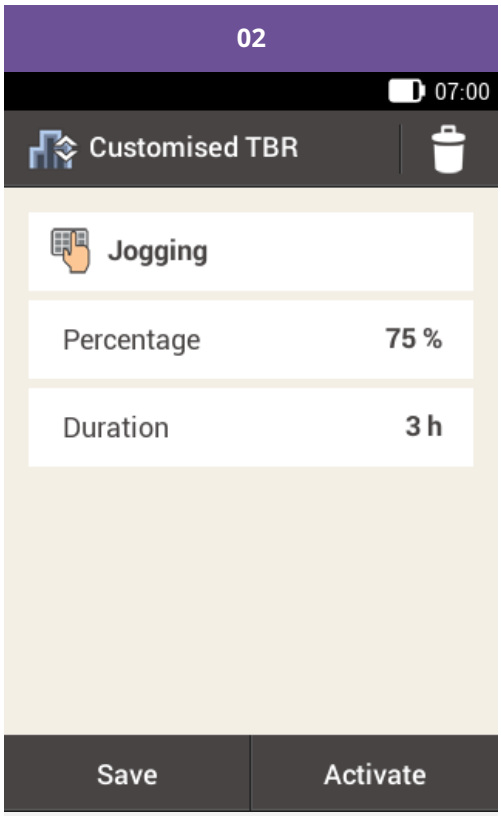


If you tap Save the new customized TBR appears on the TBR menu but is not strted now.

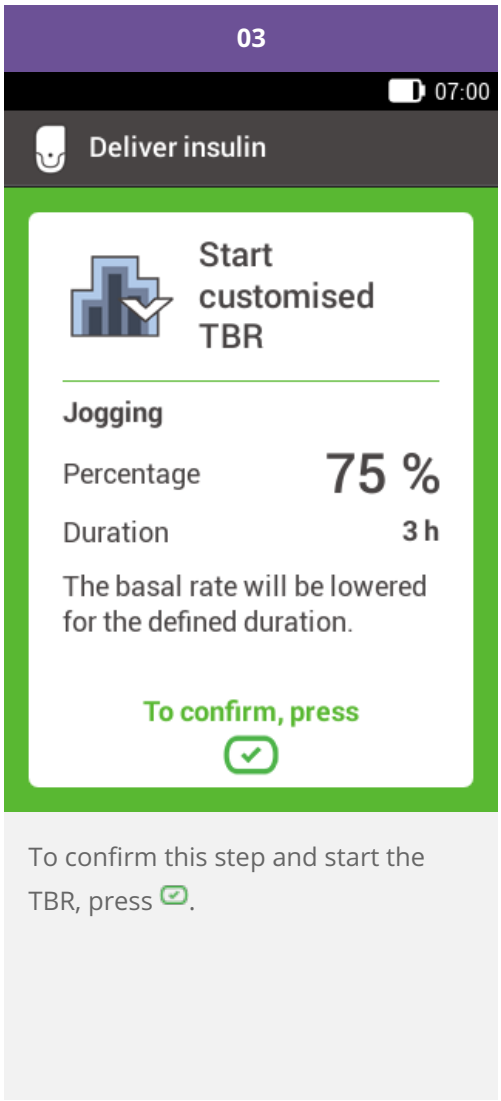
Activating a customized TBR



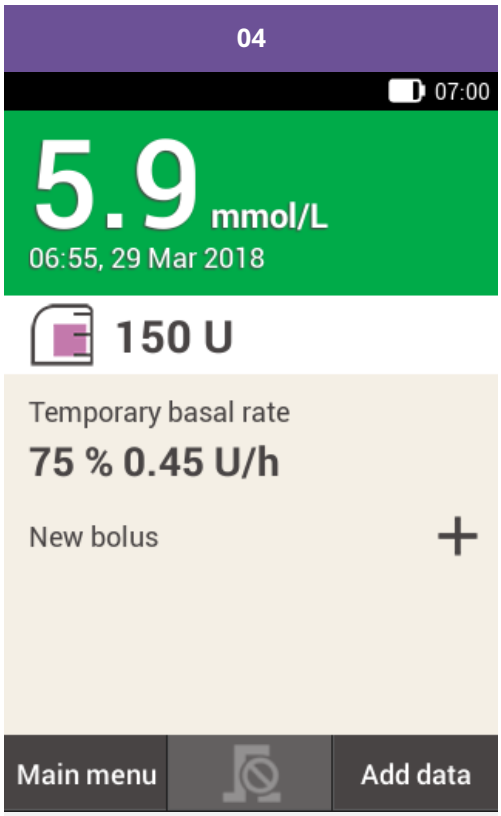
To activate a saved TBR, tap the desired entry in the list of Temporary Basal Rates.



To save and start the TBR straight away, tap Activate.

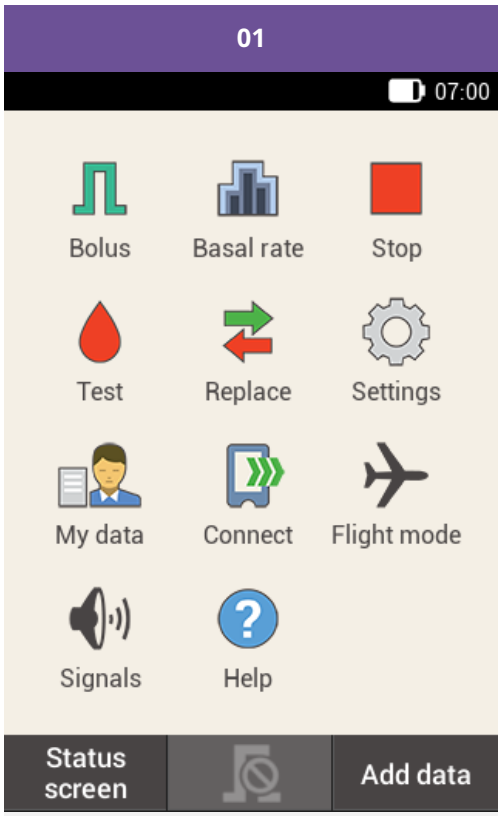


To confirm this step and start the TBR, press .

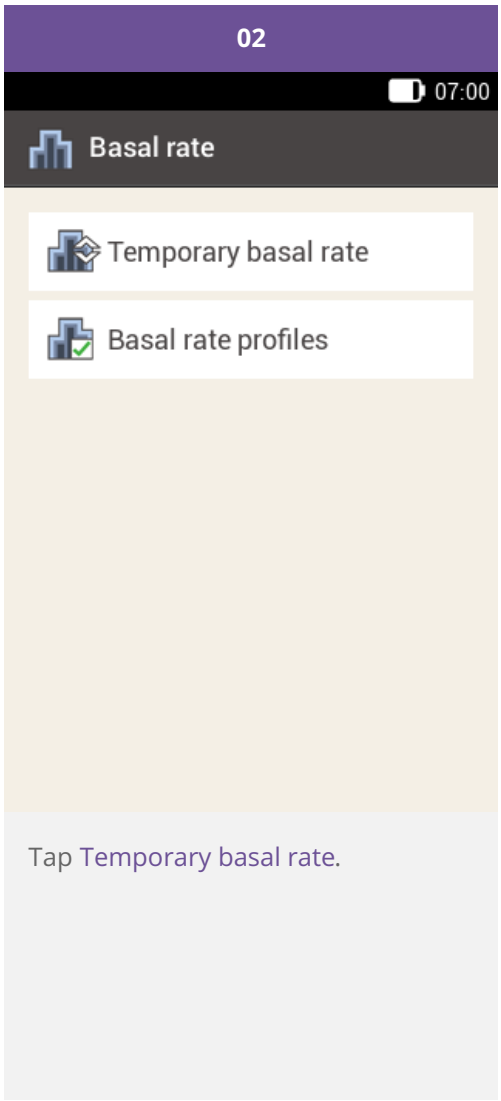


The activated TBR is displayed on the Status screen.

