



dexcom | G5[®]
mobile

School Nurse Guide

Introduction

Welcome to the **Dexcom G5[®] Mobile Continuous Glucose Monitoring (CGM) School Nurse 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 as a school nurse.



Guide Goals

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

- What a 504 plan is
- How a 504 plan relates to CGM
- The Dexcom G5 Mobile system
- The difference between CGM and a meter
- How you may use CGM to help a student

What is a 504 Plan?

A 504 plan is a plan developed to meet the requirements of Section 504 of the Rehabilitation Act of 1973. According to the American Diabetes Association: A 504 plan sets out the actions the school will take to make sure the student with diabetes is medically safe, has the same access to education as other children, and is treated fairly. It is a tool that can be used to make sure that students, parents/guardians, and school staff understand their responsibilities and to minimize misunderstandings¹.



1. <http://www.diabetes.org/living-with-diabetes/parents-and-kids/diabetes-care-at-school/written-care-plans/section-504-plan.html?referrer=https://www.google.com/#sthash.eMGPEUbZ.dpuf>

504 Plan Possible Contents

Each 504 plan should be tailored to the needs, abilities and medical condition of the student, but for example can include:

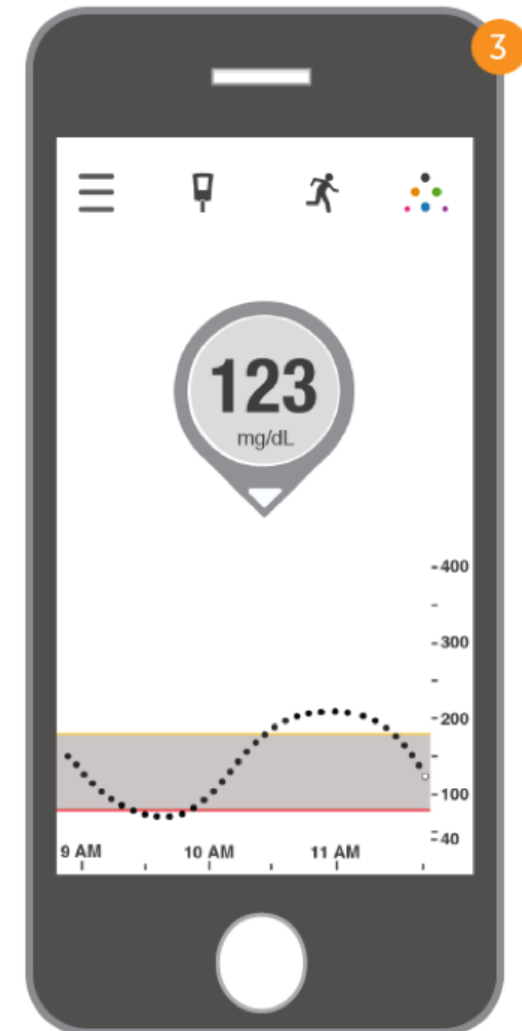
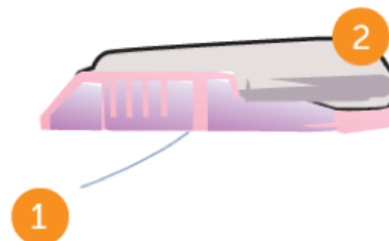
- Identify trained diabetes personnel
- Times when trained diabetes personnel will be available
- Description of training
- Level of self-care
- Descriptions of diabetes tasks to be performed by trained diabetes personnel
- Immediate access to diabetes supplies and equipment
- Unrestricted access to snacks, water and bathroom
- Adherence to care schedule (blood glucose testing, insulin administration)
- Medication and insulin therapy plan
- Low and high glucose treatment plan
- Sick day management
- When to call the main caregiver (Mom/Dad/Guardian)
- CGM Information
- Use of CGM in a school setting

Dexcom G5 Mobile System Overview

- 1 **Sensor:** measures glucose levels just underneath the skin.
- 2 **Transmitter:** affixed to sensor and wirelessly sends data to display device.
- 3 **Display device:** a smart device* (e.g. iPhone) or receiver** that displays glucose, trend graph, and trend arrow. It will also provide Alarm/Alerts.

