

Background

- Hospitalized patients with diabetes are traditionally discharged with glucometers.
- The American Diabetes Association Standards of Care promote the use of continuous glucose monitor (CGM) therapy at diagnosis of diabetes that requires insulin management.
- Early CGM initiation is associated with:
 - Decreased A1C
 - Reduced hypoglycemia
 - Decreased glucose variability
 - Reduced diabetes distress
 - Parental/patient satisfaction
- Implementing CGM therapy in hospitalized patients began in 2021.

Overview

- Identification of CGM brands
- Identification of patient inclusion criteria
- Compliance and Legal Affairs approval of sample CGM donations
- Development of policies and procedures

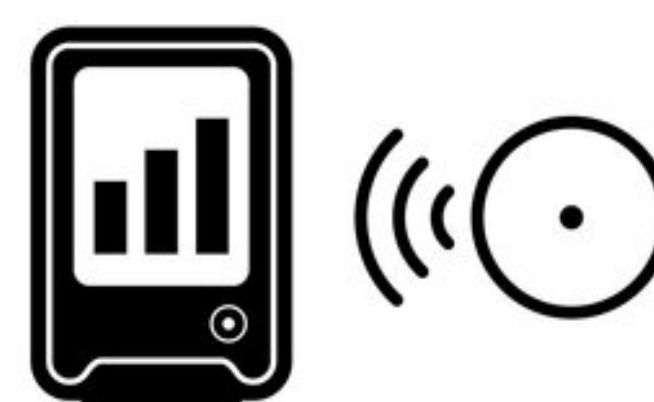
CGM Manufacturers

Dexcom G6

Preferred CGM of UCD Pediatric Endocrinology
Integrates with insulin pumps
CCS coverage if on MDII

Freestyle Libre 2

Preferred for most adult patients
Ease of training
Reasonable cash-pay if not covered by insurance

