Beware of the YoYo!

Sliding Scale Insulin use is a risk factor for hyper- and hypoglycemia

Introducing... BBIT!

Basal Bolus Insulin Therapy (BBIT) is a safe and effective way to replace insulin, replicating what the body does naturally.

Studies suggest that more patients meet diabetes targets, and have a shorter stay in hospital, when treated with BBIT.

Basal Bolus Insulin Therapy – bringing a change to in-patient diabetes management.
### Basal
- **Goal:** to replace the background insulin the body makes naturally with Basal long acting insulin
  - Typically glargine daily or N/detemir given qAM and qHS
  - Basal doses are still **GIVEN** if the patient is NPO, but may need reduction and ask attending service

### Bolus
- **Goal:** To replace natural mealtime insulin with Bolus rapid or short acting insulin to cover carb intake
  - Typically R, aspart, or lispro tid AC meals
  - Bolus insulin doses should be **HELD** if the patient is NPO, and **REDUCED** if intake is reduced.
  - Bolus insulin doses should be **GIVEN** if the patient is eating to prevent high BG

### Insulin Correction
- **Goal:** Correction doses are small adjustments given at meals as needed to bring BG to target
  - Can be given if patient is NPO
  - Typically R, aspart, or lispro given tid AC meals
  - Combine Bolus & Correction so that patients receive only **ONE** injection ac meals

### Tips
- **Remind attending staff to TITRATE** doses q1–3 days!
- If a patient is hypoglycemic (BG less than 4.0 mmol/L), use hypoglycemia protocol, treat with **15g of carb** & call attending service!
- **Remember** Target BG: 5–10 mmol/L in hospital!

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**Target Blood Glucose:** 5–10 mmol/L in hospital!

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**N**
- **Onset:** 2 hrs
- **Peak:** 6–8 hrs
- **Duration:** 12–14 hrs

**R**
- **Onset:** 30 mins
- **Peak:** 3–4 hr
- **Duration:** 8 hrs

**lispro/aspart**
- **Onset:** 5mins*
- **Peak:** 1 hr
- **Duration:** 2–3 hrs

**glargine**
- **Onset:** 90 mins
- **Peak:** N/A
- **Duration:** 24 hrs

**detemir**
- **Onset:** 90 mins
- **Peak:** N/A
- **Duration:** 16–24 hrs

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* Bolus lispro & aspart should be given no more than 15 minutes before the meal – hypoglycemia can result if given sooner

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15g of Carbohydrate =
- 4 dextrose tabs or
- ¾ cup of juice

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