A GUIDE TO DEXCOM rtCGM SYSTEMS FOR ALL RESIDENTIAL CARE SETTINGS (IE)

Dexcom

WELCOME

Welcome to the Dexcom rtCGM Guide for use in all residential settings including Nursing homes, Residential Homes, Assisted Living and Correctional Facilities

The purpose of this guide is to define rtCGM, explore the differences between rtCGM and a blood glucose monitoring (BGM), and explore how to use rtCGM.

This guide is for concept illustration only. For detailed step-by-step instructions on how to use the Dexcom CGM System, please refer to the user guide.

Find user guide's at: dexcom.com

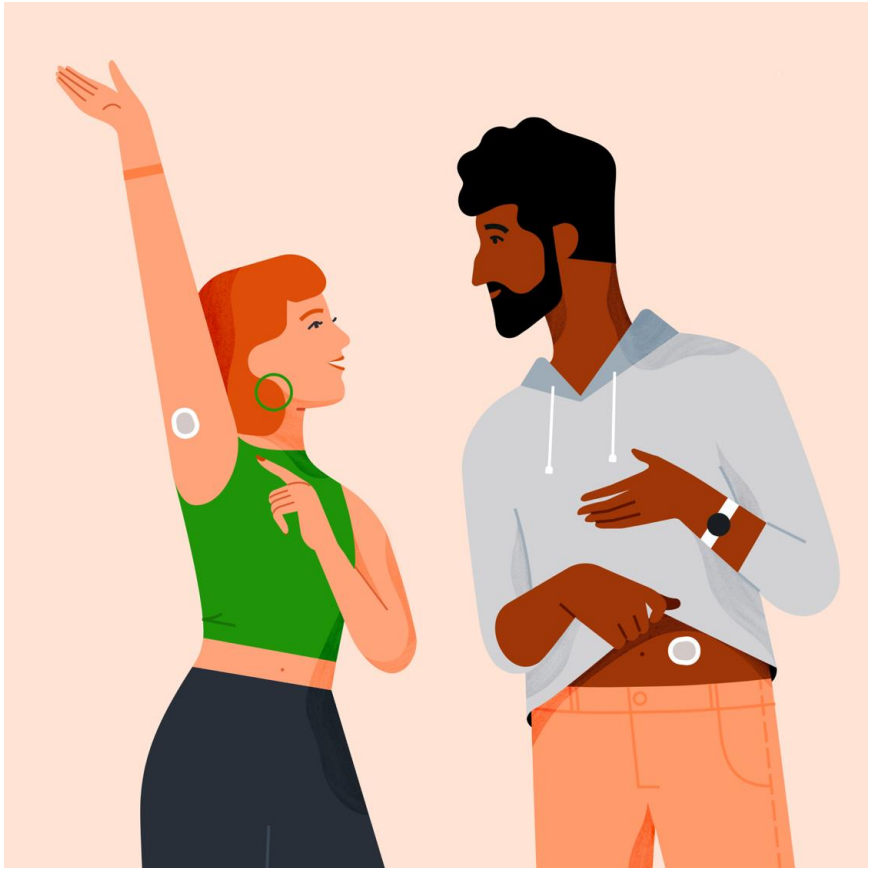
RESIDENTIAL CARE SETTING GUIDE

This guide will introduce you to the basics of rtCGM.
It will discuss:

- What is rtCGM?
- The different Dexcom rtCGM Systems
- The difference between rtCGM and a meter
- rtCGM use in a residential care setting

If you need further training on Diabetes or an individual patient's treatment plan, please speak to your local diabetes healthcare team.

For training resources and video content visit:
dexcom.com/learn



DIABETES MANAGEMENT PLAN

It is a good idea to have a written diabetes management plan from the local clinician looking after your resident. This could be from a primary or secondary care team, or the residents GP.

Possible contents can include*:

- Identified trained diabetes personnel and description of training and times when trained personnel will be available
- Descriptions of diabetes tasks to be performed by personnel
- Immediate access to diabetes supplies and equipment
- Access to snacks, water and toilet facilities
- Low glucose treatment, medication, and insulin therapy plan
- When to seek further advice
- rtCGM Information and use of rtCGM in a residential setting

*This is not a complete list

WHAT IS REAL TIME GLUCOSE MONITORING (rtCGM)?

Real time CGM systems are devices that continuously monitors a persons glucose levels, allowing them to see instantly whether they are high or low.

As it is real time it allows alerts to be set to tell the wearer or carer when they are going high or low.

A small sensor is inserted under the skin which monitors the interstitial glucose. The sensor sends the results to a receiving device which could be a standalone receiver, mobile phone app or insulin pump

WHY USE rtCGM

rtCGM provides a more complete picture of your residents glucose levels, compared to glucose readings obtained intermittently from a blood glucose meter.

More frequent access to glucose insights leads to more effective glucose management for you and your resident

With rtCGM you can see a complete view of your residents glucose levels in real time, including historic and current glucose values and the rate of glucose change.

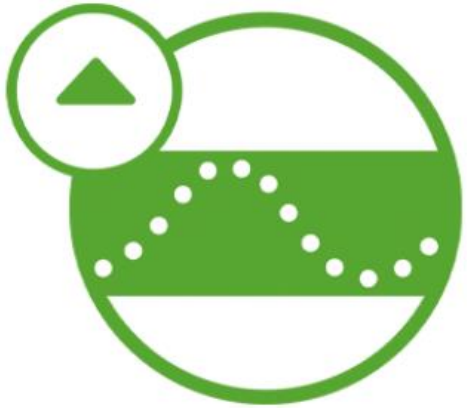
This information can be used immediately to prevent acute complications such as hypo / hyperglycaemia or it can be used by the diabetes clinician to titrate medications

BENEFITS OF rtCGM

Reduced hypoglycaemia[1]

HbA1c Reduction[1,2]

Improved quality of life[2,3]



Increased Time in Range (TIR)[1,2]

1. Beck RW et al. JAMA. 2017; 317(4):371-378 2. Lind M, et al.. JAMA. 2017;317(4):379-387. 3. Polonsky W, Diabetes Care. 2017;40(6):736-741.

TIME IN RANGE (TIR)

Time in range is the percentage of time your blood sugar level is within a target range.

Time in range is usually said to be between 3.9mmols and 10mmols although a slightly different range may be set for different people. This would be determined by their diabetes HCP.

The international consensus report on TIR recommends that most people with diabetes spend at least 70% of the day in the above TIR[1]

More information on time in range can be found at https://www.dexcom.com/en-gb/dexcom-one-understand-your-diabetes-trends

1. Battelino et al. Diabetes Care 2019; 42(8):1593-1603

DEXCOM CGM SYSTEMS

Dexcom G6

Dexcom G7

Smart devices sold separately. For a list of compatible smart devices, please visit www.dexcom.com/compatibility.

