

school health team guide

G7





welcome

Welcome to the **Dexcom Continuous Glucose Monitoring (CGM) School Health Team Guide**.

The purpose of this guide is to define CGM, explore the differences between CGM and a blood glucose meter (meter), and explore how you might use CGM.

This guide is for concept illustration only. For detailed instructions on how to use the Dexcom G7 Continuous Glucose Monitoring (CGM) System, refer to the User Guide. All images are representational.

Find the user guide at: dexcom.com/guides

school health team guide

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

- The different types of written care plans
- How a diabetes medical management plan relates to CGM
- The Dexcom G7 CGM Systems
- The difference between CGM and a meter
- How you may use CGM to help a student



Dexcom G7 is indicated for ages two years and older

written care plans*

The American Diabetes Association (ADA) recommends the best way to make sure students with diabetes get the care they need and are treated fairly is to put in place written plans. A Diabetes Medical Management Plan (DMMP), or doctor's orders, is the basis for a Section 504 Plan or Individualized Education Program (IEP) accommodations plan. Accommodations plans should be written by a school team that includes parents, school staff, and, often, the student.

Diabetes Medical Management Plan (DMMP): Lays out the specific diabetes needs of a child.

Section 504 Plan: Sets out an agreement to make sure the student with diabetes has the same access to education as other children.

Individualized Education Program (IEP): More specific and focused than a 504 Plan detailing the student's academic current level of functioning, needs, supports, and goals.

DMMP*

The Diabetes Medical Management Plan (DMMP) prescribes the health care provider orders for all diabetes care provided in the school setting. This individually developed plan is developed and signed by the student's diabetes provider. The DMMP is the basis for all the health care and education plans designed to meet the needs of students with diabetes.

*<https://diabetes.org/advocacy/safe-at-school-state-laws/training-resources-school-staff>





Choice of display device

A compatible smartphone* or receiver displays readings up to every 5 minutes.

Applicator

Inserts the sensor with the push of a button. Easy, painless application.^{†1}

Sensor

Measures glucose levels under the skin and sends data to the Dexcom G7 app or receiver.

* Smart device sold separately. For a list of compatible devices: dexcom.com/compatibility †Patients reported that 94% of Dexcom G7 sensor insertion was painless (mild, no discomfort)
1. Dexcom G7 User Guide, 2023.

display devices: pumps and watches

Your student may view their real-time glucose data using a display device other than the Dexcom G7 app or receiver. The Dexcom G7 supports real-time glucose monitoring on compatible smartwatches and integrates with select insulin pump systems. With the direct to watch feature, glucose readings can appear on a supported smartwatch even when a smartphone is not present.*

*Compatible smartphone is required to pair a new sensor with a compatible Apple Watch.



smart device* use

If the student uses a smart device, it will need to always be with them, and the volume will need to be loud enough to hear alerts.

The DMMP should outline the use of the smart device in a school setting.

