

## DIABETES MANAGEMENT PLAN 2018

### APPENDIX FOR FREESTYLE LIBRE FLASH GLUCOSE MONITORING SYSTEM

Name of student: \_\_\_\_\_ Date of birth: \_\_\_\_\_

Name of school: \_\_\_\_\_ Grade/Year: \_\_\_\_\_

#### GENERAL INFORMATION:

Students may come to school wearing a Flash Glucose Monitoring (FGM) system. This technology is to support students and parents/carers and will be managed by parents/carers.

Teachers and school staff are not expected to do more than the current routine diabetes care. FGM provides information about trends in glucose levels but it will not affect the care activities indicated in the Diabetes School Action and Management plans.

While these devices provide additional information on glucose values and trends, they are not compulsory management tools.

FGM consists of a small sensor that is inserted into the upper, outer arm. The sensor tip sits under the skin, and measures glucose levels in the fluid surrounding the cells (interstitial fluid). The sensor measures glucose every minute and stores this glucose data every 15 minutes. When scanned, the sensor will provide the wearer with the most current glucose reading, a glucose trend arrow and data from the previous 8 hours.



**Sensor**



**Reader**

**Scanning the sensor**

The sensor reading can be obtained by scanning the reader 1-4cm over the sensor disc (as shown in the graphic above). This reading can also be taken through clothing.

Warning: This device does not have alarm settings, and will not automatically alert the wearer if the glucose reading is going low or high. The device will only give the wearer a glucose reading when the sensor disc is scanned.

## USE IN SCHOOL SETTING

Glucose readings from the FGM system can at times be different to finger prick blood results. This is more likely to occur during times of rapidly changing glucose levels (during eating, after insulin administration, during exercise)

Because of this, FGM **DOES NOT** replace finger prick blood glucose checks.

A blood glucose finger prick check should be performed

- To confirm a low sensor glucose reading (<4.0 mmol/L or 'LO') or trend arrow pointing straight down ↓
- To confirm a high sensor glucose reading (≥15.0 mmol/L or 'HI') or trend arrow pointing straight up ↑
- If the student is planning to administer insulin as a bolus (either injection or insulin pump)
- Before lunch, or as additionally indicated on the Diabetes School Management Plan
- Before physical activity
- Any time the student feels unwell

**Follow *Diabetes Action Plan* according to finger prick blood glucose result.**

### ADDITIONAL INFORMATION:

- Diabetes management continues as per Diabetes School Action and Management Plans
- Approved for use in those aged 4 -17 years, under adult supervision
- The reader can also be used as a manual blood glucose meter or blood ketone meter. It is compatible with Freestyle Optium strips
- A parent/carer is responsible for making sure that the reader is charged. A fully charged reader battery should last for 7 days
- A parent/carer is responsible for changing the sensor site
- If the sensor attached to the student falls out, school staff are requested to keep in a safe place, to either be taken home by the student or collected by the parent/carer
- The sensor is water resistant for 30 minutes in up to 1 meter of deep water
- **Parents /carers are the primary contact for any questions regarding Flash Glucose monitoring use**

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