

Use of Continuous Glucose Monitoring for Older Adults in Home Health

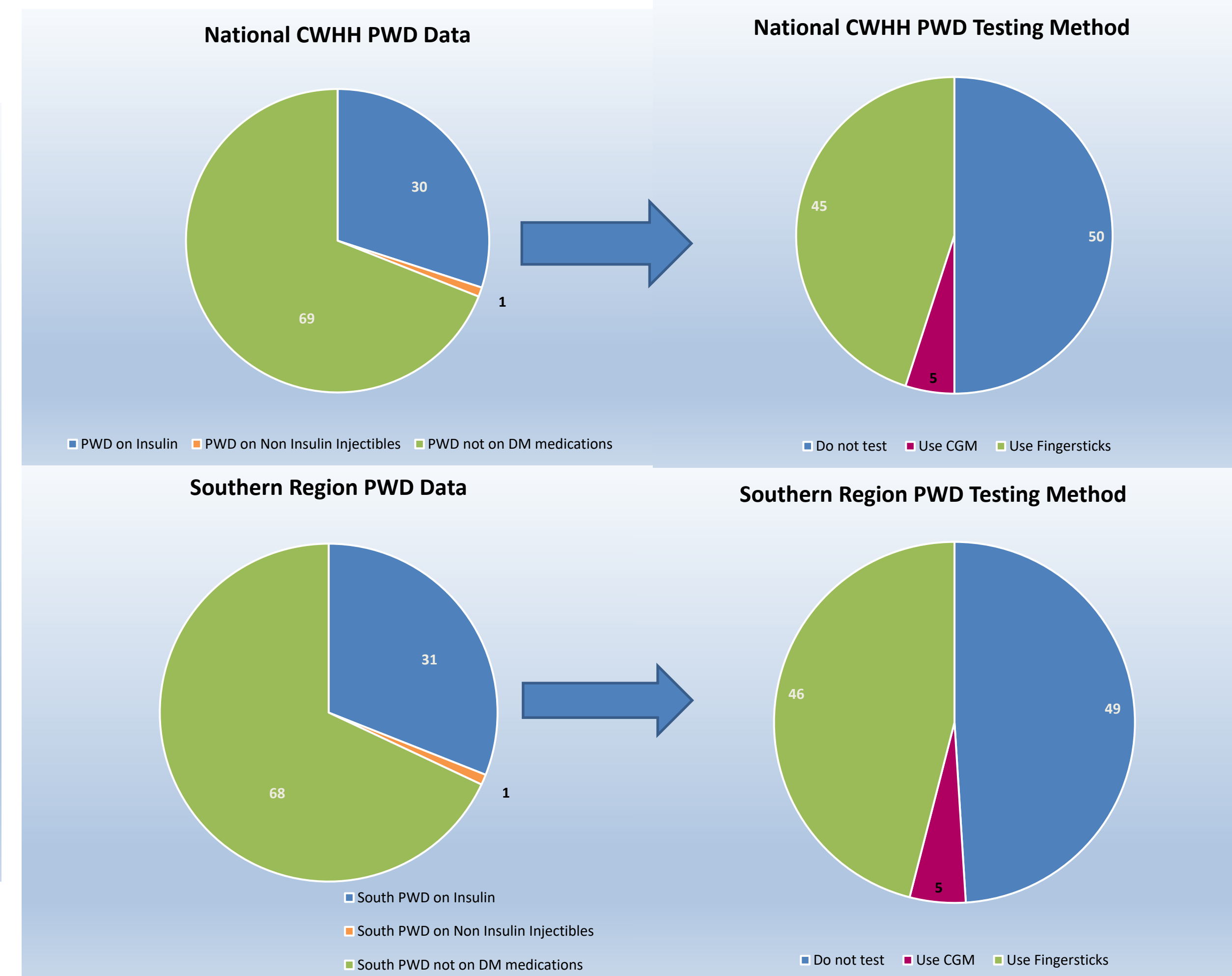