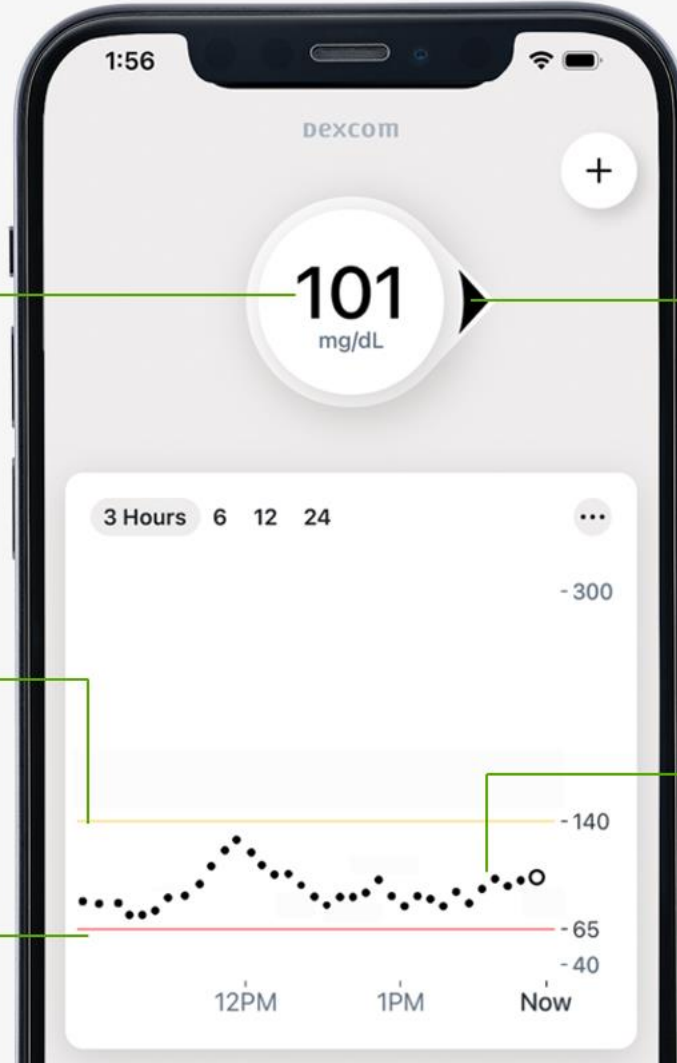


*For a list of compatible devices see: dexcom.com/compatibility

glucose tab and trend arrows

Current Glucose:

Shows where the student's glucose is now



Trend Arrow:

Shows a student's glucose speed and direction of change

STEADY



SLOWLY RISING OR FALLING



RISING OR FALLING



RAPIDLY RISING OR FALLING



High Alert Level:

The student will be alerted when glucose rises above this customizable level

Low Alert Level:

The student will be alerted when glucose falls below this customizable level

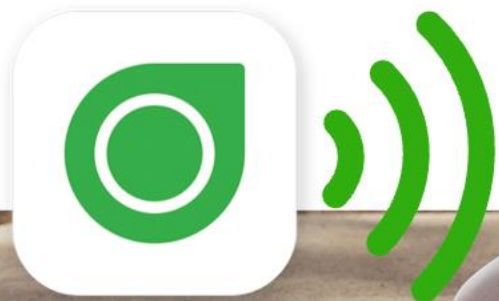
Trend Graph:

Shows a student's glucose over the past 3 hours

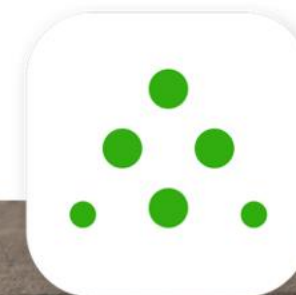
share and follow

The Dexcom G7 app has a share feature, where followers can monitor a student's glucose from their smart device. Followers can be parents, spouses, grandparents, caregivers or even you.

*Internet connectivity required for data sharing. Following requires the use of the Follow app. Followers should always confirm readings on the Dexcom G7 app or receiver before making treatment decisions. For a list of compatible devices visit dexcom.com/compatibility.



Dexcom G7 app



Dexcom Follow app



The student wearing the Dexcom G7 is called the **Sharer**. To share their glucose information with Followers, the student must use the Dexcom G7 app and have an internet connection.

The person viewing the student's glucose information* is the **Follower**. Followers need to have the Dexcom Follow app[†] and an internet connection. When a Follower is added, they will receive an email with setup instructions.

*Any diabetes treatment decision should be based on the student's Dexcom app, not information from the Dexcom Follow app.

