APPENDIX B
Using Continuous Glucose Monitors in School

- Continuous Glucose Monitoring (CGM) is a system that automatically monitors glucose levels every 5 minutes, providing a constant picture of glucose values. A sensor inserted under the skin provides sensor glucose readings and sends these wirelessly to an insulin pump, remote receiver and/or smart phone where they can be viewed. Some families are able to access their child's CGM readings remotely on their smart phone.
- CGM does not replace traditional blood glucose (BG) checking. **Finger prick tests are still needed**:
  - at least twice a day to calibrate the CGM - this should be done at home.
  - to confirm any alerts that require treatment
  - before meals to guide insulin dosing. Note, some CGM systems are approved for dosing insulin without needing a finger prick. A student's Individual Care Plan (ICP) should outline when to do finger pricks and when you can use the CGM.
  - After treating a low to confirm a response
- CGM sensors measure "interstitial glucose", or the glucose found in the fluid between cells. This is different from blood glucose, which is measured by a finger prick using a glucose meter. It is important to know that the interstitial sensor glucose readings can lag behind blood glucose by **up to 20 minutes**. So if you treat a low glucose, the sensor will take longer to come back up to normal levels than the blood glucose readings on the meter. This is why checking with a meter is recommended after treating a low.

	ROUTINE	MANAGEMENT
CGM – CONTINUOUS GLUCOSE MONITOR	Student wears a CGM: ☐ Always ☐ Sometimes ☐ Never ☐ CGM values can be used for dosing insulin, OR ☐ BG checks are recommended ☐ The student is independent in their response to CGM results and alarms (excluding severe hypoglycemia) ☐ Student needs help to respond to the CGM results and alarms ☐ Results are sent to: ☐ Insulin pump ☐ Remote receiver ☐ Student smart phone ☐ Parent smartphone ☐ Low glucose suspend (LGS) is active on pump. ☐ If yes, the threshold is set at _____ mmol/L.	• BG checks are to be routinely done at the following times (check all that apply). ☐ Before lunch [☐ by meter, OR ☐ may use CGM value] ☐ Before all snacks [☐ by meter, OR ☐ may use CGM value] ☐ Before gym/activity [☐ by meter, OR ☐ may use CGM value] ☐ Before leaving school [☐ by meter, OR ☐ may use CGM value] NOTE: Do not dose insulin from the CGM without confirmatory meter reading if: student has received acetaminophen (Tylenol); Symptoms don't match the CGM reading; CGM malfunction/ unable to read the CGM Low BG alarm is set at: _____ mmol/L **Low BG alarm should be confirmed with a BG check. Respond as per hypoglycemia section of this plan.** • High BG alarm is set at: _____ mmol/L OR ☐ No alarm set for highs **High BG alarm should be confirmed with a BG check. Respond as per hyperglycemia section of this plan.** • If Low Glucose Suspend (LGS) comes on, check BG by meter and follow care plan for action: • If BG is below _____ mmol/L, treat and re-check in 15 minutes. • If BG is above _____ mmol/L, cancel LGS. No treatment required.