

# Integrating Diabetes Technology Into Everyday Management

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# Disclosures

None

# Objectives

- Summarize common diabetes technologies and their benefits for people living with diabetes.
- Devise a plan to integrate diabetes technology into the primary care setting that includes shared decision-making, diabetes education, prescribing, coding/documenting, and follow-up.
- Discuss available diabetes technology resources for the provider and for the person living with diabetes.

# Technology: Why Bother?

- Less clinical inertia—can help pinpoint where and how to make an intervention
- Empowered patients—they learn how their body reacts
  - Medicare study just finished showing reduction in A1C using CGMS without any medication.
- Improved Glycemic Control: Real-time monitoring enables quicker actions to prevent acute hyperglycemia and hypoglycemia. Personalized alarms improving safety.
- Reduced Burden: Technology simplifies diabetes management, helping to avoid burnout by reducing the need for manual calculations and logging. Be mindful of alarm fatigue with settings. Adjust goals (temporarily) to reduce.
- Personalization and Education: Tools allow for individualized, data-driven treatment plans tailored to the patient's lifestyle and habits. AI is being integrated into smart phone apps to help guide patients.
- Remote Care and Connectivity: Facilitates sharing data between patients and providers, enhancing the continuity of care and enabling timely,
- Remote adjustments, especially for older adults.
- Safety and Insights: Early adoption of technology (e.g., in Type 1) is strongly encouraged to manage blood sugar levels effectively, with real time data.

# Summarize common diabetes technologies and their benefits for people living with diabetes.

## Key Diabetes Technologies

- **Continuous Glucose Monitors (CGMs):** These are small wearable sensors that measure sugar levels in fluid under the skin every few minutes. They replace frequent finger pricks and track "time in range," which is the percentage of time a person stays in their healthy blood sugar target. Most have alerts for hyper and hypo glycemia

# Summarize common diabetes technologies and their benefits for people living with diabetes.

## Key Diabetes Technologies

- **Smart Insulin Pens:** These connected pens record the exact dose and time of insulin injections. They sync with smartphone apps to alert users about missed doses or suggest correction amounts.
- **Automated Insulin Delivery (AID):** Also called closed-loop systems, these setups use an algorithm to connect a CGM and an insulin pump. They automatically adjust insulin delivery based on real-time sugar readings.

**Devise a plan to integrate diabetes technology into the primary care setting that includes shared decision-making, diabetes education, prescribing, coding/documenting, and follow-up.**

### **Shared Decision-Making**

- **Assess readiness:** Ask patients about their current glucose monitoring habits and frustration levels with fingersticks or daily injections.
- **Review options:** Introduce Continuous Glucose Monitors (CGMs), smart insulin pens, or insulin pumps using visual aids.
- **Align goals:** Match the device features to the patient's lifestyle, dexterity, and tech comfort level.

### **Diabetes Education**

- **If CDCES is not available in your area...**
- **Define roles:** Train a dedicated medical assistant or nurse to handle initial device application and app pairing, or uploading.
- **Teach the basics:** Show patients how to view basic trends, such as Time in Range (TIR) on their smartphone or reader.
- **Provide resources:** Give patients quick-start guides and customer support numbers for the device manufacturer.

## Discuss available diabetes technology resources for the provider and for the person living with diabetes.



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### Find and Compare US Diabetes Tech Devices



**Find & Compare Insulin Delivery Devices**

Filter by CGM compatibility, algorithm type and more to find the right device, fast.

**COMPARE DEVICES →**



**Find & Compare CGMs**

Filter by sensor duration, warm-up time and more to find the right CGM, fast.

**COMPARE CGMS →**



**Find & Compare Apps & Platforms**

Filter by intended user, app category and more to find the right fit, fast.

**COMPARE APPS →**

<https://www.adces.org/education/danatech> **danatech** is a free online platform created by the [Association of Diabetes Care & Education Specialists \(ADCES\)](#) to help healthcare professionals navigate and use diabetes technology.

# Technology is not for everyone!

## Financial Cost and Insurance

- **High prices:** Continuous glucose monitors (CGMs) and insulin pumps have expensive upfront and ongoing supply costs.
- **Insurance stress:** Dealing with insurance companies creates a frustrating barrier to getting covered supplies. Organizations like the [American Diabetes Association](#) note that financial strain causes many people to delay or skip getting devices.

## Physical Discomfort

- **Skin issues:** Adhesives can cause rashes, irritation, or allergic reactions on the skin.
- **Constant alarms:** Frequent device alarms disrupt sleep and daily life, leading to alarm fatigue.
- **Body image:** Wearing visible medical devices can make some people feel self-conscious.

## Mental and Emotional Burden

- **Diabetes burnout:** Constantly looking at numbers and data can make people feel overwhelmed.
- **Too much information:** Devices demand constant attention, which can increase anxiety instead of reducing stress.

## Healthcare Provider Bias and Gaps

- **Doctor assumptions:** Some healthcare providers assume certain patients cannot handle complex devices due to bias. If possible refer pt to CDCES for an evaluation after you discuss topic and benefits with the patient.
- **Lack of training:** Getting a device without proper education makes the technology confusing and hard to use.

# Resources



- danatech is a free online

**danatech** is a free online platform created by the [Association of Diabetes Care & Education Specialists \(ADCES\)](#) to help healthcare professionals navigate and use diabetes technology.

- <https://www.adces.org/education/danatech>

- ADA consumer guide to technology

<https://consumerguide.diabetes.org/>

- Company web sites – virtual demo

- [Diabetes Forecast Consumer Guide](#)

# References

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# Questions?