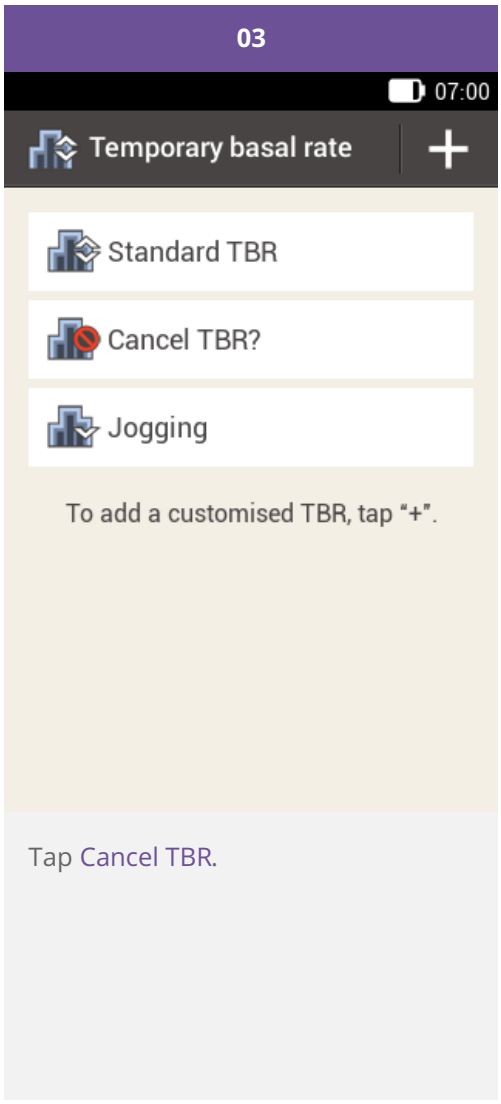
Cancelling a TBR



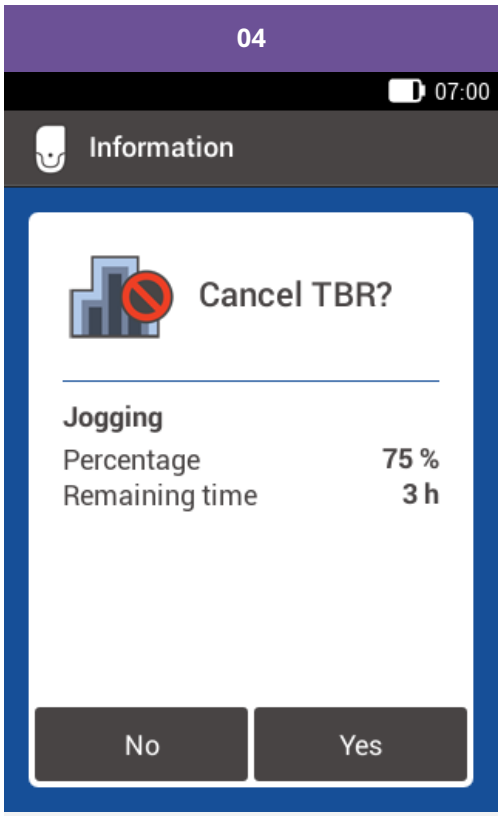
On the main menu, tap Basal rate.



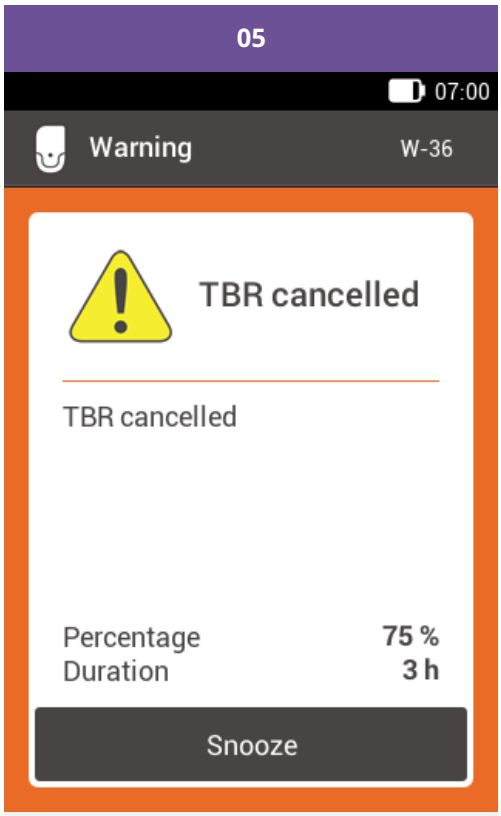
Tap Temporary basal rate.



Tap Cancel TBR.

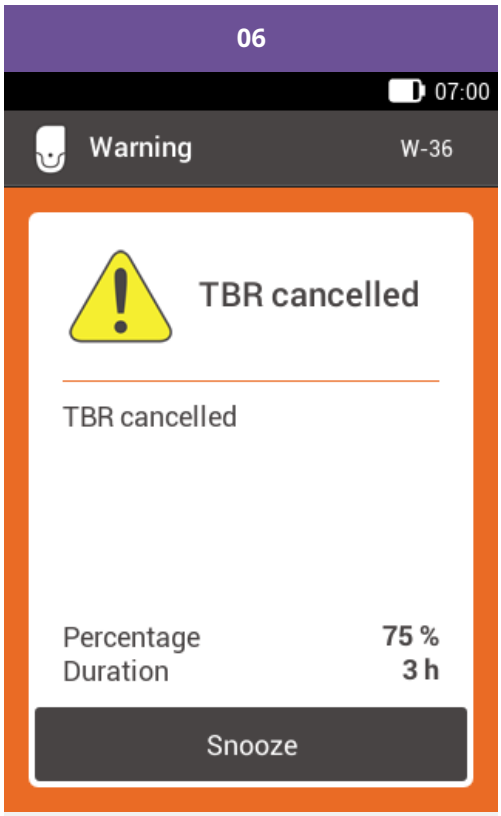


Tap Yes. The active TBR is cancelled.

