WORKSHEET 11:

Sample Instructions for Personal CGM for the Person with Diabetes

Nine Tips to Improve Glucose Control Using CGM
by Katharine D. Barnard-Kelly and William H. Polonsky[36]

#1: Wear your CGM as much as possible

The more you wear it and pay attention to it, the more you will be able to understand and control your glucose responses. Use your CGM to find out more about how foods and/or insulin dosing affect your glucose levels.

#2: Share your data in a way that works for you

If and when you decide to Share your CGM data, have a conversation ahead of time about boundaries and language that you prefer (e.g., supportive not bossy, helpful not intrusive).

#3: Make alerts and alarms your friends, not your foes

First, please don't ignore your alerts and alarms! And after responding to an alarm, take a few minutes to think about what may have caused it (e.g., you ate more or fewer carbs than usual, you were more or less active than usual, when did you last take any insulin?).

If you are getting too many alerts or alarms, you can adjust your settings so that they don't drive you crazy!

#4: Review your CGM results regularly

Regular review of your Dexcom Clarity reports can help you see if there are any patterns of highs or lows, helping you decide where—for example—you might want to adjust your insulin basal rates or doses in response.

#5: Know your personal glucose targets

If you're not achieving your targets as frequently as you like, please understand it may take awhile for things to improve. Be patient!

My pre-meal target is less than _____

My peak glucose target is less than _____

(after a meal)

My glucose is too low and requires action if it is less than _____

#6: Have a solid plan for preventing or responding to hypoglycemia

Try not to panic and overreact

Take 15–20g glucose and re-check in 15 Mins.

Repeat treatment if glucose level is not rising after 20 minutes

Depending on your own individual needs, a follow-up snack providing

15–20g carbohydrate may be necessary

If your CGM has predictive alerts, they can provide more time for you totake action to prevent lows

#7: Explore the big, bad world of food: Test out what really harms and helps your glucose control

A CGM is the perfect tool for discovering whether foods really raise your glucose or not. On occasion, try out your favorite snack, a new type of meal you've never tried before, or one of those nutritional "no-no's" and find out for yourself whether they are worth it

#8: Use the trend arrows to help you understand what is really going on

Whether it concerns something you have recently eaten, an insulin bolus you have just taken or some recent exercise, your CGM's trend arrows can help you understand the direction and speed of your glucose changes:

Constant: your glucose value is relatively stable

Rising: your glucose value is rising and could increase as much as 1.7mmol/l (30 mg/dl) in 15 minutes

Rising quickly: your glucose is rising and could increase as much as 2.5 mmol/l (45 mg/dl) in 15 minutes

Rising very quickly: your glucose value is rising quickly and could increase more than 2.5 mmol/l (45 mg/dl) in 15 minutes

Falling: your glucose is falling and could decrease as much as 1.7 mmol/l(30 mg/dl) in 15 minutes

Falling quickly: your glucose is falling and could fall as much as 2.5 mmol/l (45 mg/dl) in 15 minutes

Falling very quickly: your glucose is falling and could fall more than 2.5 mmol/l (45 mg/dl) in 15 minutes

#9: When diabetes is driving you crazy, remind yourself why you are bothering:

I am committed to keep using my CGM because I know it can help me to:

1. _____

2. _____

3. _____

Source:
Barnard-Kelly, KD, Polonsky, WH. Development of a Novel Tool to Support Engagement With Continuous Glucose Monitoring Systems and Optimize Outcomes. Journal of Diabetes Science and Technology, 2020;14(1), 151–154.
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