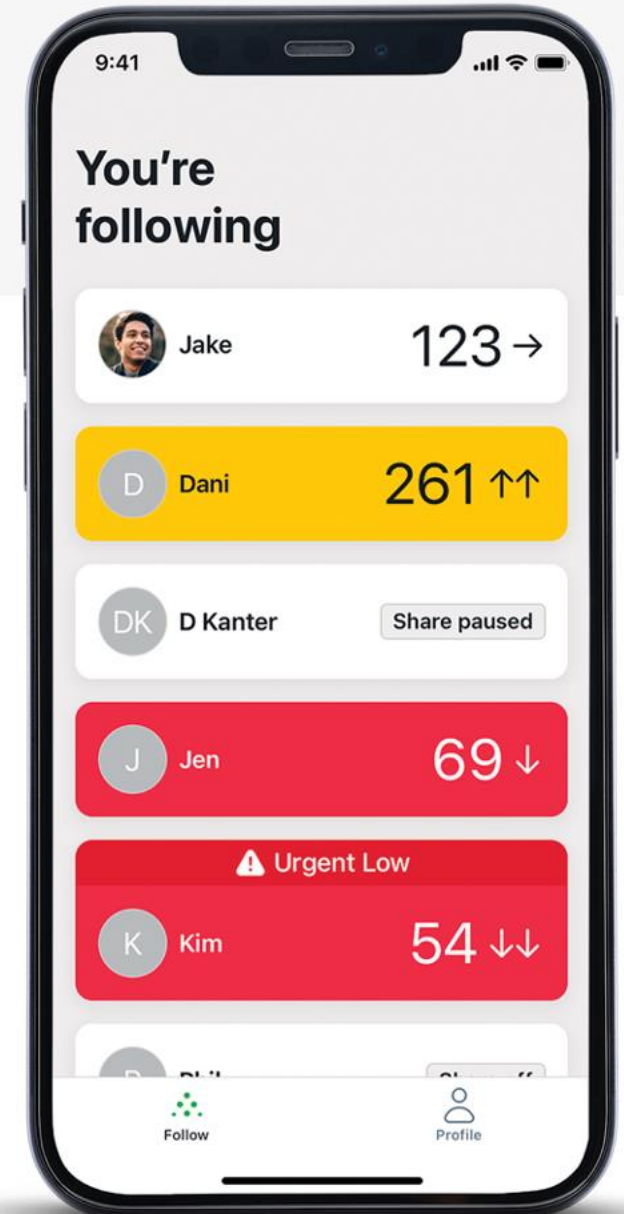
[†] Separate Dexcom Follow app and internet connection required. For a list of compatible devices see: dexcom.com/compatibility

remote monitoring

American Diabetes Association Data Considerations Remote Monitoring*

Remote monitoring by school staff while the student is at school adds an extra layer of supervision for diabetes management. The utility and need for school nurses and trained school staff to remotely monitor should be individualized for each student based on their age and unique circumstances. The DMMP orders should indicate if remote monitoring is recommended or medically necessary.

[*diabetes.org/sascgm](https://diabetes.org/sascgm)



Remote monitoring

For school nurses who do plan to remotely monitor a student's CGM, the ADA recommends the following:*

- The school/school district or parent should provide a device (e.g., tablet) to link to the CGM sharing app for the student's system in accordance with the student's DMMP/provider's orders. School nurses and trained school staff generally should not be expected to use their personal device to follow students.
- School nurses and trained school staff can follow multiple students on one device using respective applications associated with each device.
- The school district and parent should discuss expectations for CGM remote monitoring during the school day. Specifically, what alarms will be set on the school device, who will be remotely monitoring the student, the response to alarms, timing of remote monitoring, and delineating actions/communication to be taken in response to alerts and/or blood glucose trends. This may be included in the 504 Plan/IEP.

CGM in school

Students may come to see you for a variety of reasons regarding their CGM.

The next few screens explore how you may use CGM in a school setting.



treatment decisions

A student may come to you to treat a low or high glucose level. Dexcom G7 can be used to make treatment decisions such as eating for a low glucose level or dosing insulin for a high glucose level. Base treatment decisions (like eating or dosing insulin) on the student's DMMP.