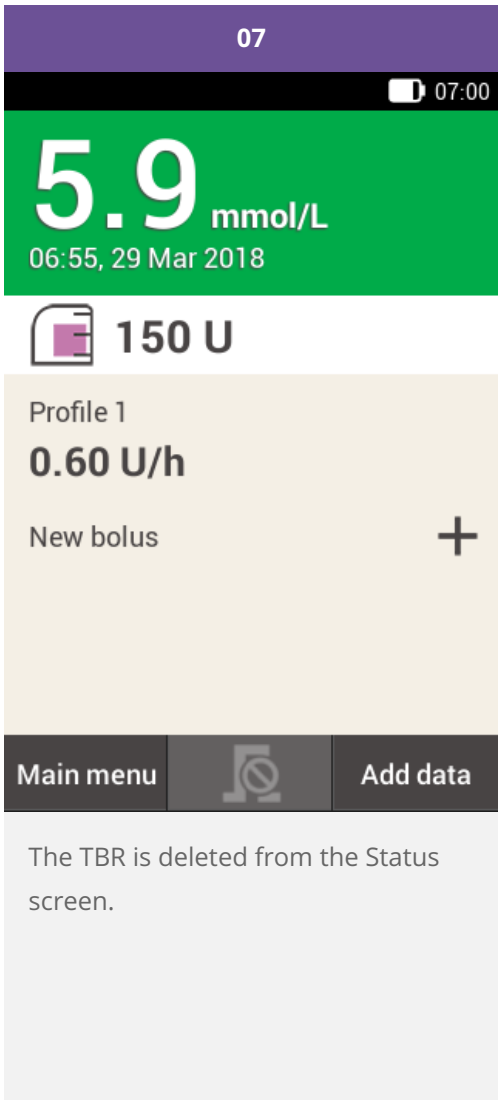


The W-36 warning is displayed.

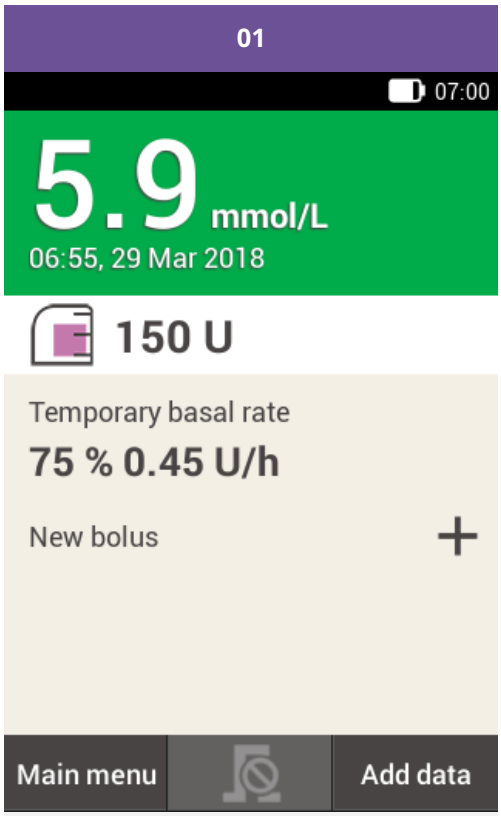
Tap Snooze in order to mute the warning.



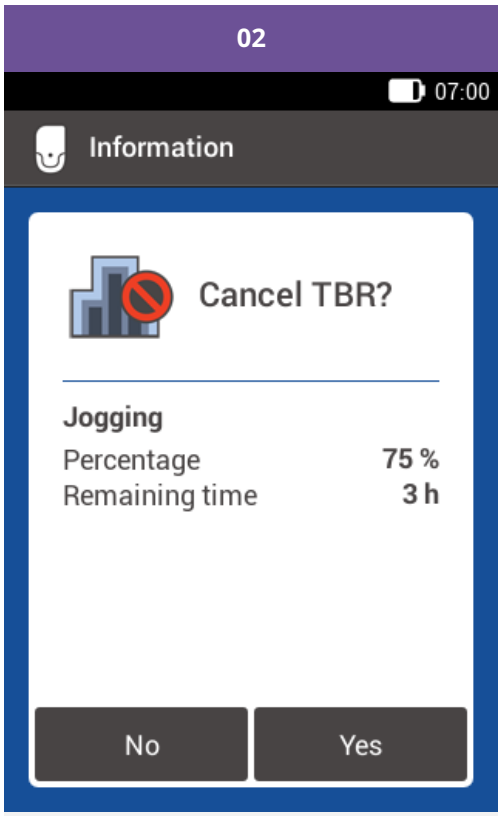
Tap OK to confirm the warning.


07
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.

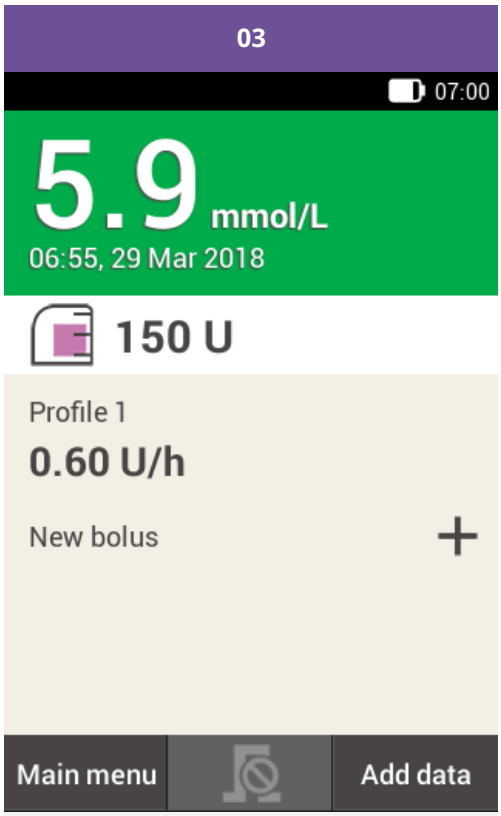
Cancelling TBR from Status screen



On the Status screen, tap the basal rate profile.



Tap Yes. The active TBR is cancelled.



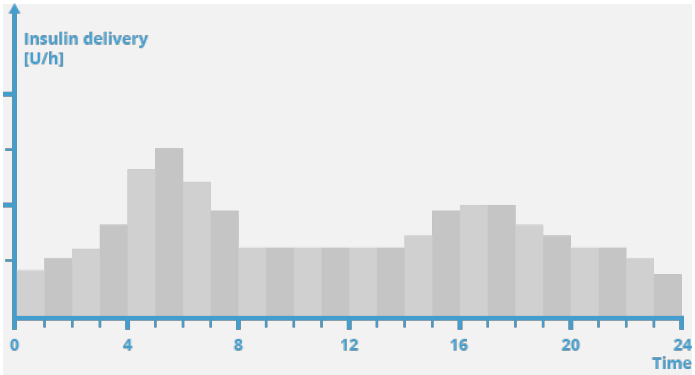
The TBR is deleted from the Status screen.

ADJUSTING AND ADDING BASAL RATE PROFILES

The reason behind different basal rate profiles

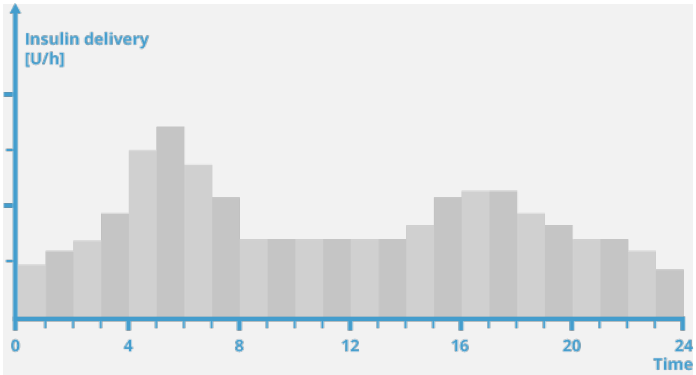
In addition to your initial basal profile, you may want to use other basal rate profiles for different daily routines. You can program up to 5 different basal profiles. Discuss using different basal profiles with your doctor or healthcare team.

