

1 **To Libre or not to Libre,
that is the question!**

1 Geena Eglin, PharmD

2 PGY1 Community Pharmacy Resident

2 **Disclosures**

- I have nothing to disclose.

3 **Objectives**

4 **Question**

5 **QUESTION:**

6 **Continuous Glucose Monitoring (CGM)**

7 **CGM Components**

8 **CGM Mechanism**

9 **CGM Value**

10

11 **Patients to Consider CGM**

12

13 **Coverage Criteria**

14 **Personal CGM Selection**

15 **Therapeutic Dosing**

16 **ACCURACY TRIALS**

17

18 **Clark Error Grid**

19

20 **CGM FOR OUR PATIENT**

21 **Clinic Patient**

22 **Freestyle Libre System**

23 **Routine Scanning**

24 **Scanning to Assess Glucose Control**

25 **GLUCOSE TREND ARROWS**

26

27 **Utilization of Trend Arrows**

Patients should become comfortable with the general application of CGM data and learn how their body responds to various meals and physical activity before adjusting insulin based on trend arrows

28 **Glucose Trend Arrow**

- Indicates which direction your glucose is going

29 **Interpreting Trend Arrows**

- Arrows used as a tool to impact treatment decisions

30 **General Considerations**31 **INCORPORATING TREND ARROWS**32 **Incorporating Trend Arrows**33 **Mealtime Insulin Calculation**34 **Pre-Meal Corrections**35 **Question #1:**

A 35 year-old man with Type I DM is about to eat a meal with 45 g of carbohydrate. His sensor glucose value is 164 mg/dL and an angle upward arrow is present. He determines 4.5 units are needed for this meal and 1.1 units for correction. How much insulin should be administered?

36 37 **Question #2:**

A 52 year-old woman with Type I DM scans her sensor before leaving work and sees a glucose value of 194 mg/dL and a straight down arrow. It has been 5 hours since her last meal. She determines 3.7 units would be needed to correct for high glucose. How much insulin should be administered?

38 39 **Post-Meal Corrections**40 **Post-Meal Corrections**41 **Pre-Exercise**42 **Question #3:**


A 26 year-old man with Type I DM is planning to walk 3 miles within 1 hour he scans his sensor and sees a glucose value of 128 mg/dL and a flat trend arrow. How should he proceed with exercising?

43 44 **Key Points**45 46 **CE Credit**

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