DEXCOM G6 OVERVIEW

Dexcom G6 app* or Receiver**

- Shows glucose information
- Provides alerts

Transmitter:

- Affixed to sensor and wirelessly sends data to display device

Applicator with sensor:

- Applicator inserts sensor under skin
- Sensor gets glucose information
- Worn for up to 10 days
- Transmitter sends glucose information from sensor to Dexcom G6 app or receiver

Insertion and setup

For how to insert and setup please visit

https://www.dexcom.com/en-gb/dexcom-g6-ready-to-get-started

For illustrative purposes, apps may look slightly different. Smart devices sold separately

* For a list of compatible devices see: dexcom.com/compatibility

** In this guide, we will only be discussing the smart device option. For receiver information see the Dexcom G6 User Guide (dexcom.com).

DEXCOM G7 OVERVIEW

Dexcom G7 app* or Receiver**

- Shows glucose information
- Provides alerts

Applicator with built-in Sensor

- Applicator inserts the sensor wire under skin
- Sensor gets glucose information
- Worn for up to 10 days
- Sensor sends glucose information from sensor to Dexcom G7 app or receiver

For illustrative purposes, apps may look slightly different. Smart devices sold separately

Insertion and setup

For how to insert and setup please visit

https://www.dexcom.com/en-gb/dexcom-g7-ready-to-get-started

* For a list of compatible devices see: dexcom.com/compatibility

** In this guide, we will only be discussing the smart device option. For receiver information see the Dexcom G7 User Guide (dexcom.com).

WHICH DEVICE?

Smart devices sold separately

Best for people with T1, who may need extra support, such as people who are hypo unaware, children and those using a connected insulin pump

Smart devices sold separately

Best for people with T1 who may need extra support, such as people who are hypo unaware or children

SENSOR INSERTION

You may need to help a resident with sensor insertion.

Different Dexcom rtCGM Systems have different approved sites. These could be either the back of the arm, the abdomen or the upper buttocks*.

Find more information on how to insert the sensor
www.dexcom.com/learn

*Please check individual Dexcom CGM System User guide as to age limits for sensor site insertion

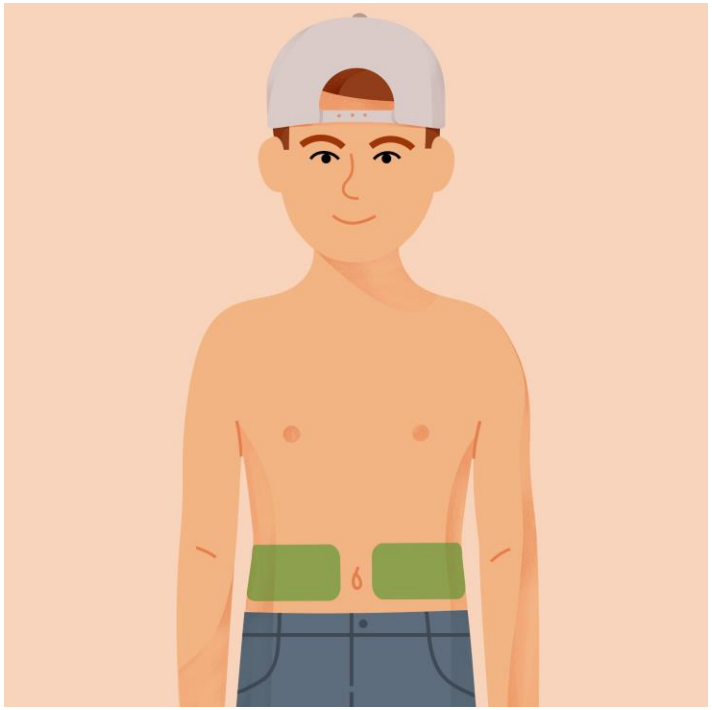
SENSOR INSERTION

Back of the upper arm

Ages 2+

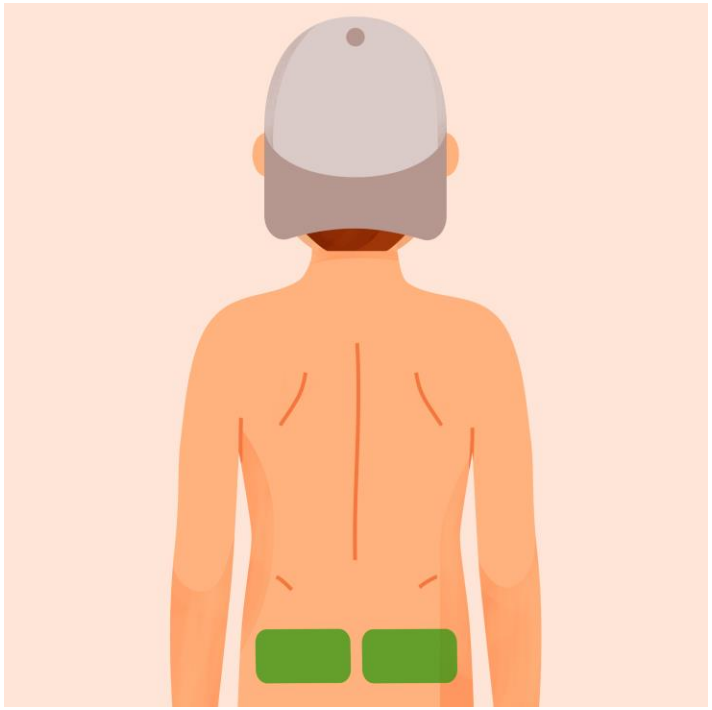
Abdomen

Ages 2+



Upper buttocks

Dexcom G6 only for ages 2-17 years old
Dexcom G7 only for ages 2-6 years old



RECEIVING DEVICE USE

The receiving device will need to be always with the resident, and the volume will need to be loud enough to hear alerts.

If the resident is out of range (6 metres) from the receiving device for a period of time, no real time alerts will sound but the information will backfill when back in range of the transmitter.

A body worn pack may prove useful

For illustrative purposes, apps may look slightly different
Smart devices sold separately

RECEIVER USE

Current Glucose: Shows where the resident's glucose is now

High Alert Level: The resident will be alerted when glucose rises above this level

Low Alert Level: The resident will be alerted when glucose falls below this level

Back Button:

Navigation Buttons:

Trend Arrow: Shows a resident's glucose speed and direction

Trend Graph: Shows a resident's glucose over the past 3, 6, 12 or 24 hours

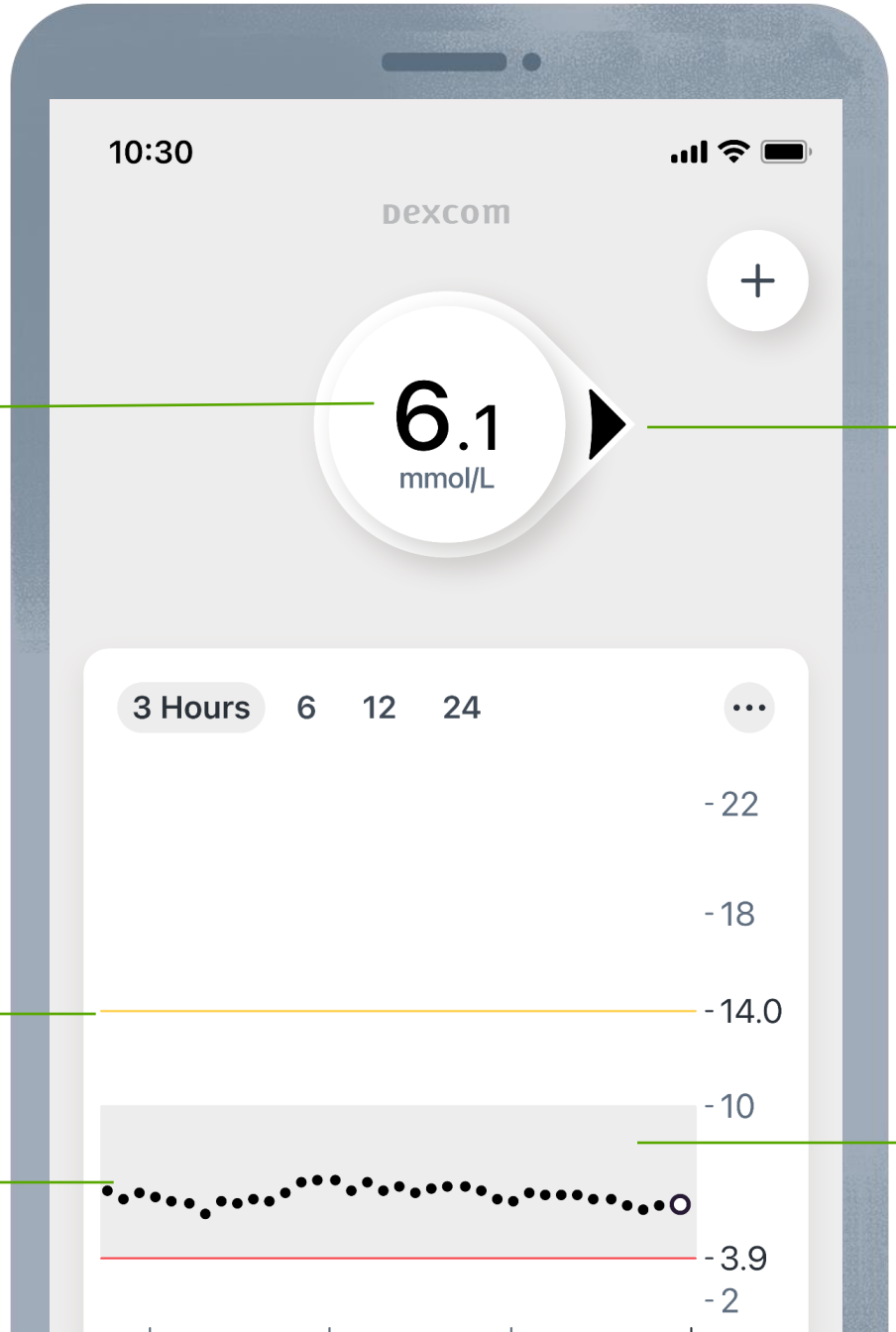
Power / Menu:

- Turns power on / off
- Enters main menu

Current Glucose: Shows where the resident's glucose is now

High Alert Level: The resident will be alerted when glucose rises above this level

Low Alert Level: The resident will be alerted when glucose falls below this level



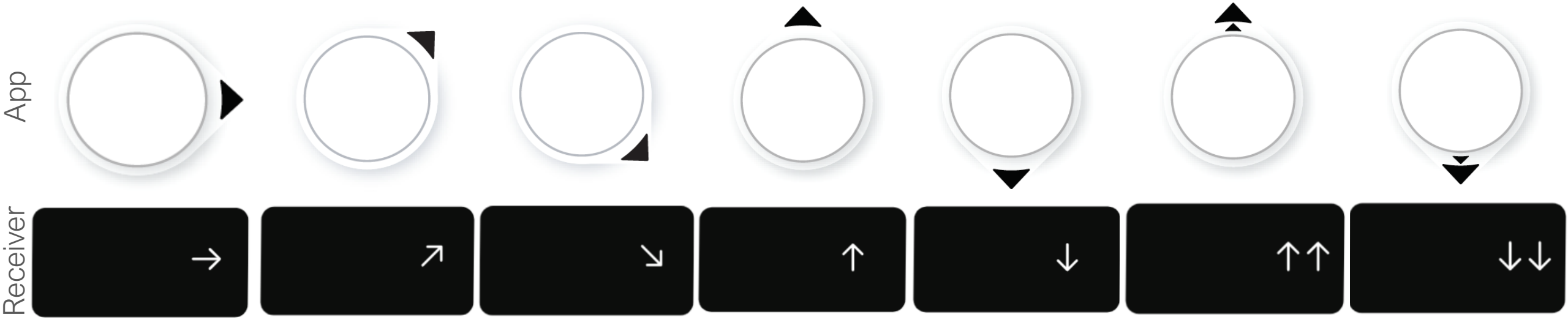
Trend Arrow: Shows a resident's glucose speed and direction

Trend Graph: Shows a resident's glucose over the past 3, 6, 12 or 24 hours

For illustrative purposes, apps may look slightly different

TREND ARROWS

Trend arrows show a resident's glucose speed and direction.



Steady

Changing less than 1.7 mmol/L in 30 minutes

Slowly rising or falling

Changing 1.7–3.3 mmol/L in 30 minutes

Rising or falling

Changing 3.3–5.0 mmol/L in 30 minutes

Rapidly rising or falling

Changing more than 5.0 mmol/L in 30 minutes

URGENT LOW SOON*

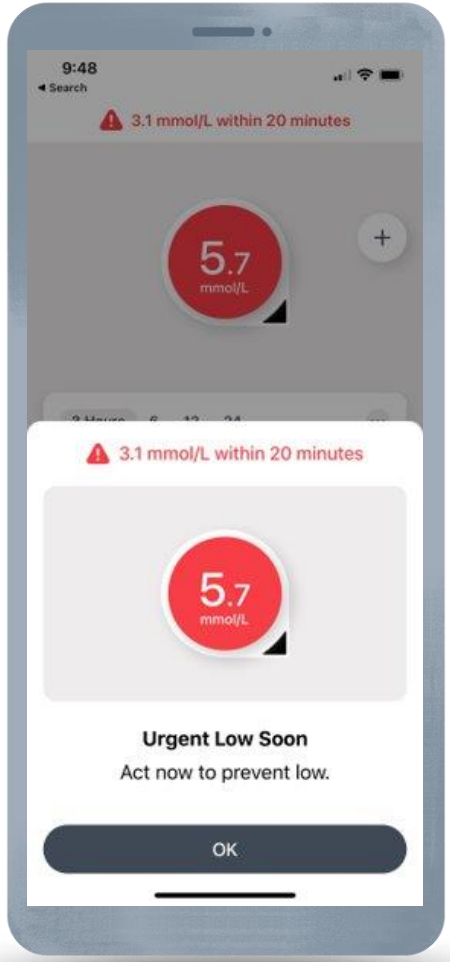
At times, glucose levels fall quickly. The Urgent Low Soon alert* is designed to provide a 20 minute advance warning of when the user will reach 3.1 mmol/L, so they can act quickly to avoid a potential severe hypoglycaemic event.