Example



Basal profile 1.

Monday to Friday “working days”

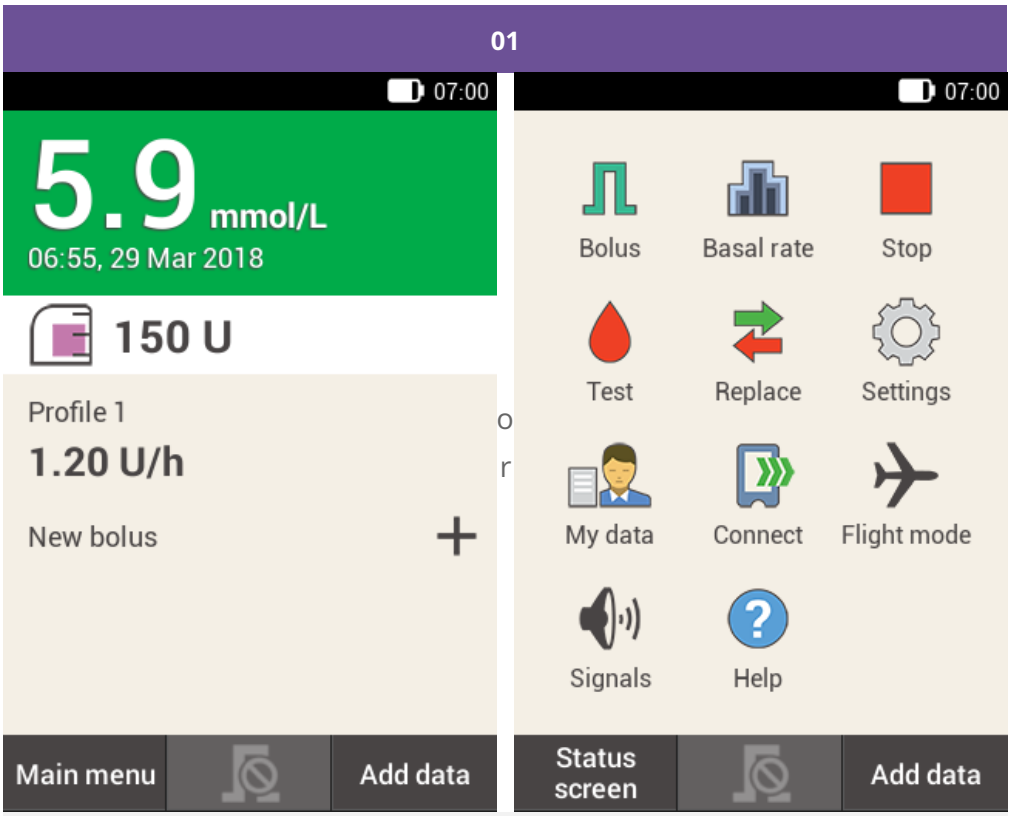


Basal profile 2.

Weekends “leisure time and relaxing”

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



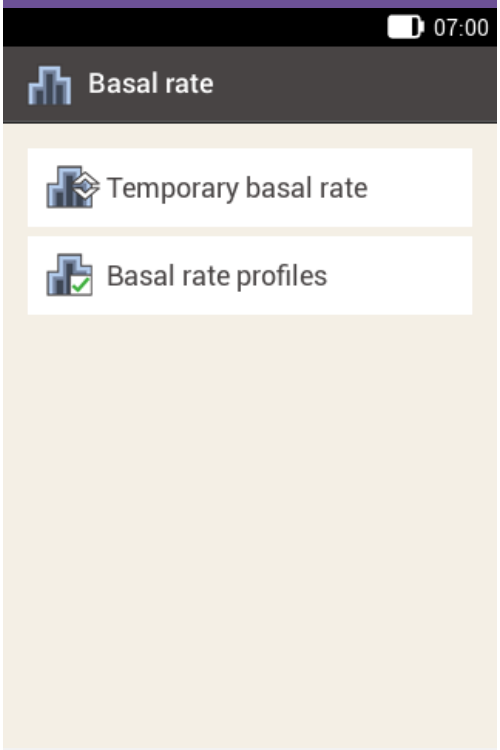
o

r

On the Status screen, tap the basal rate profile.

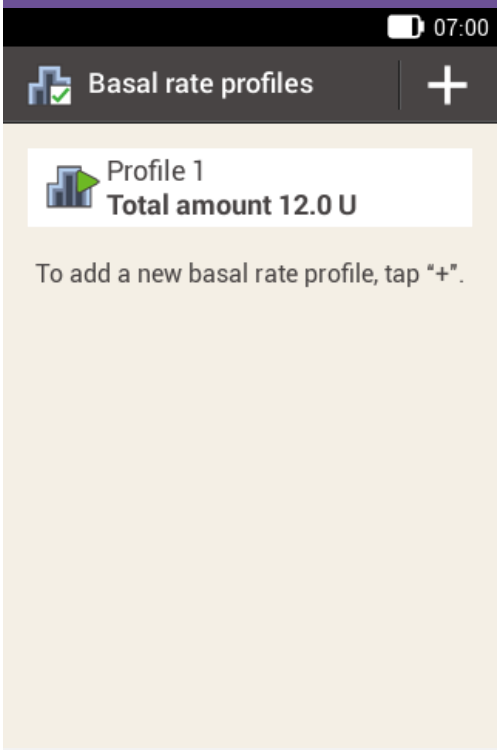
On the main menu, tap Basal rate.

02



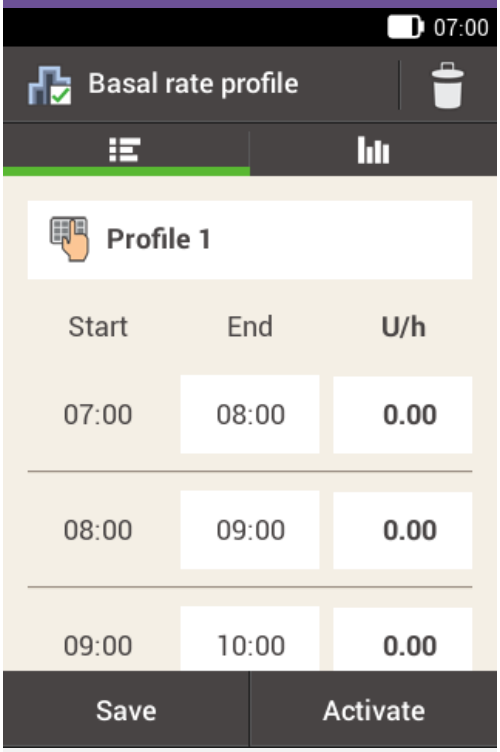
Tap Basal rate profiles.