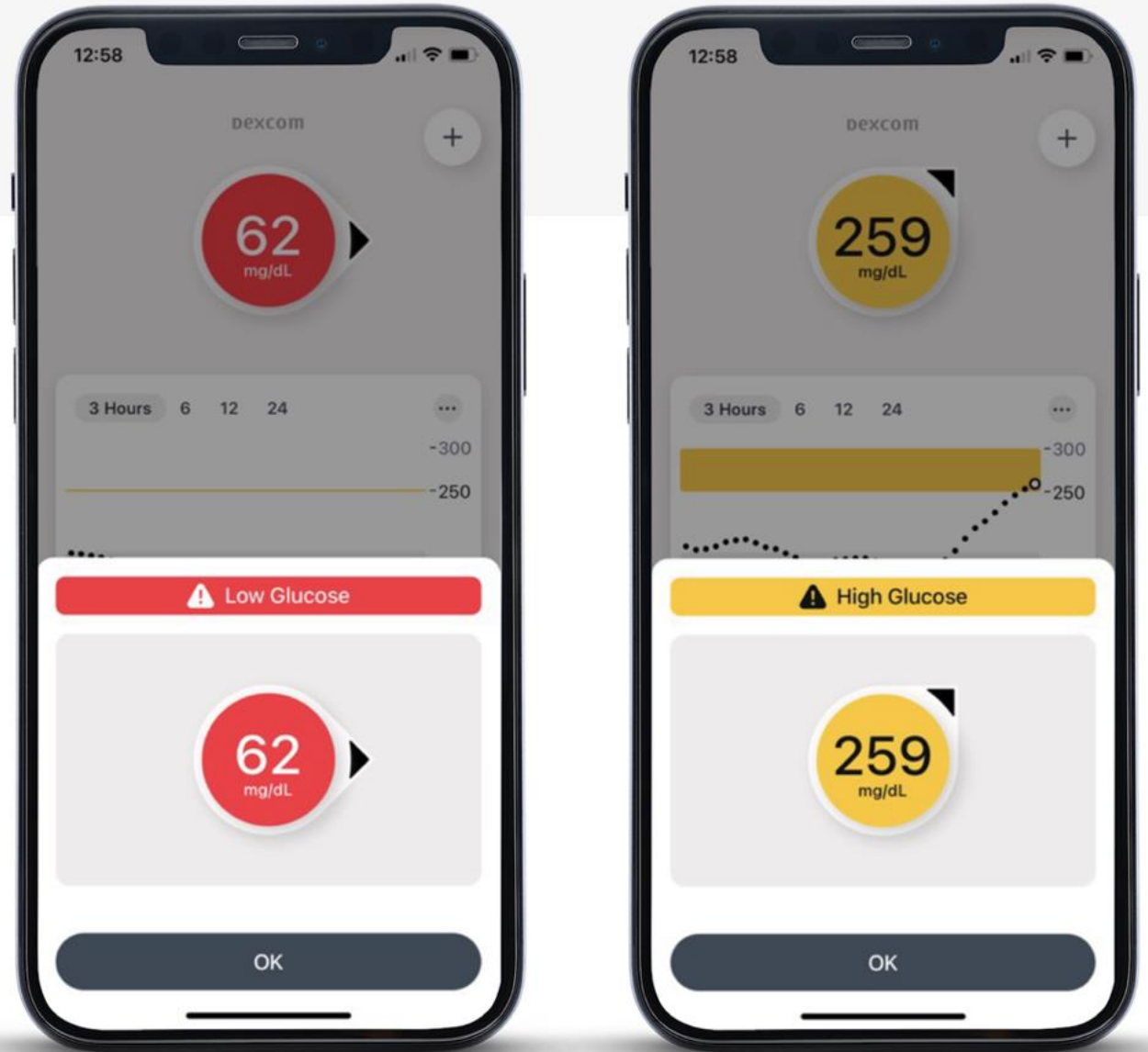
Always, use a blood glucose meter reading to make a diabetes treatment decision:

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

low and high alerts

Each student will have customizable low and high glucose alert settings.

Based on these individualized alert settings, the display device will vibrate or sound.