A resident can get an Urgent Low Soon alert even if their sensor reading is in their normal range. This alert lets you know they are falling fast so they can eat or drink right away to stop the fall.

Depending on how quickly the resident will be at 3.1 mmol/L, they will either get their Urgent Low Soon Alert or their Low Alert:

- Within 20 minutes = Urgent Low Soon Alert
- Not that fast = Low Alert and/or Urgent Low Alert

The Urgent low soon alert is fixed and cannot be adjusted, but it can be turned on or off.



*This alert is available on the Dexcom G6 and Dexcom G7 system only

For illustrative purposes, apps may look slightly different

URGENT LOW*

On the G6 /G7, There is also the Urgent Low Alert that lets you know when the student's sensor glucose is at or below 3.1mmols/l.

Urgent low can’t be changed or turned off.

Please be aware that on the Dexcom G7 there is the ability to silence all alerts for a period of time. The urgent low alert would therefore still be seen on the app screen but would not initially sound/vibrate. If not responded to these alerts will become audible after 20 minutes

*This alert is available on the Dexcom G6 and Dexcom G7 system only

For illustrative purposes, apps may look slightly different

LOW AND HIGH ALERTS

Each resident should have a set low and high glucose alert on their Dexcom device.

The display device will either vibrate or sound based on the resident's alert settings. These alarms can be switched off if needed

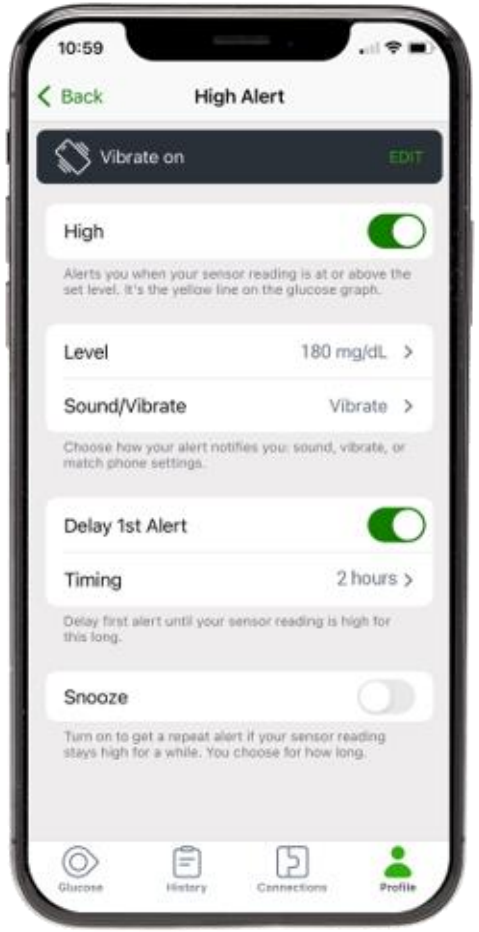
All Dexcom rtCGM systems have these high and low alerts available

For illustrative purposes, apps may look slightly different

DELAY 1st ALERT*

Alerts when sensor reading has been above high alert setting for a specified period of time.

For example, if you set Delay 1st Alert to 20 minutes for your high alert, the glucose must be at or above the high alert level for 20 minutes before you get the high alert



*Available only on Dexcom G7

RESPONDING TO ALERTS

Based on the resident's treatment plan, the individual may be able to respond to alerts themselves or they may need you to help respond to alerts.

The steps you should take if the resident requires your help to respond are:

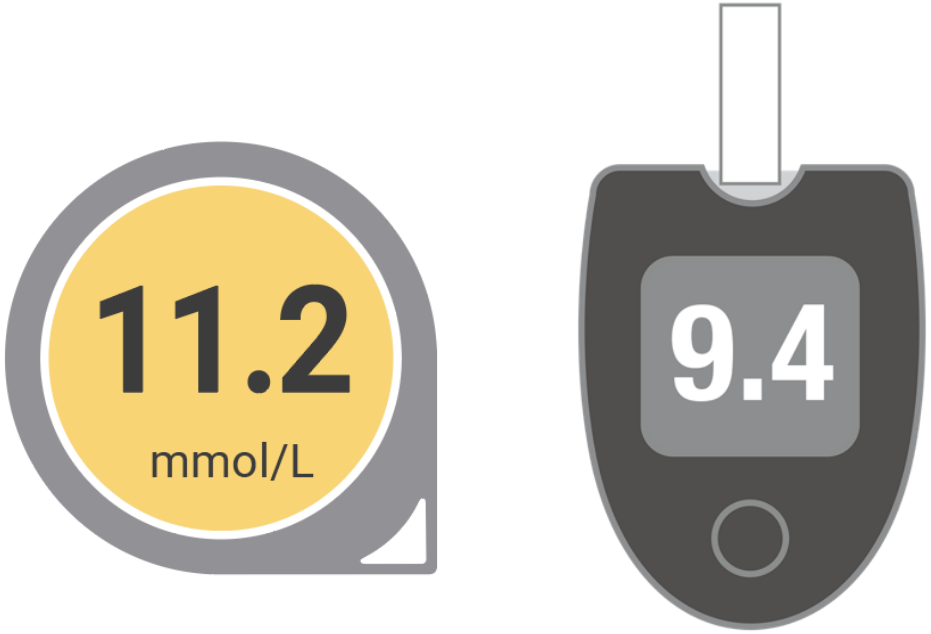
- Go to the resident's receiver or the Dexcom app on the resident's smart device
- Tap OK to clear the alert
- Take action based on the glucose information shown in the Dexcom app and the residents treatment plan

ACCURACY

Dexcom CGM System readings and meter values may not be the same and that's ok.

The Dexcom CGM system and a meter measure glucose from two different types of body fluids. CGM measures from interstitial fluid which is the fluid around the fat cells, and a blood glucose meter measures from capillary blood.

CGM and meters both have a range in which they are considered accurate. Readings can be different and still fall into their accurate range.



TREATMENT DECISIONS

A resident may need you to treat a low or high glucose level as per their diabetes care plan. All Dexcom CGM Systems can be used to make treatment decisions such as treatment for a low glucose level or dosing insulin for a high glucose level without the need for finger pricks*.

Always use a blood glucose meter:

- If a number and an arrow are not shown on the Dexcom Receiver or Dexcom CGM app
- Any time the resident's symptoms or expectations don't match readings. For example, if a resident says they feel low or are displaying symptoms of hypoglycemia, but the Dexcom CGM shows them in a normal range.