03



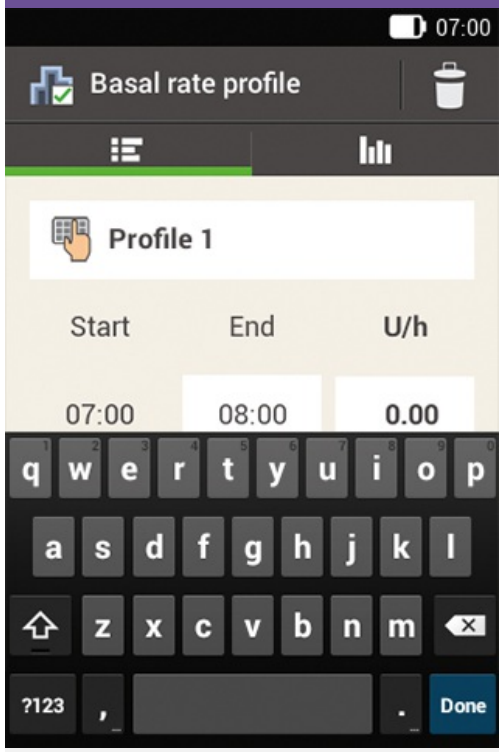
Tap + to add a basal rate profile.

04



Tap to name the profile.

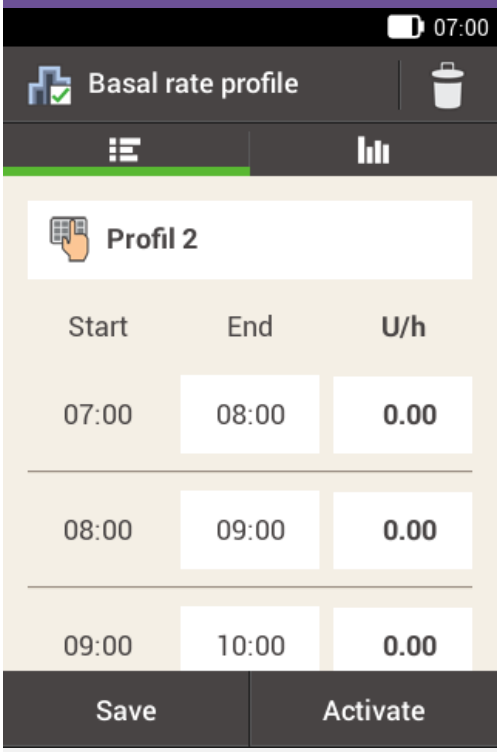
05



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

Then tap Done.

06



Select the first time block.

07

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.

08

Enter the insulin amount per hour for the time block.

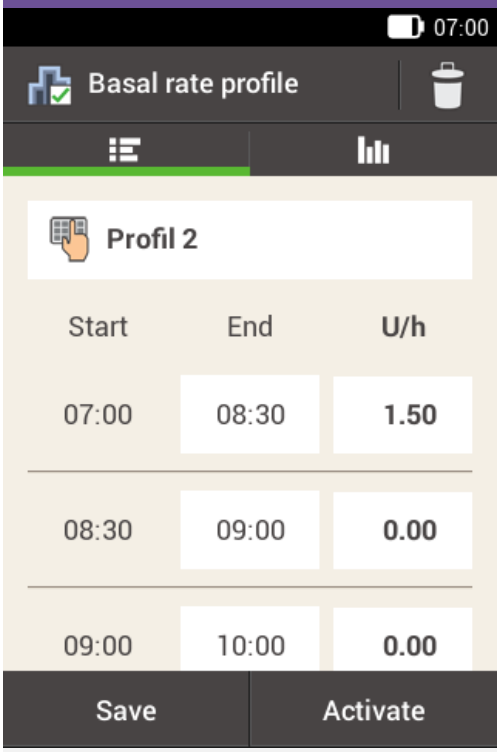
Tap Save.

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.

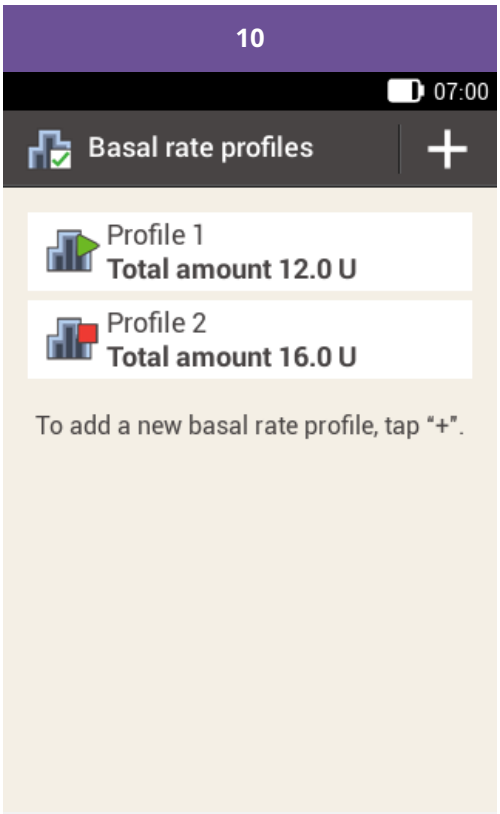
If you wish to save but not currently activate this basal rate profile continue with step 09.

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

09



Tap Save to save the programmed Basal rate profile.

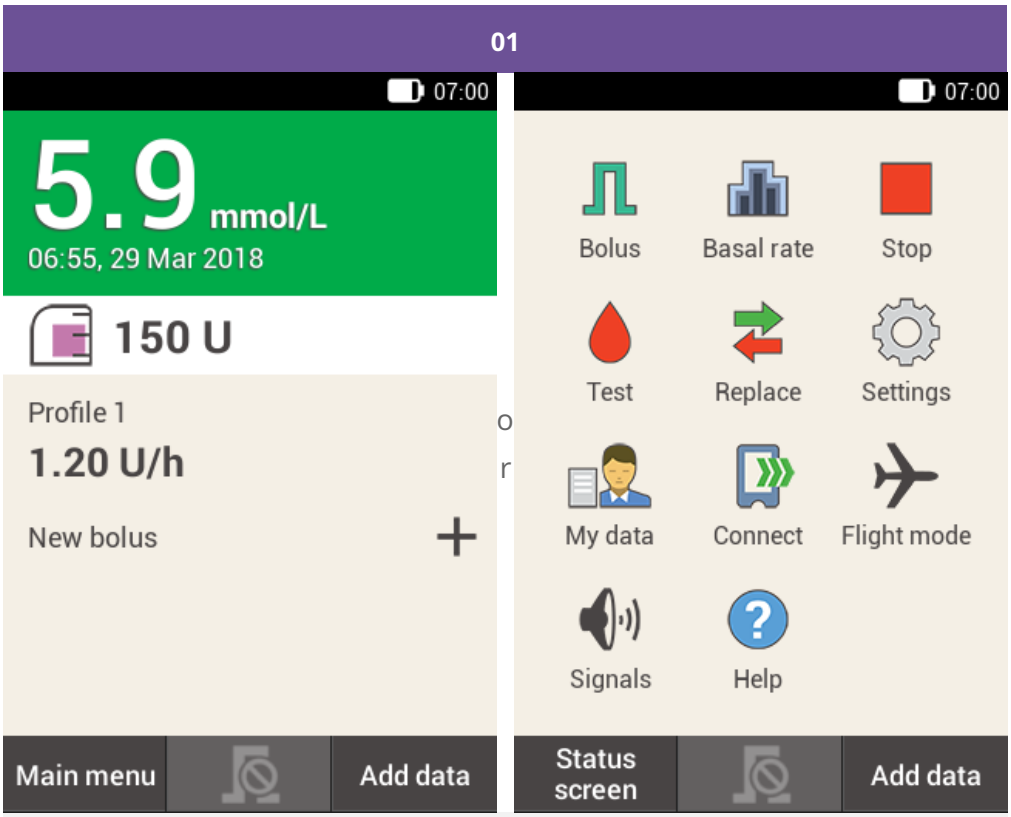


The newly programmed basal rate profile is displayed in the overview of the existing Basal rate profiles. Make sure that the displayed total amount corresponds to the total amount of basal insulin defined by your healthcare professional. However, it will not be activated automatically.