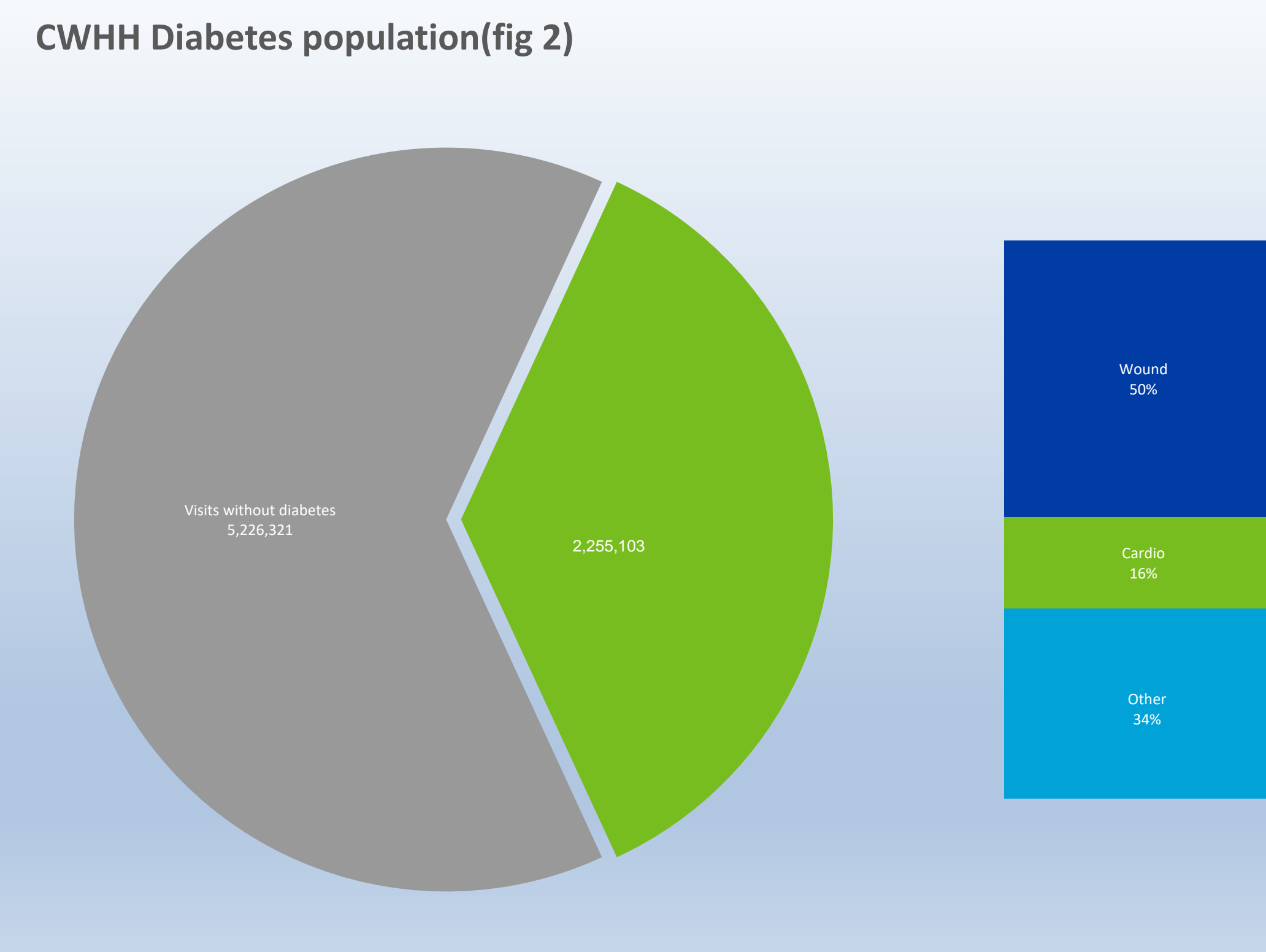
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Introduction

