

# Understanding and Acting on Continuous Glucose Monitoring (CGM) Data

Continuous glucose monitors generate a significant amount of actionable glucose data that aids the clinician and person with diabetes in determining adjustments in their treatment plan. Approaching the data in a systematic manner helps synthesize the information more efficiently. International consensus recommendations were created to guide clinicians and people with diabetes to collaboratively assess clinical targets and outcomes.<sup>1</sup>

## What are the target ranges for glucose from CGM systems?

METRIC	TARGET FOR MOST PEOPLE WITH DIABETES	TARGET FOR OLDER/HIGHER RISK PEOPLE WITH DIABETES
CGM use	Use for a minimum of 14 days CGM is active 70% of time	Use for a minimum of 14 days CGM is active 70% of time
Average Glucose (Glucose Management Indicator, or GMI)	GMI <7%	GMI <8%
Time in Range	>70% of time at 70-180mg/dl or for 17 hours/day	>50% of time at 70-180mg/dl or for 12 hours/day
Time Below Range	<4% of time or no more than 1 hour per day at <70mg/dl  <1% of time or 15 minutes per day at <54mg/dl	<1% or 15 minutes per day at <70mg/dl
Time Above Range	<25% of time or 6 hours per day at >180mg/dl  <5% or 1 hour per day at >250mg/dl	<10% of time or 2.5 hours per day at 250mg/dl
Glucose Variability	≤36% Coefficient of Variation	≤36% Coefficient of Variation

**Reference: 1.** Battelino, Tadej, et al. "Clinical targets for continuous glucose monitoring data interpretation: recommendations from the international consensus on time in range." *Diabetes care* 42, no. 8 (2019): 1593-1603.

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## What are the KEY Discussion Points for AGP review with the person with diabetes?



### DISCUSSION POINT:

Is there enough data to review?



### KEY MESSAGE:

Ideally 14 or more days with CGM active >70% of time



### SUGGESTED ACTION:

Discuss potential barriers to wearing CGM. Encourage short-term more intense data gathering, documenting events/notes in the CGM app or device.



### DISCUSSION POINT:

What is the average glucose?



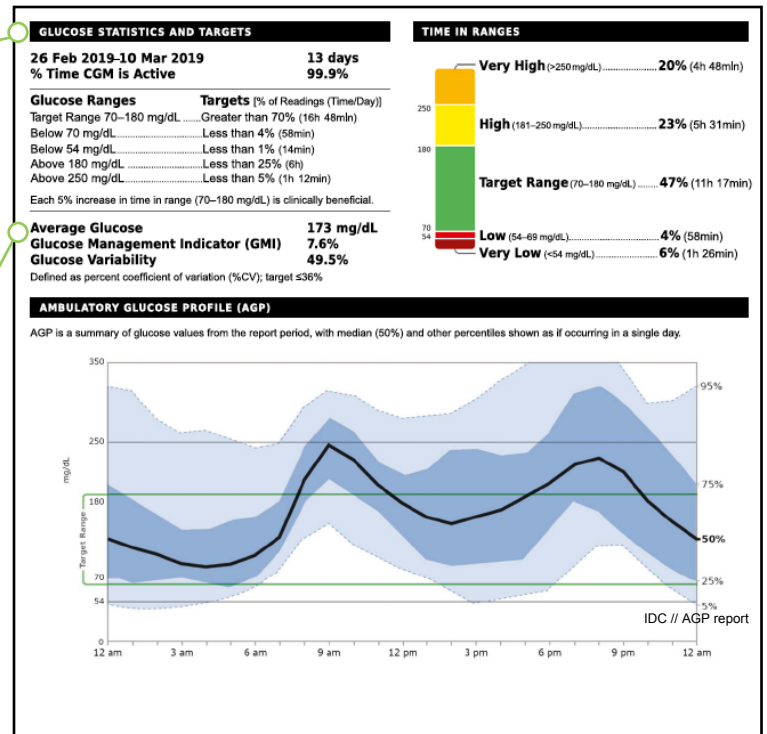
### KEY MESSAGE:

The GMI, or glucose management indicator, is an estimate of average glucose or A1c.



### SUGGESTED ACTION:

Discuss GMI goal for the individual and how their result compares.



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## What are the KEY Discussion Points for AGP review with the person with diabetes?



### DISCUSSION POINT:

What percent of readings are below, in, and above the target range?



### KEY MESSAGE:

Focus on hypoglycemia first if present.



### SUGGESTED ACTION FOR TIME BELOW RANGE:

Review activity, meals, alcohol intake, medications to determine most likely cause.



### SUGGESTED ACTION FOR TIME IN RANGE:

Congratulate them for achieving in range values. Ask them for their insights. Reinforce personalized goal.



### SUGGESTED ACTION FOR TIME ABOVE RANGE:

Determine if the high glucoses are fasting or post meal. Then determine what action is needed.



### DISCUSSION POINT:

What is the median curve shape and IQR Interquartile Range (25-75%) width?



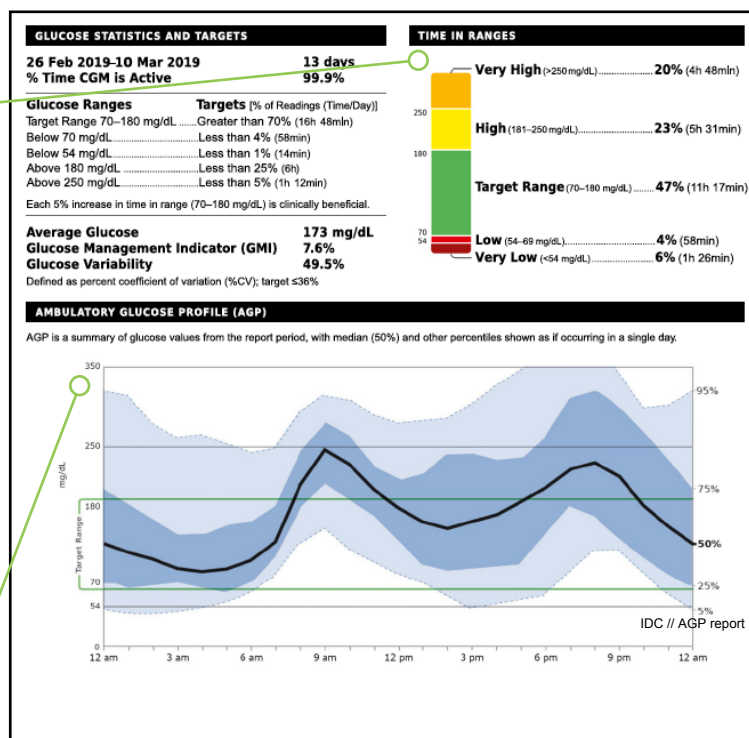
### KEY MESSAGE:

Step up and down versus moderate up and down versus flat reflects amount of variability. Possible reasons for variability include, but are not limited to, excess carbohydrate intake.



### SUGGESTED ACTION:

Review median curve to identify patterns.



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