See the next section on how to activate a basal rate profile.

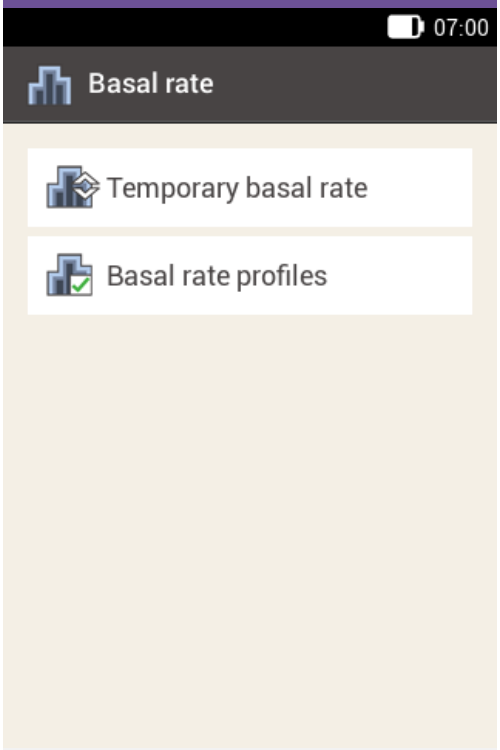
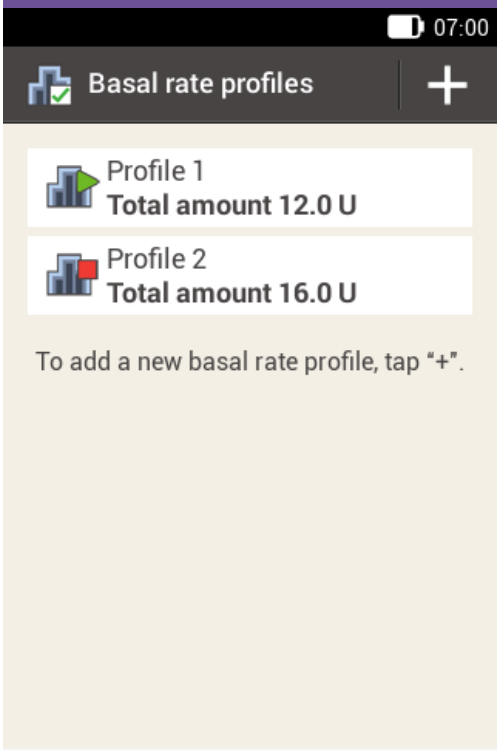
Activating a basal rate profile

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.

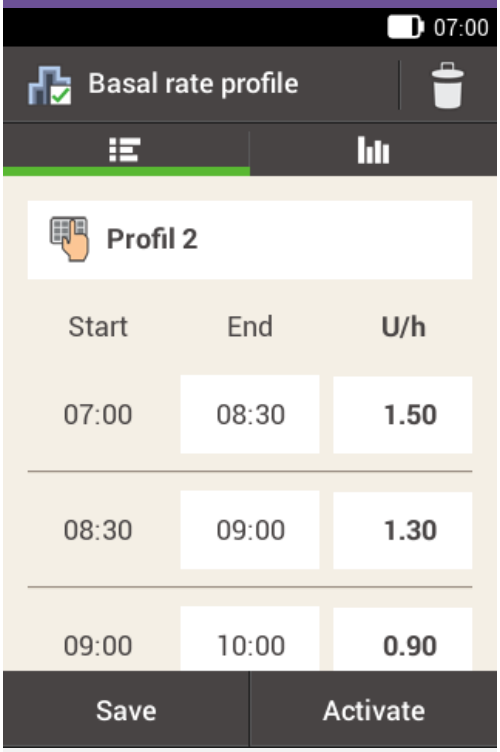


On the Status screen, tap the basal rate profile.

On the main menu, tap Basal rate.

02	03
	
Tap Basal rate profiles.	The currently active basal rate profile is indicated by . Tap the basal rate profile you want to activate.

04

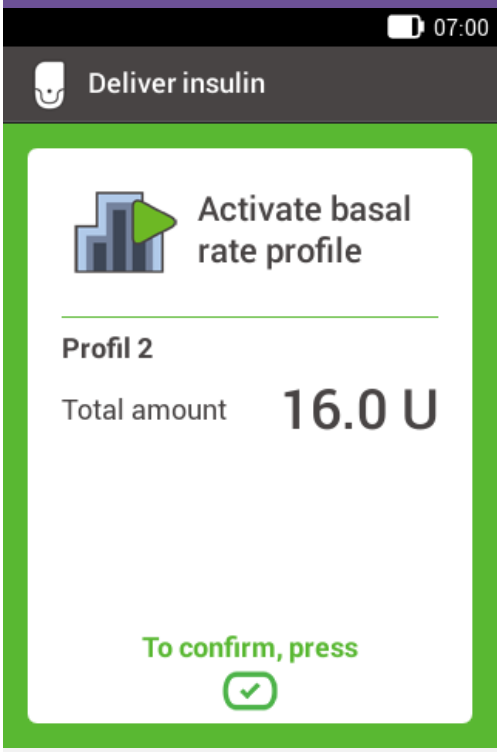


If required, scroll the screen upwards to see all time blocks of the basal rate profile.

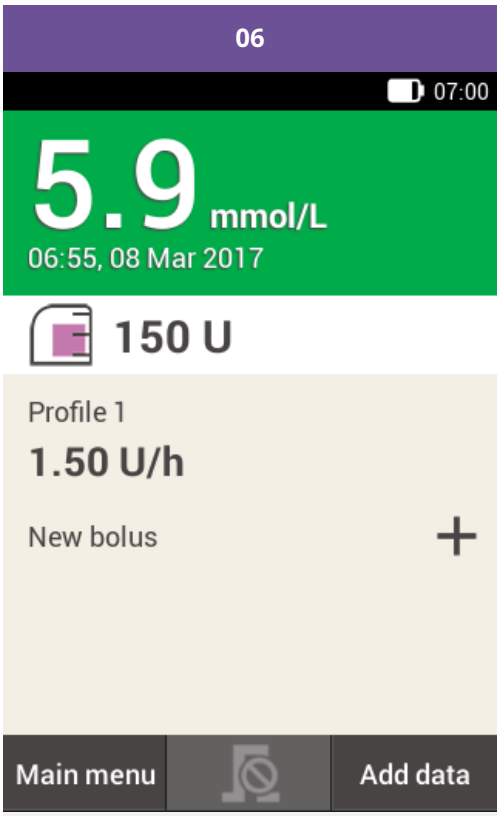
Tap to see the graphic for the profile.