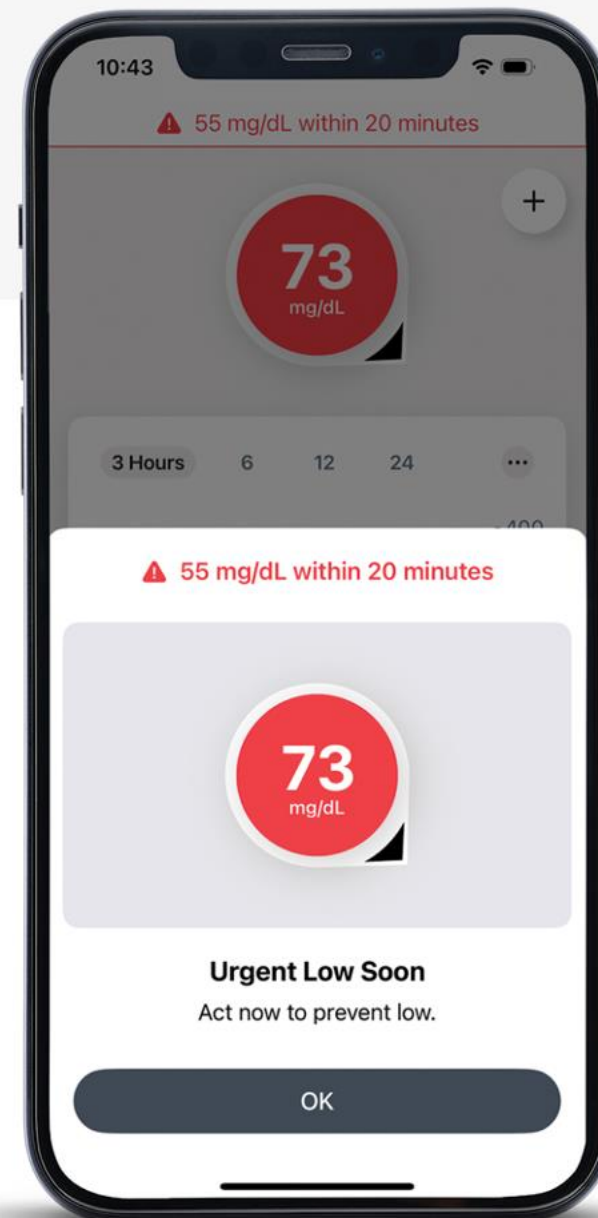
urgent low soon alert

The Urgent Low Soon Alert sounds when a student's glucose level will be 55 mg/dL or less within the next 20 minutes.

Depending on how quickly the student will be at 55, 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

This alert can be turned on or off in settings.