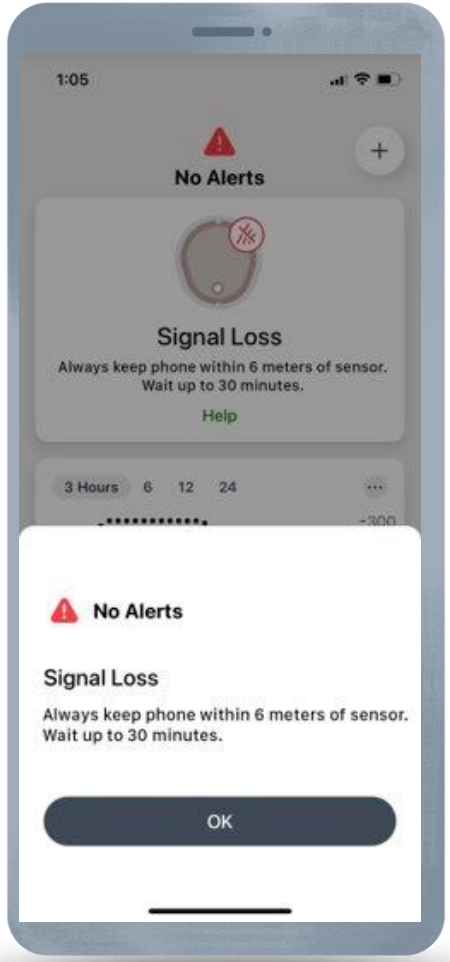
*If your glucose alerts and readings from Dexcom CGM System do not match symptoms or expectations, use a blood glucose meter to make diabetes treatment decisions.

TROUBLESHOOTING

You may sometimes see error messages on the receiver or app screen. These should rectify themselves in the time specified. If they do not, please contact technical support on 1800 827 603 .

Use a meter for treatment decisions if an error is shown.

For troubleshooting tips, visit our help centre at www.dexcom.com/en-ie/faqs



For illustrative purposes, apps may look slightly different

Sensor Adhesion

Adhesion

- Do not insert within an hour of having a bath or shower
- Ensure skin is clean and dry
- Avoid folds, scars, hairy areas, tattoos and waistband
- An extra adhesive may be needed if the sensor is coming off before 10 days

Removal

- To avoid damaging the top layers of skin when removing the CGM use something to help remove and dissolve the adhesive
- Olive oil on clean cotton wool can be dabbed around the adhesive
- A medical adhesive remover can be purchased online or over the counter. Dependent on local formulary some can also be obtained via prescription

Dexcom CGM and Medical procedure

The advice given for different medical procedures differs dependent on which Dexcom CGM System your resident is wearing

It is therefore important to know which device they wear and to check the guidance for that device in the instructions for use which can be found at

If in doubt the resident should have the device removed and a new one inserted after the procedure

DEXCOM AND MEDICAL PROCEDURES

Dexcom G6

- CT / MRI – Dexcom G6 must be removed prior to CT or MRI
- Surgical procedures – If Diathermy is going to be used or the operation is in the area where the CGM is used, it should be removed
- Dialysis – Do not use Dexcom G6 in patients on dialysis or who are critically ill. It is not known how different conditions or medications common to these populations may affect performance of the system

Dexcom G7

- MRI – Do not wear G7 during MRI.
- CT - It is safe to wear the G7 during a CT scan if you can keep the G7 out of the scanned area and cover with a lead apron
- Surgical procedures – If Diathermy is going to be used or the operation is in the area where the CGM is used, it should be removed.
- Dialysis – Don't use if the patient is on dialysis or critically ill : The Dexcom G7 system performance has not been evaluated in these populations and sensor readings may be inaccurate

Day Trips

- Planning for a day trip is essential
- The Dexcom receiving device needs to be always within 6 metres of the resident to get real time alerts therefore a body worn pack may be required
- A blood glucose machine should be taken with you, and someone should be trained to use it
- If the Dexcom device comes out or stops working, a plan should be in place for blood glucose monitoring until a new device can be inserted
- If someone on the day trip is trained to insert the Dexcom CGM, then spares should be taken. If not ensure that you have enough fingerstick blood glucose testing equipment to last the duration of the trip
- Make sure you have a written treatment plan with you for both Hypoglyceamia and Hyperglyceamia

SECURITY SCANNERS

If wearing Dexcom G6 you can wear the sensor for the walk through metal detector but must not go through Advanced Imaging Technology (AIT) body scanners

If wearing Dexcom G7, you can go through both, walk through metal detectors and AIT body scanners

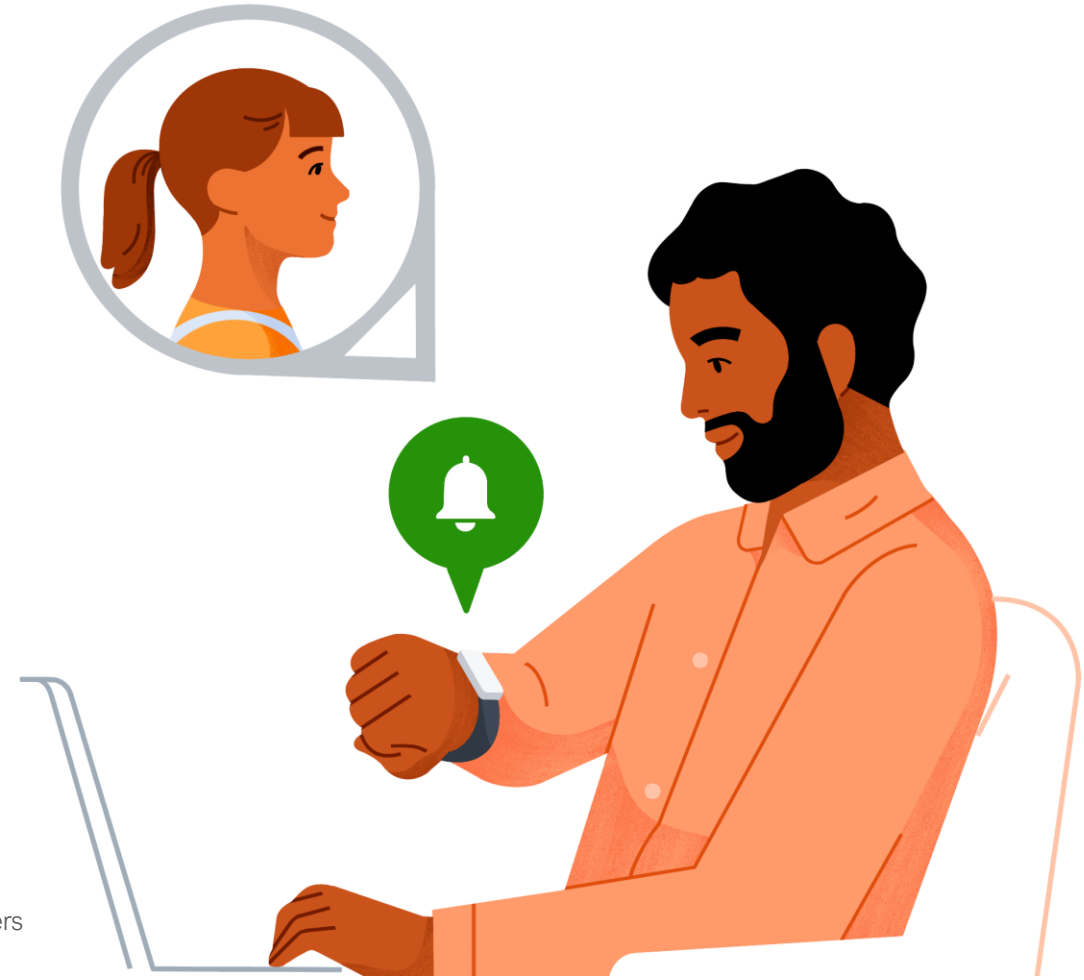
For further information on travelling with a Dexcom CGM system, please visit our website https://www.dexcom.com/en-gb/blog/tips-for-travelling-with-diabetes

