

DIABETES SKILLS CHECKLIST- Continuous Glucose Monitoring [CGM] device

Name of Staff Member (UAP): _____

| CONTINUOUS GLUCOSE MONITORING DEVICE | Training Date/ RN Initials | Training Date/ UAP Initials | Return Demonstrations | | |
|---|-------------------------------|--------------------------------|-------------------------------|-------------------------------|-------------------------------|
| | | | Date/ RN + UAP Initials | Date/ RN + UAP Initials | Date/ RN + UAP Initials |
| <p>A. States names & purpose of procedure <i>A Continuous Glucose Monitor (CGM) reads glucose levels from a sensor in the interstitial fluid (under the skin). It usually reads within 20% of a finger stick blood sugar value. It can be programmed to alert (vibrate or alarm) for high and low glucose levels. CGM is meant to provide additional glucose information. It is not approved for use in making treatment decisions.</i></p> | | | | | |
| <p>B. Preparation:</p> <p>1. Reviews Universal Precautions.</p> <p>2. Always make sure hands are clean and check a blood sugar via finger stick before performing treatment.</p> <p>3. Identifies where supplies are stored.</p> | | | | | |
| <p>C. Alert Settings</p> <p>1. CGM will alert audibly if interstitial glucose sugar is less than _____ or above _____.</p> <p>2. If CGM alerts for low or high glucose levels, test finger stick blood sugar and treat according to doctor's care plan.</p> <p>3. Arrows Some continuous monitors show arrows on the screen to indicate the speed at which the glucose levels are changing. Arrows on the face of the monitor may point straight down, indicating a rapidly falling glucose level. Treatment should then be as in A) ii) below. The arrows may also point straight up, which means a rapid increase in glucose level. Treatment should be as in C) ii) below. A horizontal or 45 degree arrow (or one arrow in contrast to two arrows) may mean that the glucose level is not changing as rapidly.</p> | | | | | |
| <p>D. When to use CGM Information</p> <p>1. Lows or Pending Lows</p> <p>a. CGM screen shows <70 mg/dl (<3.9 mmol/L) with or without arrow(s): Test finger blood sugar and if low proceed with doctor's care plan for treatment and food. Repeat blood sugar every fifteen minutes until level is above 70 mg/dl (3.9 mmol/L).</p> <p>b. CGM screen shows <100 mg/dl (<5.5 mmol/L) with downward arrow(s): Test finger stick blood sugar. If blood sugar is between 70 and 100 mg/dl (3.9 – 5.5 mmol/L) give 5-10 grams of carbohydrate (to prevent blood sugar from going lower). If <70 mg/dl (3.9 mmol/L) proceed with doctor's care plan for treatment and food.</p> <p>2. Glucose levels in good range</p> <p>a. CGM screen shows 80-200 mg/dl (4.5 – 11.1 mmol/L): Test blood sugar as usual per care plan or if symptomatic.</p> <p>3. Highs or Pending Highs</p> <p>CGM screen shows >200 mg/dl (>11.1 mmol/L) with upward arrows or >250 mg/dl (>13.9 mmol/L): Test finger stick blood sugar and follow doctor's care plan for treatment of high blood sugar. Retest blood sugar in two hours. If still high, call parent. Check ketones and, if positive, give correction insulin dose with a standard syringe or an insulin pen.</p> | | | | | |

Staff Member (UAP) Signature _____

Date _____

Nurse Consultant Signature _____

Initials _____