Tap Activate.

05



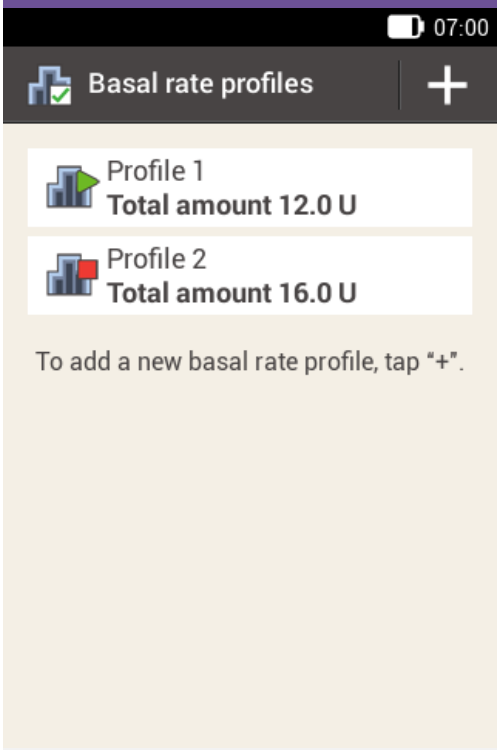
To confirm, press the insulin button .



The activated basal rate profile is displayed on the Status screen.

Changing a basal rate profile

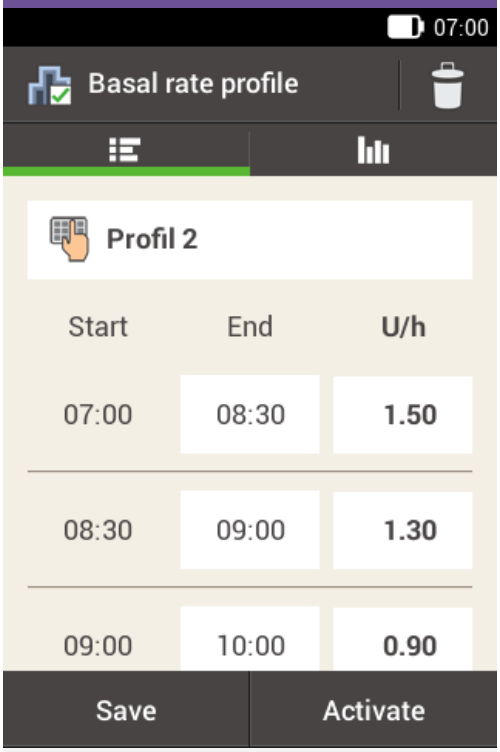
01



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

The currently active basal rate profile is indicated by .

02



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

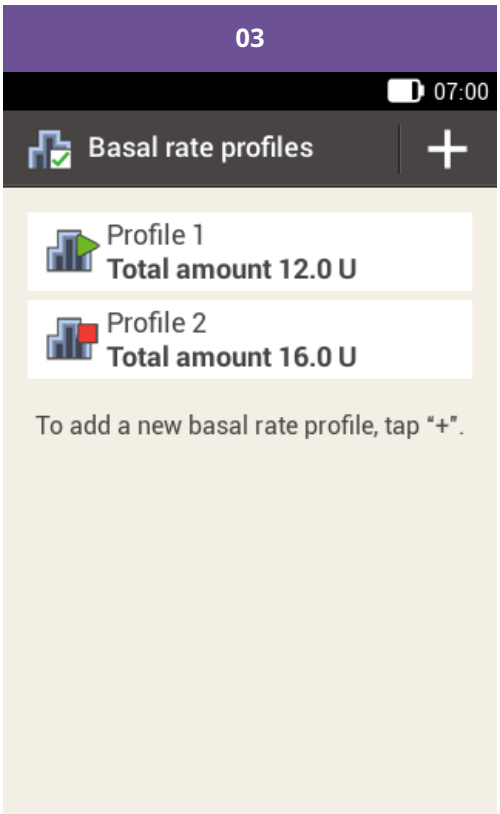
Tap a basal rate to change the basal rate for the time block.

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

Tap Save.

Note

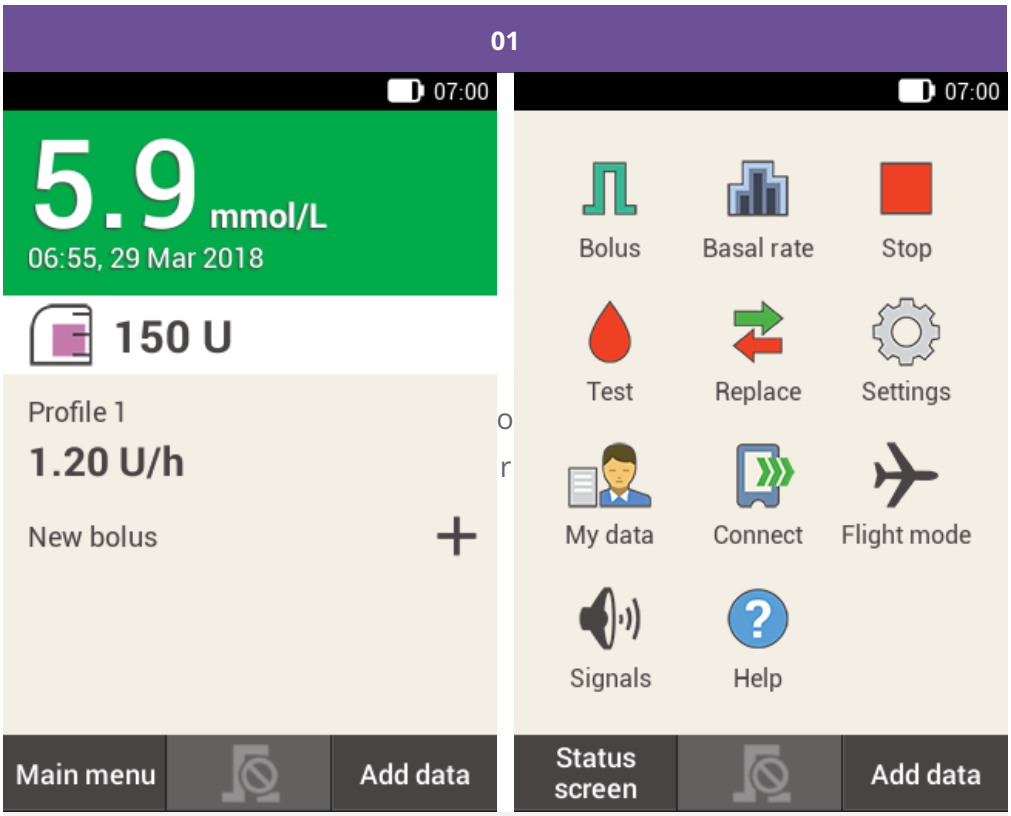
If required, scroll the screen upwards to be able to check all time blocks of the basal rate profile.



The changed basal rate profile is displayed in the overview of existing basal rate profiles.