DEXCOM SHARE*

The Dexcom G6 and G7 app (not receiver) have the built-in Dexcom Share feature, where up to 10 followers can monitor a resident's glucose from their smart device. †

Followers could be relatives or carers.

You will only get alerts to your follow app when the resident's transmitter is in range of the phone and the phone is transmitting to the cloud.



*This feature is available on the Dexcom G6 and Dexcom G7 system only
† Separate Dexcom Follow app and internet connection required. Internet connectivity required for data sharing. Users should always confirm readings on the Dexcom G6 app or receiver before making treatment decisions.

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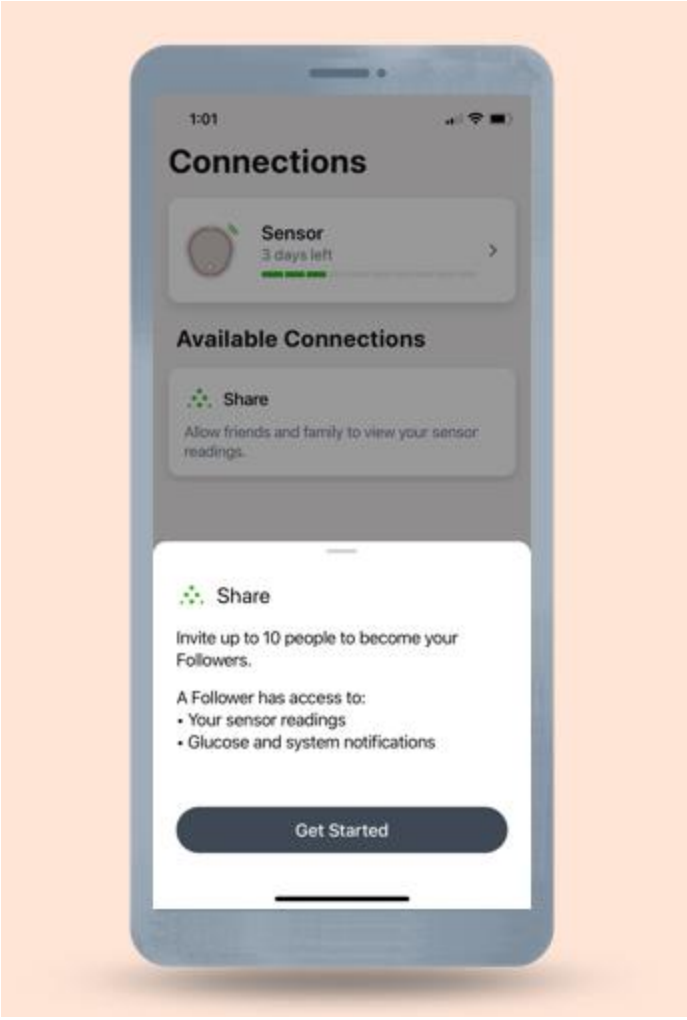
DEXCOM SHARE*

The resident wearing the Dexcom G6 or G7 is known as the Sharer. To share glucose information with Followers, the resident will need:

- The Dexcom G6 or G7 app on a compatible device† with internet connection‡

It would be advisable to use the residential setting Wi-Fi to use Dexcom Share.



*This feature is available on the Dexcom G6 and Dexcom G7 system only

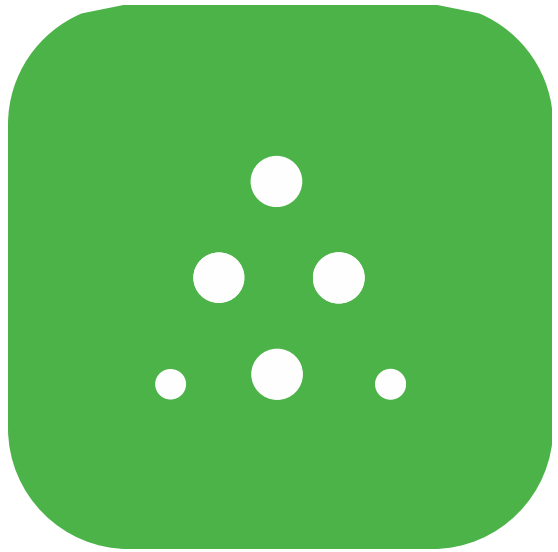
†For a list of compatible devices see: dexcom.com/compatibility

‡Separate Dexcom Follow app and internet connection required. Internet connectivity required for data sharing. Users should always confirm readings on the Dexcom G6 app or receiver before making treatment decisions.

DEXCOM FOLLOW*

To receive the resident's glucose information, Followers will need to install the Dexcom Follow app on a compatible smart device† and have internet connectivity. When someone is added as a Follower they will be sent an email with instructions.

Any diabetes treatment decision should be based on the resident's Dexcom G6 or G7, not information from the Dexcom Follow app.