Continuous glucose monitoring (CGM) has been successfully utilized in CenterWell Home Health (CWHH) for people with diabetes (PWD). Out of 94,925 CWHH PWD on service during 2022, 31% were on insulin.¹ Only 5% are currently on CGM. 45% use blood glucose meters and the rest do not monitor daily.¹ In efforts to increase CGM use, we have trained our clinicians on the use of CGM so they can contribute to increased use with PWD. The purpose of this study is to assess the effectiveness of the CGM education provided to CWHH clinicians. The goal is to increase CGM awareness and use among clinicians within home health. CGM training was provided to 354 participants (nurses and therapists) with 90 pre-training surveys completed and 116 post training surveys completed. Optional pre and post surveys were used to assess clinician's knowledge regarding the purpose and function of CGM use within this population.²

Define CWHH diabetes program

CWHH currently has 185 ADA_ERP recognized programs with a total of over 7.5 million home health visits in 2022 of which over 2.25 million were with PWD. (fig 2)¹ This study focuses on the south region that includes Florida, Alabama and Mississippi. In 2022, there were 19,244 PWD and approximately 500,000 PWD visits in the south region. Within the south region, 30% PWD were on insulin. Currently 5% are using CGM to monitor blood glucose, 46% are using blood glucose meters and the rest do not use any type of meter. Medication and device education is part of the usual plan of care in home health. Consequently, clinicians involved in diabetes care should be knowledgeable and skillful in the use of CGM.



Need for this study

- To measure the clinicians' knowledge, belief, and likelihood of recommending the use of CGM to PWD.
- To establish CGM education for clinicians to increase the use of CGM.
- To define best practice for educating home health clinicians on CGM.

Clinician population studied

- In 2021, all clinicians in the south region completed CWHH proprietary diabetes education course: Know Your Numbers (KYN) (3.5 CE for nurses and 1.75 CE for therapists).
- Training for CGM was provided between April through June 2023.
- Sample CGM devices were provided for 15 selected clinicians.
- 354 participants with 90 pre-training surveys completed and 116 post training surveys completed.²

Clinician education description

- Utilized a mix of both quantitative and qualitative methods, gathering information with pre and post surveys.
- Education was voluntary and facilitated by the CDCES trained Director of Clinical Operations for specialty programs for the south region.
- The sessions were both in person and virtual ranging from 30-60 minutes.
- Education included product specific information on Dexcom and FreeStyle Libre devices.
- 15 clinicians wore CGM to experience the technology themselves.