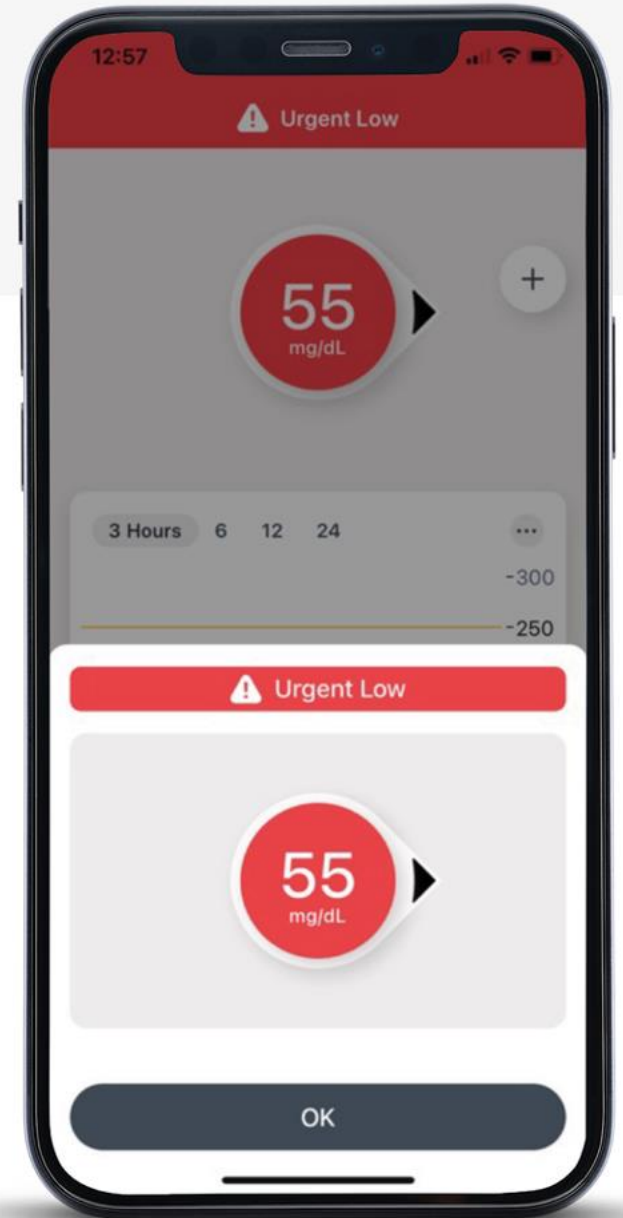


urgent low alert

There is also the Urgent Low that lets you know when the student's sensor glucose is at or below 55 mg/dL.

Urgent low can't be changed or turned off.*

* This setting can be silenced for up to 6 hours if the Silence All feature is used.

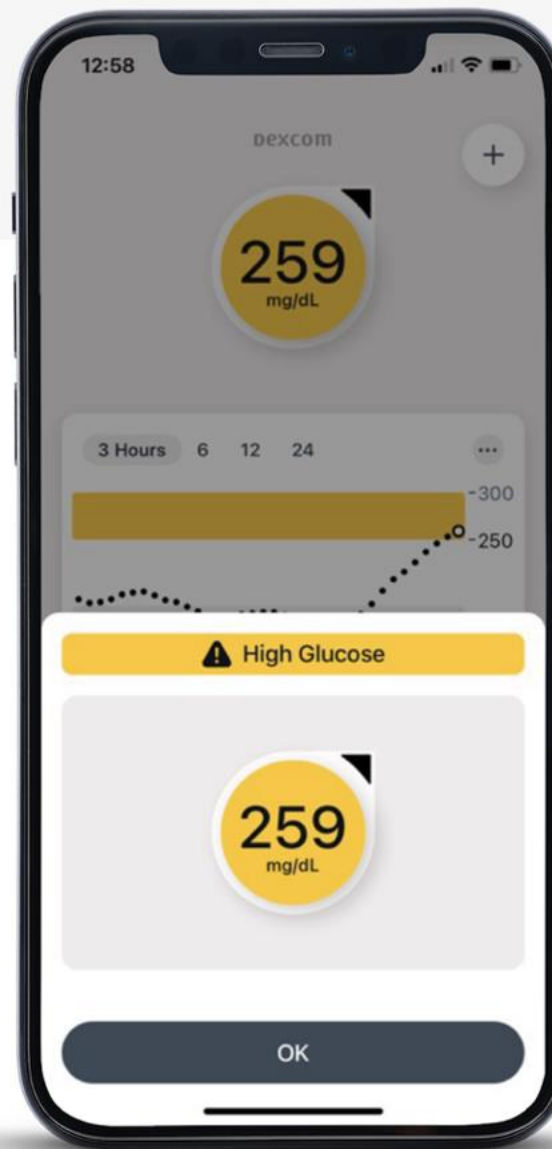


responding to alerts

Based on the DMMP a student may come to you to help respond to alerts.

The steps you should take are:

- Go into the Dexcom G7 app on the student's smart device
- Tap **OK** to clear the alert
- Take action based on the glucose information shown in the Dexcom G7 app and the student's treatment plan



sensor insertion



You may need to help a student with sensor insertion. Sensor insertion should be outlined in the DMMP.