Dexcom Follow App‡

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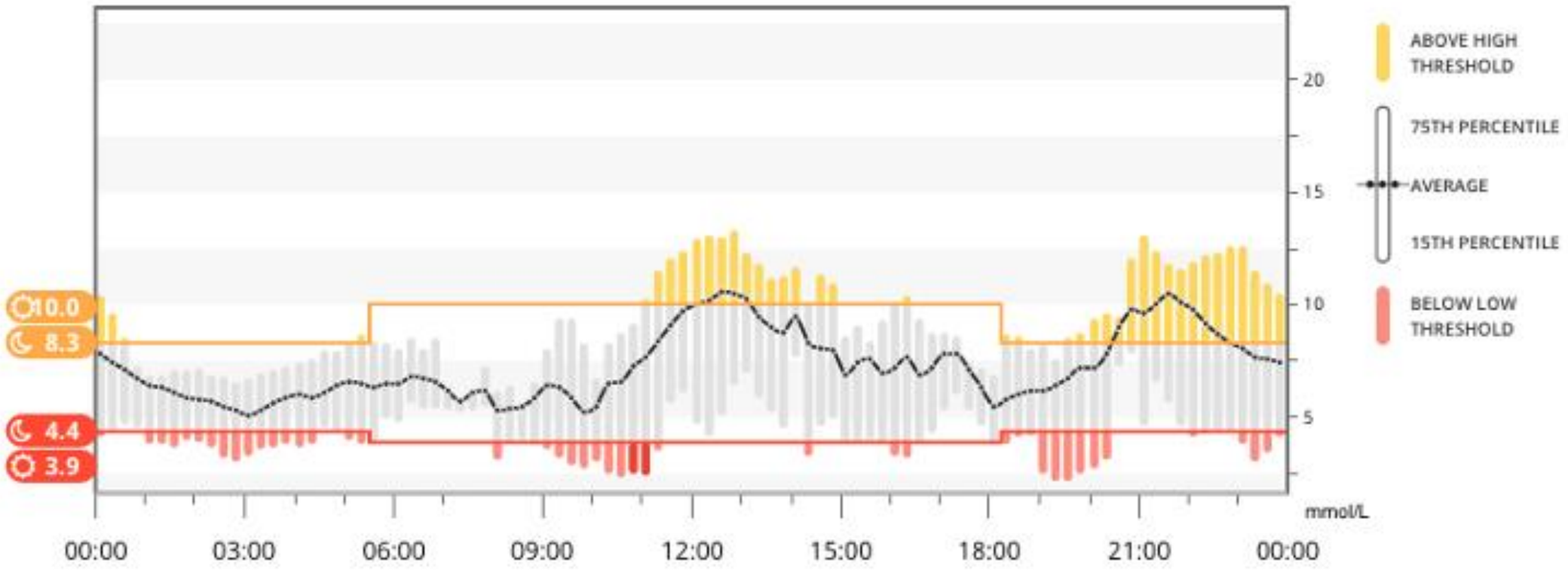
DEXCOM CLARITY

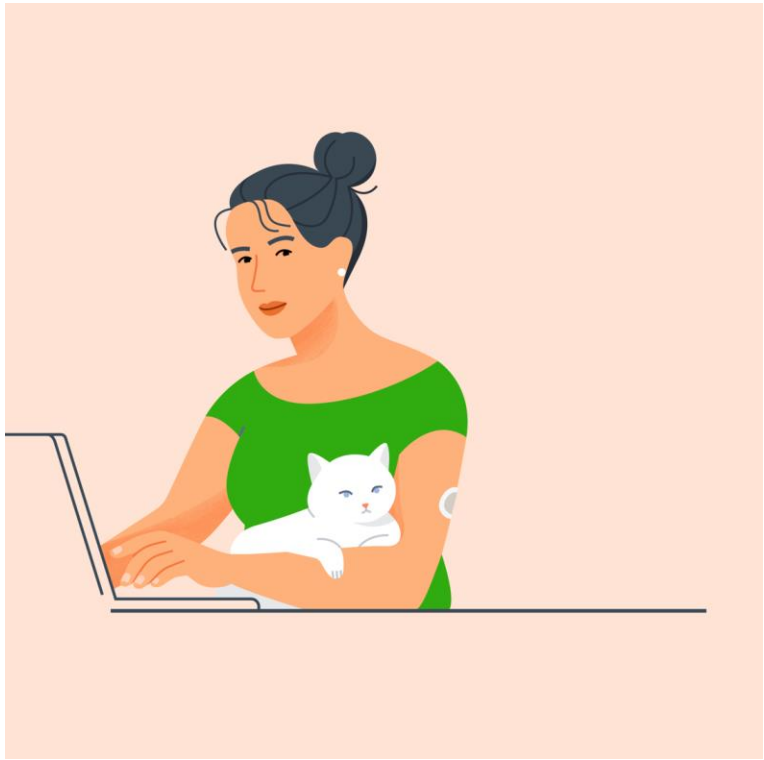


Dexcom

DEXCOM CLARITY

Dexcom Clarity* allows healthcare professionals and patients to access clinically relevant glucose patterns, trends and statistics via a range of interactive reports.

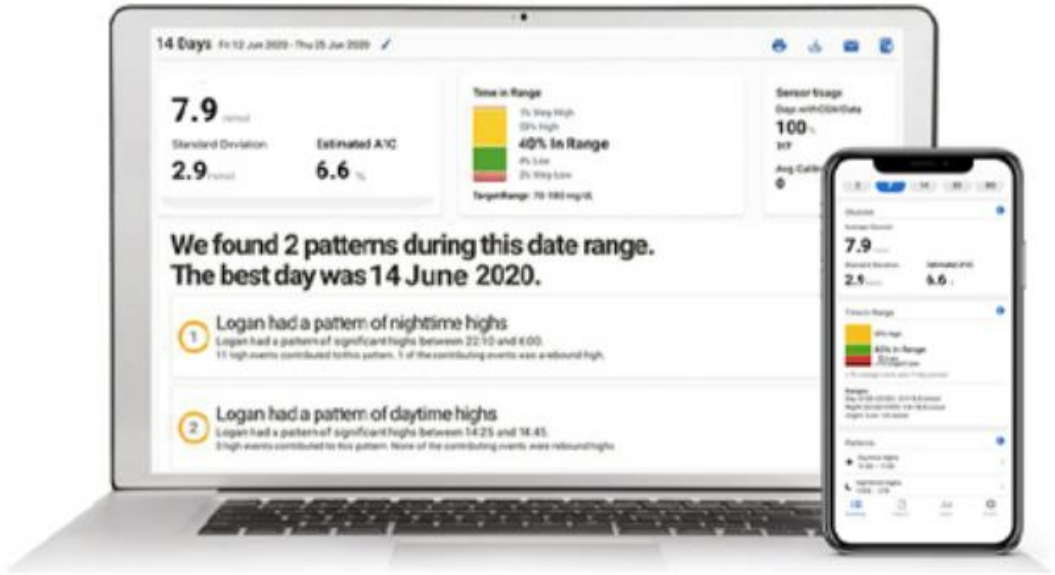
- Interactive reports can be viewed, saved and printed for discussion with the resident's diabetes clinician
- The clinic portal means that the data you upload either automatically via an app, or remotely via the receiver can be seen by the diabetes clinician
- For education videos on the different reports available and how to upload the receiver go to
    - G6 https://www.dexcom.com/en-ie/dexcom-g6-understand-your-diabetes-trends
    - G7 https://www.dexcom.com/en-ie/dexcom-g7-understand-your-diabetes-trend



*An internet connection is required for data sharing

DEXCOM CLARITY TECHNICAL REQUIRMENTS

- For app users to have automatic upload to clarity, there must be an internet connection
- Healthcare professional will only be able to view a patients glucose data if consent is given within the app and a share code from the HCP is entered
- If using a receiver then this needs uploading via a computer using the supplied green data cable
- Every trust has different requirements for software upload and you may need to ask permission to get the upload drivers installed



IS AN EMAIL ADDRESS REQUIRED ?

