Introduction of CGM Patient Education Protocol- Dexcom G7 Installation Guide

Ms Ada Choi, Diabetes Nurse Specialist
Ms Michelle Lee, Diabetes Nurse Specialist

Declaration of Interests

We have no financial or non-financial conflict of interest related to continuous glucose monitoring systems, manufacturers, distributors, or related products discussed in this presentation.

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Background and Clinical Need

Continuous Glucose Monitoring (CGM)

- Supports monitor glucose levels and improve self-management.
- Provides real-time glucose readings, trends, and predictive information to support lifestyle and treatment decisions.

Both **intermittently scanned CGM (isCGM) and real-time CGM (rtCGM)** are available in HK market.



VS



- Commonly used
- Health care professionals familiar to using isCGM
- Developed a CGM patient education protocol in 2020

- Less commonly used
- Health care professionals relatively unfamiliar to rtCGMS
- No education protocol

- A working group was formulated for reviewing existing educational material of Dexcom G7 to develop a rtCGMS education protocol in 2022.



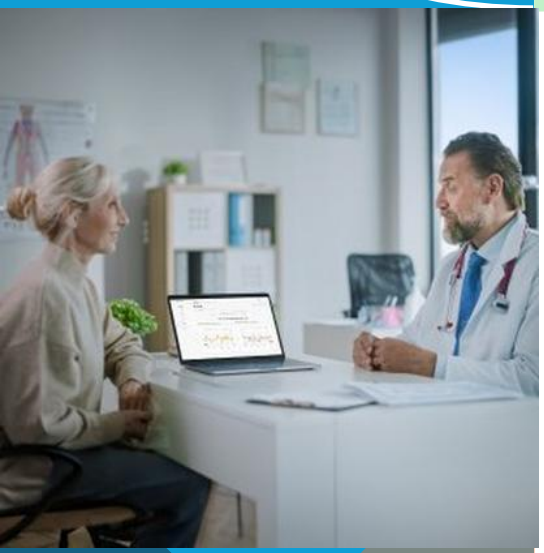
Purpose of the Education Protocol

1) To guide health care providers (HCPs) and diabetes educators in educating patients with diabetes on using rtCGM.

2) To expand patients' choice between rtCGM versus isCGM from the market.

3) To empower patients with diabetes to use and interpret the retrospective CGM data.

Benefit Users of the Protocol



- **Diabetes educators**

✓Qualified HCPs like doctors, nurses

✓Experience in diabetes managing and patients education

- **Benefit patients**

✓Adults with diabetes who need glucose monitoring

✓On multiple daily injections or insulin pump

✓Pregnant women with diabetes

✓Proficiency in English

✓Can handle smartphones and app users

*Exclusions: taking hydroxyurea, receiving dialysis & critically ill.

Overview of the RtCGM Patient Education Protocol

The protocol provides a structured guide for diabetes educators to support patients from rtCGM initiation to ongoing glucose-data review.

1. Preparation for rtCGM initiation
2. Sensor installation
3. Daily rtCGM use
4. Data review and follow-up

Overview of the RtCGM Patient Education Protocol - Components

- **Two education sessions**
  - Session 1: rtCGM initiation, sensor installation, app/receiver setup, glucose alerts, and daily use.
  - Session 2: retrospective CGM data review, interpretation of glucose patterns, troubleshooting, and goal setting.

- **Education checklists**
  - Session 1 Education Checklist
  - Session 2 Education Checklist