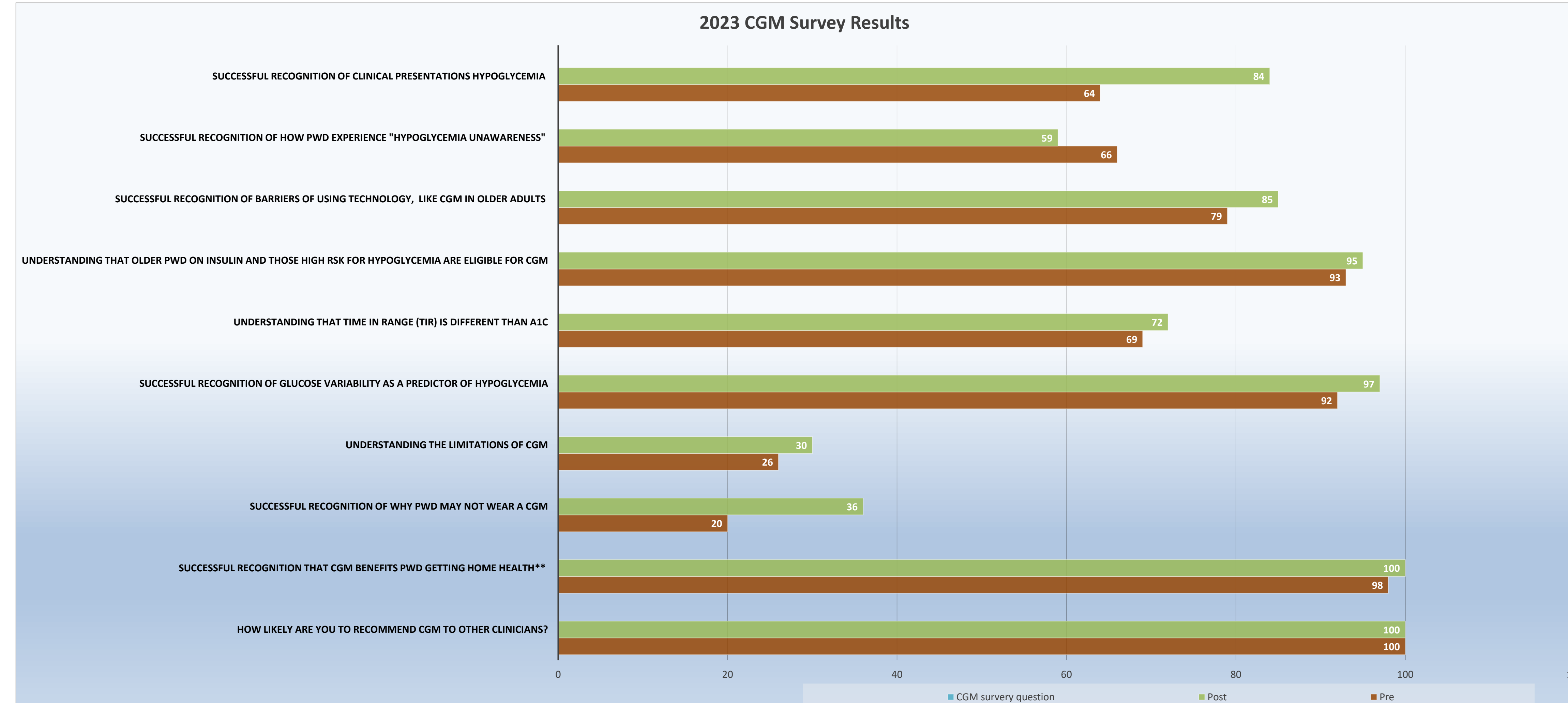
Conclusions from the survey

- Only 47% of the clinicians indicated that privacy is a reason that PWD might not want to wear CGM. (Question 8)
- 16% of clinicians failed to recognize that seizures and cardiac arrhythmias are associated with hypoglycemia. (Question 1)
- 70% of clinicians did not recognize the limitations of CGM. (Question 7)
- 15% of clinicians failed to recognize perception and motivation as barriers for older adults to use technology. (Question 3)
- Although 100% of clinicians answered that CGM benefits older PWD receiving home health, only 5% of PWD currently utilize CGM. (Question 9)

Opportunities for future studies and practice standards

- Study the benefits of CGM specifically with home health PWD with complications
 - How will the PWD with CGM heal/recover faster, have better outcomes, and healthcare financial savings than a PWD who does not utilize CGM?
- Study if clinicians and referring providers who wear and therefore, experience CGM, are more likely to recommend and accurately educate PWD on the use of CGM. Will this help to increase overall PWD utilization of CGM?
 - This is low risk for high reward if clinicians can assist with, educate and advocate for increased CGM utilization.
- Evidence indicates that 30-40% of CWHH PWD are on insulin, however only 5% utilize CGM. The opportunity is with increasing access to CGM for home health PWD.

Survey Results



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References

- Unpublished CenterWell Home Health data analyzing episodes from 01/2022 – 12/2022 using HCHB medical records
- Unpublished voluntary survey (tool not validated) administered to 354 CWHH clinicians (nurses and therapists) between 4/1/23 through 6/30/23. Only 116 nurses responded. No response from therapists.

** More clinicians completed post surveys than pre surveys, consequently the results could be skewed.

Fig 2: CWHH- 2022 Diabetes Summary (All Diagnosis - Primary - 4th Diagnosis)
 Percentage(%) of Diabetes Patients who have Wounds for 2022
 Percentage(%) of Diabetes Patients who have Cardio for 2022