

## DIABETES MANAGEMENT PLAN 2019

### EARLY CHILDHOOD EDUCATION AND CARE SETTING

#### APPENDIX FOR CONTINUOUS GLUCOSE MONITORING (CGM)

Dexcom G4    Dexcom G5

Name of child : \_\_\_\_\_ Date of birth: \_\_\_\_\_

Name of centre: \_\_\_\_\_ Room/group: \_\_\_\_\_

#### GENERAL INFORMATION:

Children may attend the centre wearing a continuous glucose monitoring (CGM) device. This technology is to support the child and parents/carers and will be managed by parent/carers. Staff are not expected to do more than the current routine diabetes care.

CGM provides information about trends in glucose levels. It will not affect the care activities indicated in the Diabetes Action and Management plans.

It is not necessary for staff to put CGM displays on their computer, smart phone, and other electronic devices or carry receivers. While these devices provide additional information on glucose values and trends, they are not compulsory management tools.

CGM consists of a small sensor that sits under the skin and measures glucose levels in the fluid surrounding the cells (interstitial fluid), and transmitter (pictured below) which sends data to a receiver. The receiver used can be the display screen of compatible insulin pump, a smart device or a Dexcom stand-alone receiver.



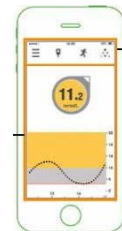
Transmitter & Sensor



Insulin Pump Receiver



Receiver



Smart Device

If the receiver is more than **3 - 6 meters** from the transmitter, connection will be lost. The information will be stored in the transmitter and downloaded when connection is restored.

Some CGM devices can be monitored remotely by family members. CGM can be programmed to alarm if glucose levels go below set levels, so that action may be taken.

## USE IN EARLY CHILDHOOD EDUCATION AND CARE SETTING

CGM **DOES NOT** replace a finger prick **blood glucose check**.

A finger prick blood glucose check should be performed:

- To confirm Hypoglycaemia (<4.0mmol/L)
- To confirm Hyperglycaemia (>15mmol/L or “HI”)
- Any time the child feels unwell

## CGM ALARMS

**CGM alarms may be ‘on’ or ‘off’ and should be used conservatively.**

If ‘on’ the CGM will alarm if interstitial glucose is < 4.0mmol/L.

**ACTION** → Check finger prick blood glucose level (BGL) and treat per Diabetes Action Plan.

Alerts for high glucose level or in response to changing glucose trends are not recommended in this setting.

## ADDITIONAL INFORMATION:

- A parent/carer is responsible for changing the CGM site and setting the alarms
- The sensor can remain on the child during water activities
- Management continues as per Diabetes Action and Management Plans
- Paracetamol should be avoided as this can affect sensor readings.
- If the transmitter/sensor attached to the child falls out, staff are required to keep it in a safe place to be collected by the parents/carers at the end of the session
- **Parents /carers are the primary contact for any questions regarding CGM use.**

<b>Parent/Carer:</b>	<b>Signature:</b>	<b>Date:</b>
<b>Centre Director:</b>	<b>Signature:</b>	<b>Date:</b>
<b>Treating Medical Team:</b>	<b>Signature:</b>	<b>Date:</b>