Check whether the total amount displayed corresponds to the total amount defined by your healthcare professional.

Deleting a basal rate profile

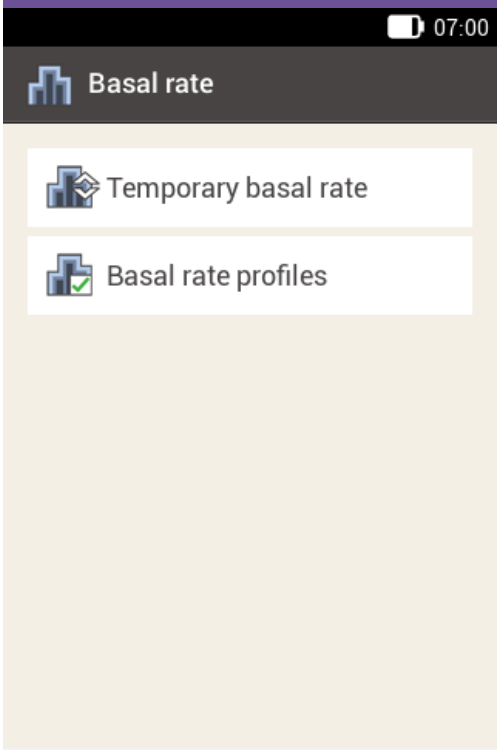
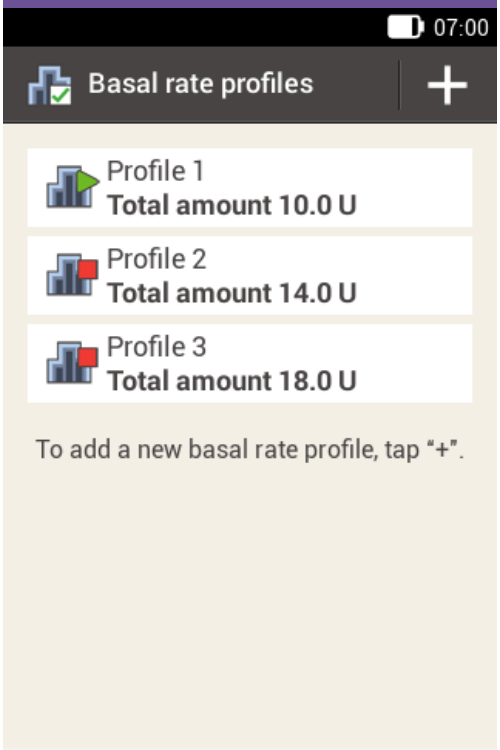


o

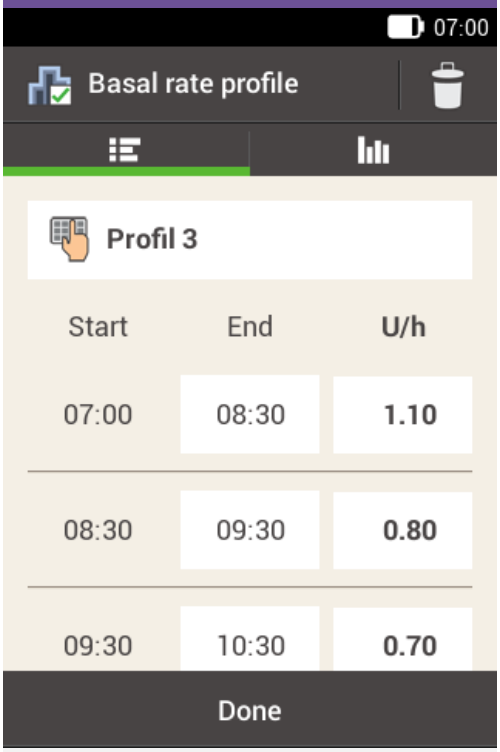
r

On the Status screen, tap the basal rate profile.

On the main menu, tap Basal rate.

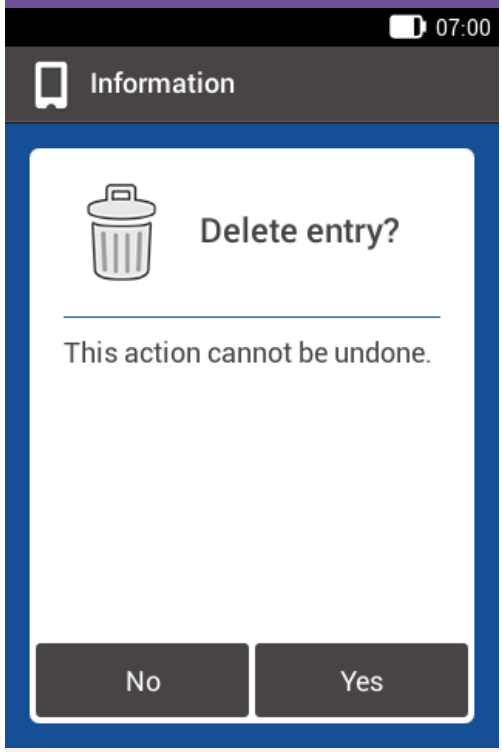
02	03
	
Tap Basal rate profiles.	Tap the basal rate profile you want to delete (e.g. basal rate profile 3).

04



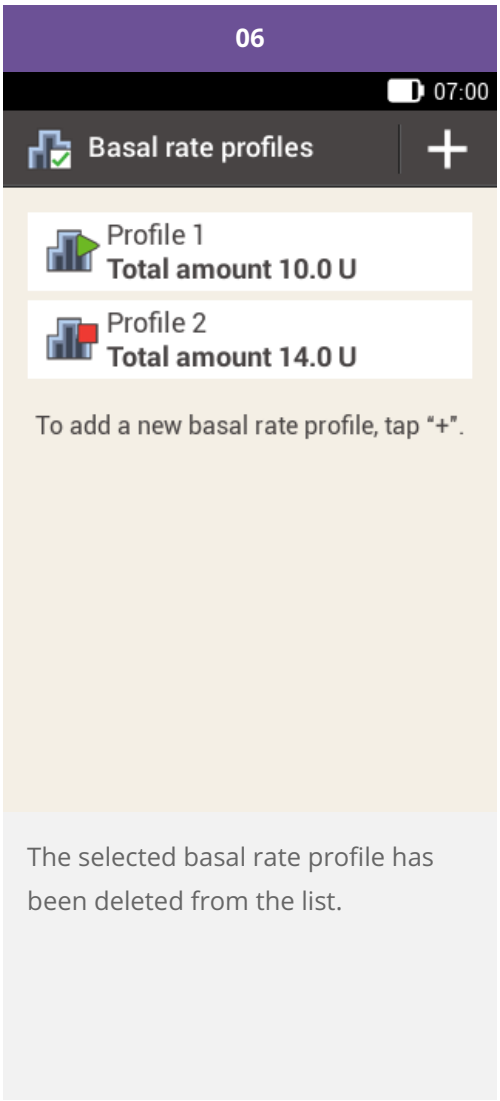
Tap in the right upper corner of the screen.

05



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

Tap Yes.



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

Approved/listed/registered under the product name:
Accu-Chek Solo micropump system

Roche Diabetes Care GmbH
Sandhofer Strasse 116
68305 Mannheim, Germany
www.accu-chek.com