Resident has an email address

- If the resident has an email address which they can consent to being used, then use this to create them a clarity account
- If already using the app this will be the same as their login for their Dexcom account

Resident has no email address

- If the resident can consent to an email being set up then this could be done
- If the resident is considered a dependent then a caregiver and dependent accounts can be set up
- First the Care setting will need to create a primary clarity account. When dependents are added this will become a caregiver account. This account will need an email address to set up. This could be the home email or a specific person
- Once the main account is set up, dependents can be added that do not have email addresses.
- There is no limit to the number of dependent accounts that can be created per caregiver account

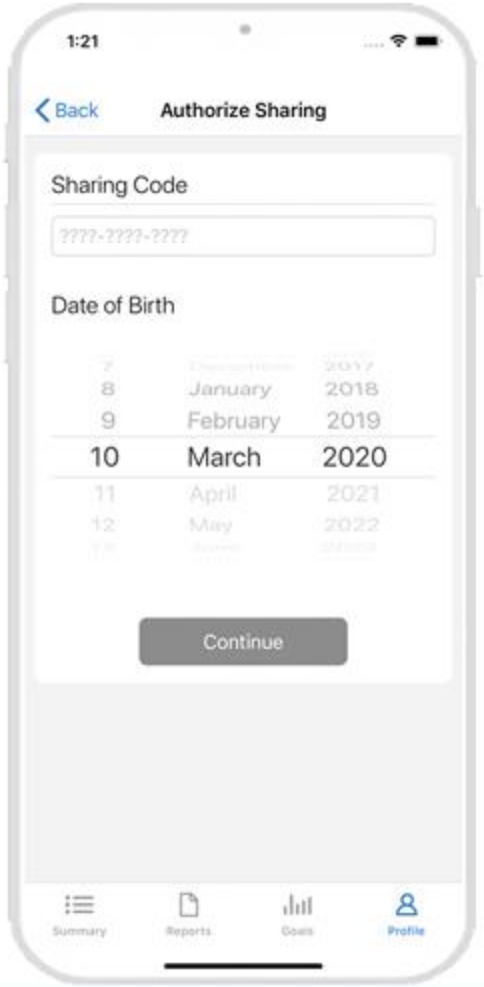
SHARING DATA

Share using the Dexcom CLARITY app

1. Log into the Dexcom CLARITY app with your Dexcom login.
2. Tap Profile > Authorize and follow instructions.

Share using the Dexcom CLARITY website

1. Log into Dexcom CLARITY online at clarity.dexcom.eu/share
2. Follow the onscreen instruction.



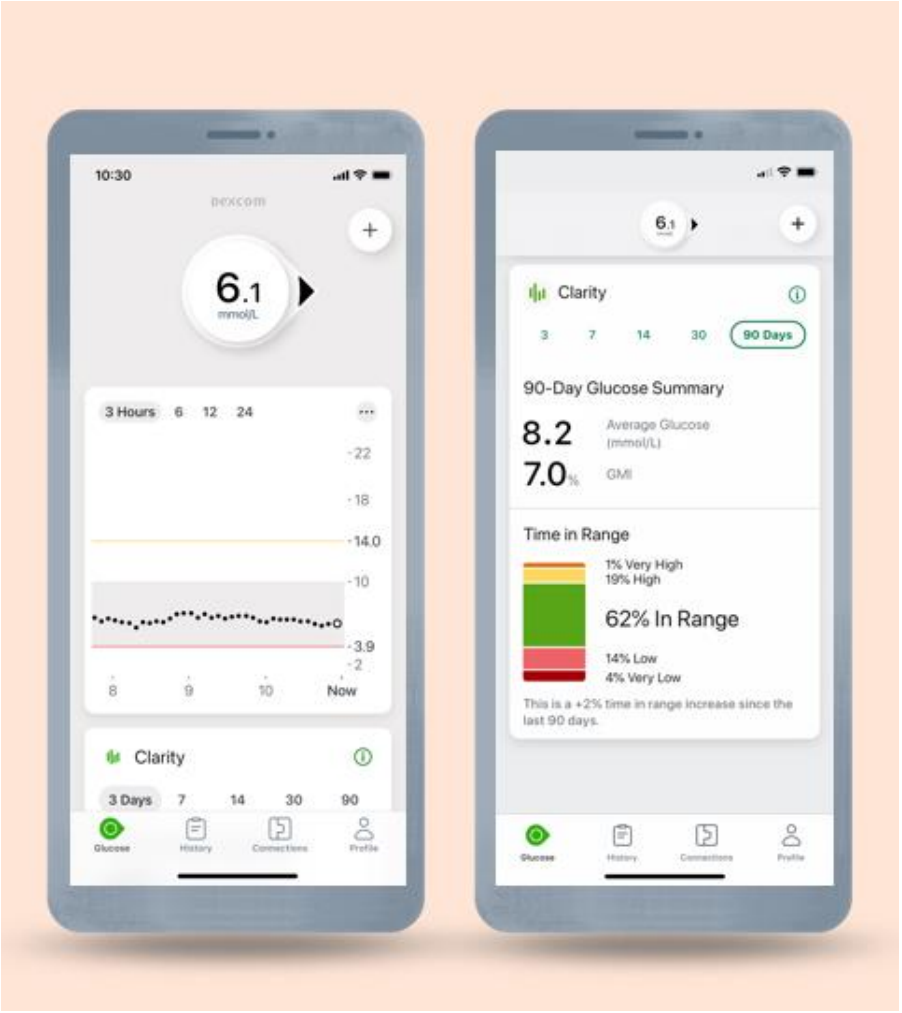
DEXCOM CLARITY CARD

In Dexcom G7 there is a Clarity card within the app

Scroll down in the Glucose tab to see the Clarity glucose summary reports.

The 3, 7, 14, 30, and 90-day reports show glucose changes over time using the information recorded in the app.

The Clarity Card will not be populated until there is at least 3 days of data. The GMI portion requires 12 days of readings to appear.



ADDITIONAL HELP

Additional support

Visit dexcom.com/learn to take advantage of training tutorials and resources where you can learn at your own pace and enhance your knowledge.

Technical Support Enquiries

Fill out a technical support request here.

UK 0800 031 5763
Ireland 1800 827 603

EVERY RESIDENT WITH DIABETES IS UNIQUE

If other issues come up regarding the resident and their CGM, speak to the main caregiver and adjust the diabetes management plan as needed.

This guide is for concept illustration only. Always read the indications, warnings, precautions, and instructions provided with your Dexcom G7 CGM System. If you don't you may have inaccurate sensor readings, missed alerts, and might miss a severe low or high glucose event.

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