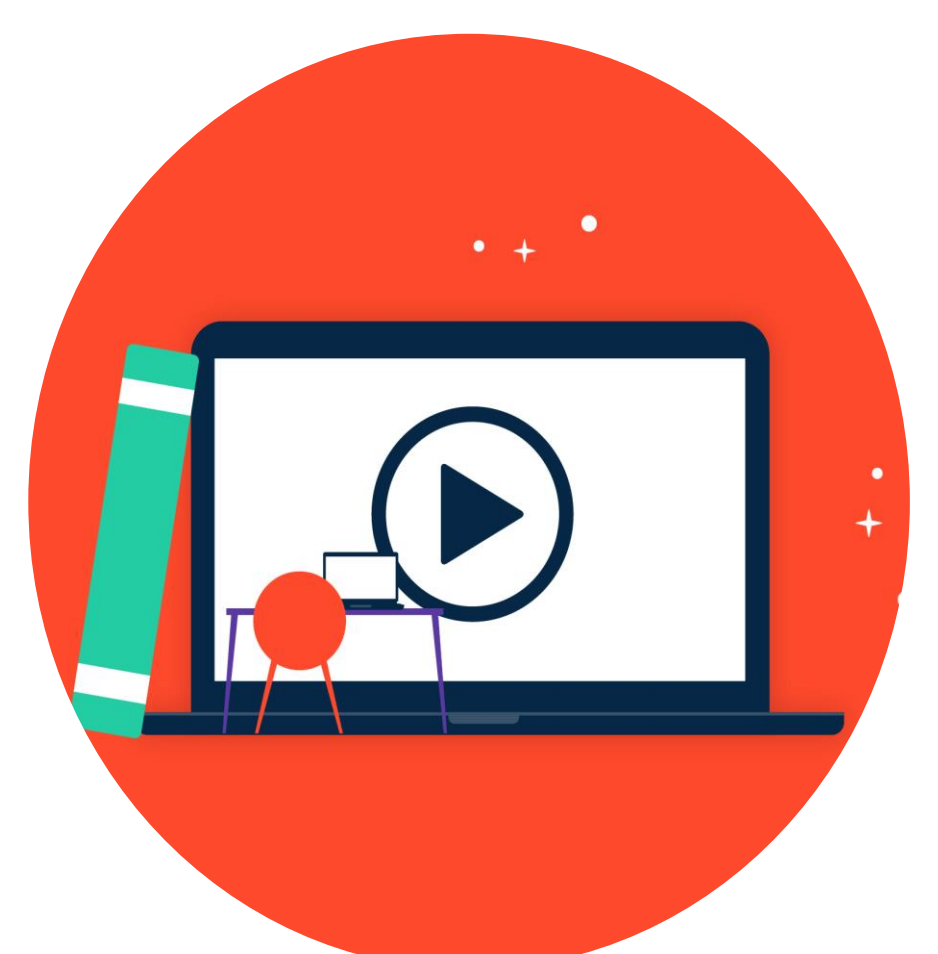


Process



Patient Inclusion Criteria For CGM

- RN/CDCES or NP assessment of CGM appropriateness
 - Learning deficits?
 - CGM initiation must not prolong hospital stay
- Smartphone or compatible device available
- Endocrinology provider approval and prescription



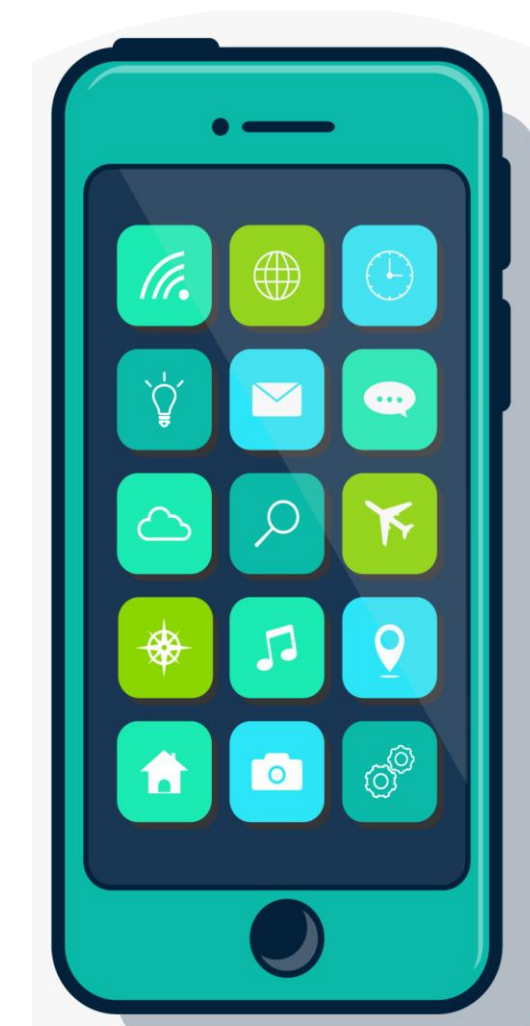
Required Training

- Mandatory patient/caregiver review of CGM pamphlets and training videos (using QR codes)



Review Guidelines with Patient/Caregiver:

- Troubleshooting questions must be directed to CGM manufacturer
- If newly diagnosed, patient must complete 1-2 fingerstick blood glucose (BG) checks per day
- Do not treat based on CGM readings during the first 24 hours
- Do not "over-react" to CGM readings –
 - Avoid insulin stacking
 - Re-check BG with fingerstick 15 min after treating hypoglycemia



Smart Device Setup

- Download CGM apps on patient/caregiver device(s)
- Set up profiles
- Link to clinic

Conclusions



Dannika Schauer, CDCES, parent and child in program. Parent of child authorized publication of photograph.

- Since the inception of the CGM sampling program at UC Davis Medical Center, over 28 newly diagnosed pediatric patients have received Dexcom trail kits, and 120 adult patients have received a Freestyle Libre 2 kit.
- CGM is among the most vital advances in diabetes technology for improved diabetes management.
- CGM devices provide patients with real-time information about glucose levels, direction and rate of change, and overall trends.
- CGM has been shown to optimize blood glucose management, which diminishes the risk of complications associated with diabetes.

Acknowledgements

Stephanie Crossen MD, Deborah Plante MD, Caroline Schulmeister MD, Inpatient Glycemic Team, UC Davis Pediatric/Adult Endocrinology, UC Davis Center for Nursing Science, Judie Boehmer RN, MN, Executive Director (previous), Dexcom, Abbott

None of the UCDH workforce members involved in this program or providing/approving the devices has an interest/relationship, financial or otherwise, with Dexcom or Abbott.

References

American Diabetes Association Professional Practice Committee; 7. Diabetes Technology: *Standards of Medical Care in Diabetes—2022. Diabetes Care* 1 January 2022; 45 (Supplement_1): S97–S112.

