

The FIXIT Program Glucose Management 5-Step Approach to Problem Solving

Through Pattern Recognition

1. **Organize your tool kit** – this is REALLY important! Before you start to solve a problem, and on a regular basis, review all of your medication and devices – is everything in order and do you have the tools you need, check for expiration dates, is your insulin ok and have you overused injection sites – remember to avoid overused sites.
2. **Identify a problem & collect data** – Identify something that is an important problem for you. Make sure this is something that you want to invest the time and energy to resolve. Track and document your blood sugar – at least 7 points in the day, or use daily CGM downloads, for three days, count your carbs and document your meals, document all insulin doses, exercise, anything else that might affect your blood sugar. Use the blood sugar log to record the all of the data carefully and accurately.
3. **Pattern recognition** – what do you see? First - look at the BG levels across each day – which ones fall outside your target range? Second - look at carbs; were out of range BG levels the result of food, exercise, stress, etc.? Third - look at both basal and bolus insulin; does the problem result because of too much or too little basal or bolus insulin? Is this a pattern over the three days or is this a single occurrence?
4. **Decide what to change and make the change.** Be specific – the more specific you are the easier it will be to determine whether the change worked. It is usually best to change one thing at a time so that you can see its effect.
5. **Collect new data and see what happened.** Collect new data over three days using new blood sugar logs. Examine the effects of the change that you made. Did the change fix the problem? Be prepared to make further changes/adjustments. Expect to find that the first change does not completely solve the problem or you may find other problems to solve.

Repeat as needed as new problems occur.