

# CGM decision tool – Checklist to identify suitable patients

**This checklist can help you decide which of your patients with diabetes can benefit from a CGM to support their glycaemic management.**

More and more people with diabetes are becoming eligible for a CGM on prescription or through reimbursement schemes, as official guidelines have widened recommendations for use.<sup>1-3</sup>

The checklist below incorporates guidance from the American Diabetes Association 2023 Standards and the Association of Diabetes Care and Education Specialists.<sup>3-5</sup>

## Patients with Type 1 diabetes:

CGM is recommended for all patients, including paediatric patients

## Patients with Type 2 diabetes: CGM is recommended for those who are

Receiving basal insulin treatment

Newly diagnosed with type 2 diabetes, to use as an educational tool

Taking multiple daily injections of insulin

Showing a high degree of glycaemic variability

Using an insulin pump

Not achieving glucose targets

Experiencing frequent hypoglycaemia

Find periodic HbA<sub>1c</sub> and infrequent SMBG testing inadequate to either predict or explain potentially harmful changes in glucose levels

Prone to hypoglycaemia unawareness

Not on intensive insulin regimens and exhibiting good glucose management, but may benefit from CGM as an alternative to SMBG

Adapted from American Diabetes Association Standards of Medical Care in Diabetes 2023 and The Association of Diabetes Care & Education Specialists. Personal continuous glucose monitoring implementation playbook 2020.<sup>3,4</sup>

CGM, continuous glucose monitoring; HbA<sub>1c</sub>, glycated haemoglobin, SMBG, self-monitoring of blood glucose.

### References:

1. Quest Health Solutions. 2021. Continuous Glucose Monitors – Uncovering the Myths. Available at: <https://questhealthsolutions.com/blog/continuousglucosemonitors/continuous-glucose-monitors-uncovering-the-myths>. [Accessed February 2023]
2. Battelino T, Danne T, Bergenstal RM, *et al*. Clinical Targets for Continuous Glucose Monitoring Data Interpretation: Recommendations from the International Consensus on Time in Range. *Diabetes Care*. 2019; 42(8):1593–1603.
3. American Diabetes Association Standards of Medical Care in Diabetes 2023. *Diabetes Care*. 2023; 46 (Supplement 1): S1–S292.
4. The Association of Diabetes Care & Education Specialists. Personal continuous glucose monitoring implementation playbook; December 2020. <https://www.diabeteseducator.org/docs/default-source/practice/educator-tools/cgm-playbooks/personalcgm-playbook.pdf?sfvrsn=2>. Accessed: [February 2023]
5. Wysham CH, Kruger DF. Practical Considerations for Initiating and Utilizing Flash Continuous Glucose Monitoring in Clinical Practice. *J Endocr Soc*. 2021; 5(9): bvab064.