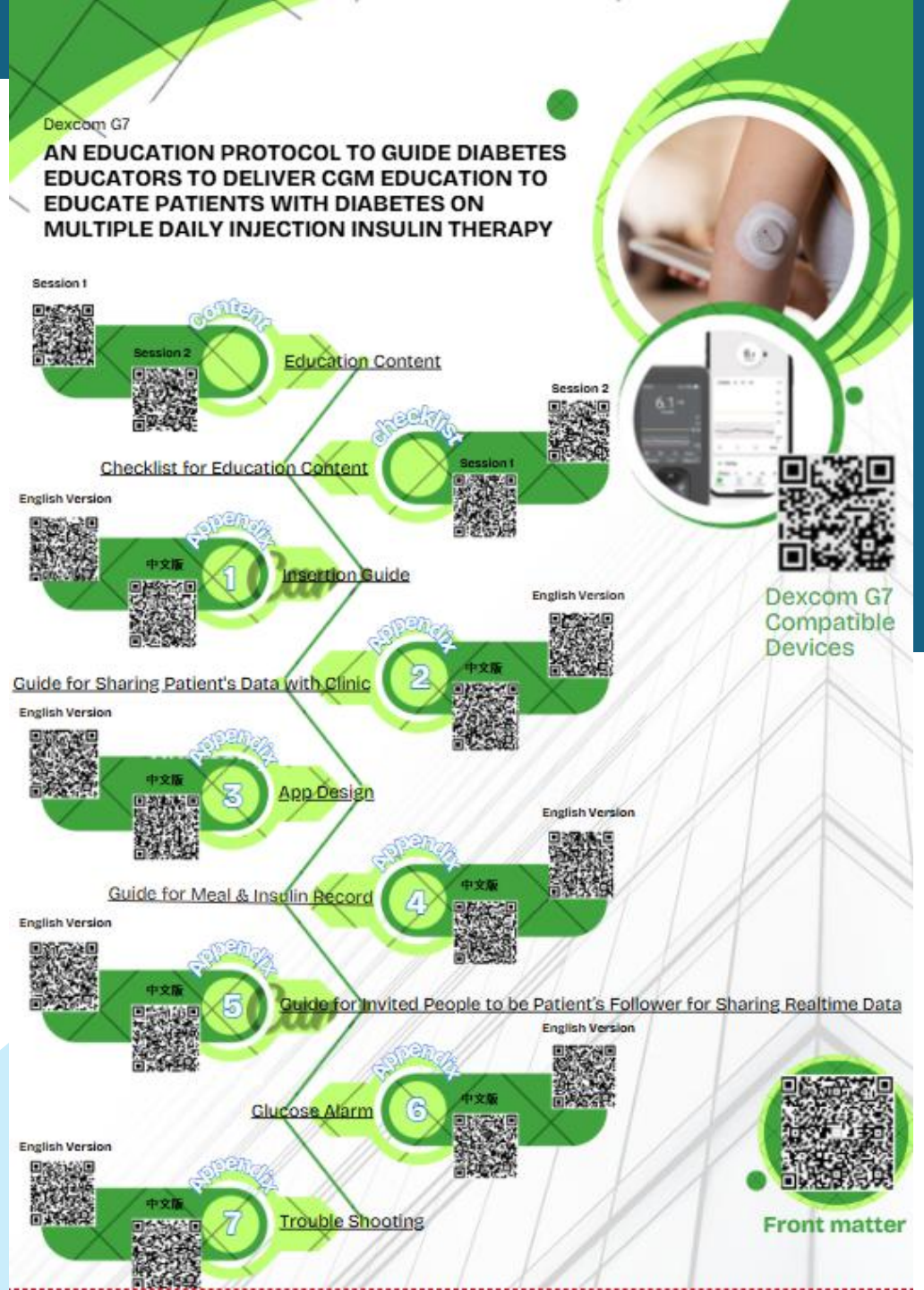
Seven supporting appendices

- Dexcom G7 Sensor Insertion Guide
- Guide for Sharing Patient Data with the Clinic
- Dexcom G7 App Overview
- Guide for Recording Meals and Insulin
- Guide for Inviting Followers to View Real-Time Glucose Data
- Guide to Glucose Alerts and Alarm Settings
- Troubleshooting Tips

QR-code resources

- QR codes linking to rtCGM education materials, patient guides, and relevant support resources.

Education Protocol to Guide Diabetes Educator to Deliver RtCGM Education



Role Play

Patient Education Session 1

1. Initiate and install sensor
2. Ensure patients' understanding of
   A. the purpose, concept, and pitfall of rtCGM
   B. the differences between sensor glucose (SG) and capillary blood glucose (CBG)
   C. the operation on Dexcom G7 and Clarity apps
   D. the special precaution on Dexcom G7 use, the indication of arrow trend, graph interpretation and alert function
   E. the charting of blood glucose, insulin, meal, activity, and additional notes

記得喺未開始安裝前最緊要係話俾人聽要使用嘅原因同目的。



大家可以參考Appendix 1指引醫護人員點樣安裝App

English Version

中文版

大家可以參考 Appendix 2 指引醫護人員點樣share patient data ，記得要得到病人的同意同埋口頭 consent 。

English Version

中文版

大家可以參考Appendix 3 指引如何使用Dexcom G7 App 功能鍵

English Version

中文版

教完咁多嘢之後，最緊要就係清楚咁document 我地的教育內容。



Patient Education Session 2

1. Review patients' feelings and experience with CGM monitoring
2. Interpret patients' rtCGM report and enhance patients' understanding of the meaning of their rtCGM report behind
3. Identify the glucose profile and pitfalls from patients' experience and select effective and ineffective coping strategies
4. Enhance patients' confidence to work out the therapeutic adjustments and strategies to improve
5. Summarize learnings from the whole CGM experience

今日第二次見面，主力focus 回顧病人嘅體驗，分析連續監察儀器報告，協助病人了解葡萄糖高低嘅原因及相關的活動，幫助病人提升自我管理嘅信心同能力。



大家可以睇下session two 內容，我地會先同病人睇AGP report ，睇返啲Sensor in use，目標範圍percentage , GMI, CV , 總結血糖高同血糖低嘅Pattern 。



同病人睇返最理想嘅一日有助佢哋可以參考同持續保持理想嘅活動，飲食及用藥情況，具鼓勵作用。
另外，同病人分析返特別嘅Pattern，有助佢哋了解日常常規嘅影響血糖的因素日常習慣。



醫護人員嘅個案分析係有助病人更有效去管理自己嘅血糖情況。



大家可以參考我哋Troubleshooting嘅常見問題附錄。

English Version

中文版

Key Message

“The protocol is not only an installation guide; it is a structured, person-centred tool that helps educators turn rtCGM data into meaningful self-management conversations and actions.”

Thank You

Email contact:
adachoi1109@gmail.com
lhymic@gmail.com