Find sensor insertion videos at:
dexcom.com/training-videos



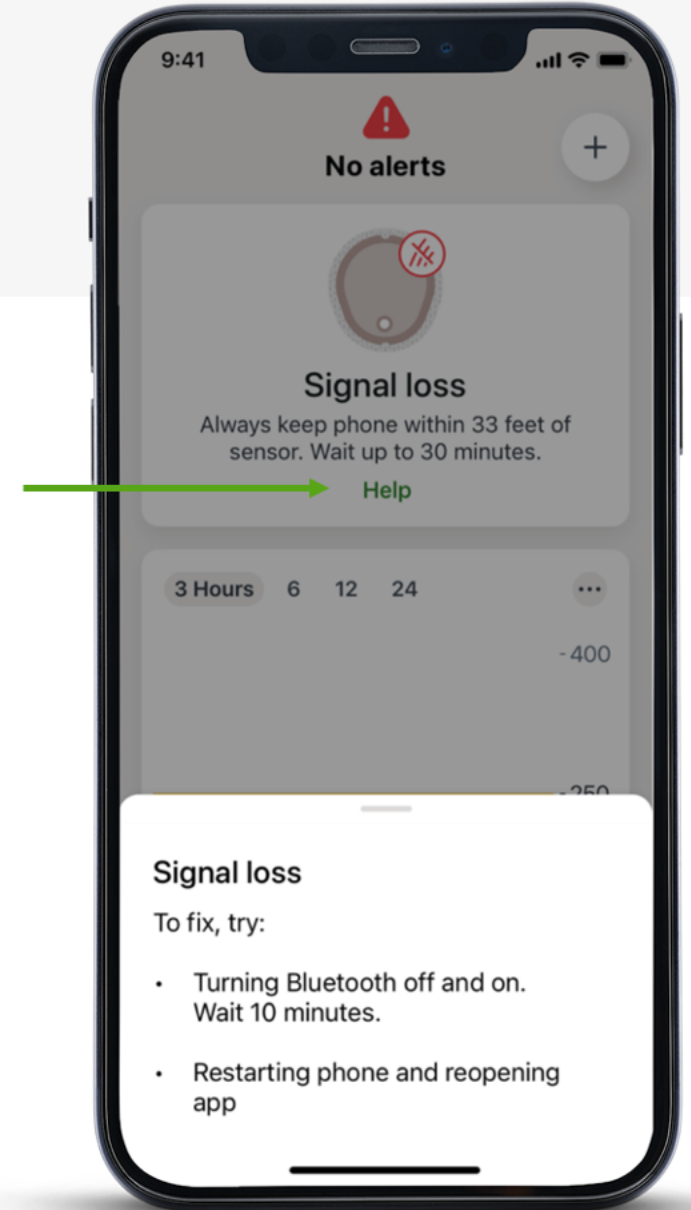
Dexcom G7 sensors may be inserted on the back of the upper arm (ages 2 years and older) or the upper buttocks (ages 2-6 years).

troubleshooting

A student may come in for help with a screen they have never seen before.

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

For troubleshooting tips, tap **Help** for more information or see dexcom.com/faq



every student is unique

If other issues come up regarding the student and their CGM, speak to the main caregiver and adjust the DMMP as needed.





additional resources

**Call the Dexcom Technical Support Team,
24 hours, 7 days a week.**

Toll Free: **1-888-738-3646**
or visit dexcom.com/faqs

**Search online for the American Diabetes Association's
Safe at School[®] resources – including a DMPP template**



**For additional CGM school
and camp resources visit
glucosetech.com/school-and-camp**

This guide is for concept illustration only. For complete instructions, read the indications, warnings, precautions, and instructions provided with your Dexcom G7 CGM System.

BRIEF SAFETY STATEMENT: Failure to use the Dexcom Continuous Glucose Monitoring System and its components according to the instructions for use provided with your device and available at <https://www.dexcom.com/safety-information> and to properly consider all indications, contraindications, warnings, precautions, and cautions in those instructions for use may result in you missing a severe hypoglycemia (low blood glucose) or hyperglycemia (high blood glucose) occurrence and/or making a treatment decision that may result in injury. If your glucose alerts and readings from the Dexcom CGM do not match symptoms, use a blood glucose meter to make diabetes treatment decisions. Seek medical advice and attention when appropriate, including for any medical emergency.

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