

REVIEWING Continuous Glucose Monitoring Systems (CGM)

eden

✓ SIX STEPS TO HELP IMPROVE TIME IN RANGE



STEP 1. ASSESS

- Log on to the users profile via the cloud based clinical system (e.g. [LibreView](#) or [Clarity](#))
- Review the AGP or overview report
- Identify the percentage time; above range, in range and below range
- If using intermittently scanned CGM (or flash glucose monitoring)
- Check reliability: >70% time sensor active / 8 or more scans per day

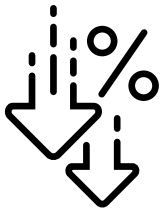
EDEN TOP TIP: Aim for >70% time in range for adults & >50% for older adults



STEP 2. POSITIVE

- Give positive feedback to the user (e.g. 'your time in range has improved')

EDEN TOP TIP: Positive feedback will support self-empowerment



STEP 3. LOW

- Is the percentage time below target above 4%?
- Has the percentage increased or decreased since the last review?
- Identify the number of low glucose events, is there a pattern?
- What are the possible causes?
- Are they from correction doses after very high readings?

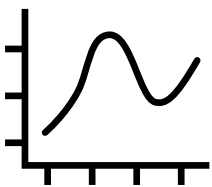
EDEN TOP TIP: Aim for <4% time below range for adults & <1% for older OR FRAIL adults



STEP 4. HIGH

- Does the percentage time above target need addressing?
- Has the percentage increased or decreased since the last review?
- Are glucose levels high post meal or during the night?
- What are the possible causes?

EDEN TOP TIP: 1) Aim for <30% time above range
2) Checking glucose levels more often and correct high glucose readings



STEP 5. WIDE

- What is the percentage of glycaemic variability (Coefficient of variation: %CV)?
- Has the percentage increased or decreased since the last review?
- What are the possible causes?
- If >50% CV, are meals may not be injected for? Or being injected for post meal?

EDEN TOP TIP: Aim for <36% CV. A lower percentage reduces the risk of hypoglycaemia



STEP 6. PLAN

- What is the shared goal & agreed action?
- Is it based on improving low, high or wide?
- When is the next review?

EDEN TOP TIP: Try to set a single goal and review it at the next consultation

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