

Process for New Patients Interested in Insulin Pump Therapy (IPT)

If you are interested in using insulin pump therapy (IPT) to manage your diabetes, the following steps will help you determine if an insulin pump is right for you and if you meet the criteria for coverage by Alberta Health through the provincial IPT Program. The provincial IPT program is for patients with Type 1 diabetes who are residents of Alberta. Patients who have private insurance are encouraged to contact their insurer to determine if coverage for insulin pumps and/or supplies is provided under their existing plan.

Step 1: Information Session - Learning about the pump

- Attend in person, by contacting your nearest clinic (see [Approved Diabetes Insulin Pump Clinics](#) - Contact and Referral Information) or,
 - a. View on-line at <https://myhealth.alberta.ca/alberta/Pages/Insulin-pump-therapy-information-session.aspx>

Step 2: Decision Making Tool

Visit the [My Health Alberta](#) website to access a decision making tool that will help you decide if an insulin pump is for you.

Step 3: Referral

- a) View the [Approved Diabetes Insulin Pump Clinics](#) - Contact and Referral Information to determine the Clinic's referral process. Some clinics will allow you to book an assessment appointment without a referral.
- b) If required, ask a physician or nurse practitioner to refer you to one of the AHS approved Diabetes Insulin Pump Clinics for an assessment.

Step 4: Assessment appointment

During this appointment you will meet with a team of diabetes health professionals at the clinic including a physician. If you and your health care team decide you are a good candidate for IPT and you do not have private insurance coverage, you will be assessed to determine if you meet the criteria under the provincial IPT Program developed for people with Type 1 diabetes. **If you have Type 2 diabetes you may be appropriate for an insulin pump but are not eligible for the Alberta Health coverage and would need to seek alternate funding such a private insurance.**

Step 5: Additional insulin pump clinic appointments

After the initial assessment, you will be booked in to additional appointments at the clinic. The typical preparation time for approval into the IPT Program is 3 to 6 months during which you will continue to be assessed to determine if you meet the criteria. Some of the criteria include:

- Adequate blood glucose control (A1C):
 - Two consecutive A1C less than or equal to 9.0% (for 6 years of age and under A1C less than or equal to 9.5%) performed at least 3 months apart.
- Evidence in logbooks or blood glucose meter downloads, that you test your blood glucose a minimum of four tests per day (before meals and at bedtime) over a one month period.
- Reason for requesting insulin pump therapy including a description of goals and expectations of how IPT will impact your diabetes management.
- Evidence of regular attendance at diabetes appointments.
- Demonstrating accurate carbohydrate counting skills.
- Demonstrating an understanding of insulin adjustment to prevent hypoglycemia and hyperglycemia.
- For patients under the age of 18 and adult patients with legal guardian(s), there is:
 - Evidence of ongoing diabetes management support from parent(s) or legal guardians.
 - Knowledge that the parent or legal guardian is responsible for a pump management plan while in the care of other individuals, schools or treatment centres.

Step 6: Approval for IPT

If you meet the criteria and the clinic determines you are ready to begin IPT, you will be asked to complete a patient responsibility form which outlines your role in managing your diabetes with IPT. If you do not meet the criteria you will be given an ineligibility letter from the clinic explaining the reason.

Step 7: Start of IPT

Once you have received your insulin pump, you will bring it to the clinic and receive training on its use.

Step 8: On-going follow up

After you start on IPT, you will be required to attend on-going follow up appointments at the clinic, including an annual reassessment to ensure you are using the pump safely and continue to be a good candidate for IPT.