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

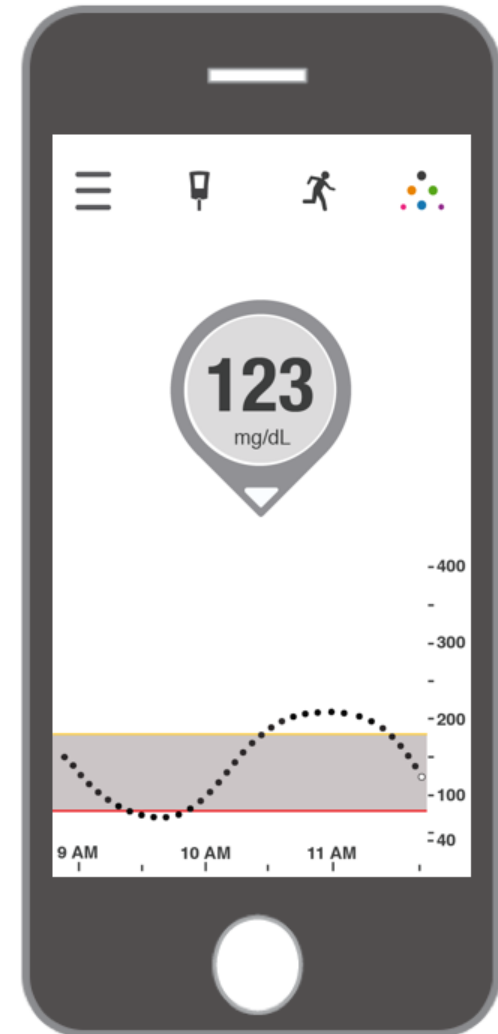
** In this guide, we will only be discussing the smart device option. For information on the Dexcom receiver see the Dexcom G5 Mobile CGM User Guide (dexcom.com/guides).



Smart Device

If the student uses a smart device it will need to be with them at all times and the volume will need to be loud enough to hear low and high alerts.

The 504 plan will outline the use of the smart device in a school setting.



What is Dexcom Share?

The Dexcom G5 Mobile App has the built-in Dexcom Share feature, where up to 5 followers can monitor a student's glucose from their smart device. Followers can be parents, spouses, grandparents, caregivers or even you. Any diabetes treatment decision should be based on the student's Dexcom G5 Mobile or a meter.



What the Sharer Needs

The student wearing the Dexcom G5 Mobile is known as the **Sharer**. To share glucose information with **Followers**, the student will need:



Dexcom G5 Mobile
System



Compatible device* with
internet connection.

* dexcom.com/compatibility



Dexcom G5 Mobile
App

A parent may ask for use of school Wi-Fi to use Dexcom Share. If Dexcom Share is used it should be discussed in the student's 504 plan.

What the Follower Needs

To receive the student's glucose information, Followers will need to install the Dexcom Follow App and have internet connectivity. When someone is added as a Follower they will be sent an email with instructions.



Compatible device*
with internet connection

* dexcom.com/compatibility



Dexcom Follow App

Any diabetes treatment decision should be based on the student's Dexcom G5 Mobile, not information from the Dexcom Follow App.

A Closer Look at the Dexcom G5 Mobile App



Difference between CGM and a meter

Dexcom G5 Mobile readings and meter values may not be the same and that's ok.

The Dexcom G5 Mobile and a meter measure glucose from two different types of body fluids: interstitial fluid and blood.

Readings can be different and still be considered accurate.



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How will you use CGM?

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.

The Dexcom G5 Mobile can be used to make treatment decisions such as eating for a low glucose level or dosing insulin for a high glucose level.

You don't need to take a fingerstick if a number and an arrow are shown. Test with a meter if you cannot see both a number and arrow.

Always base treatment decisions on the student's 504 plan.



Treatment Decisions

Whether your students are new to Dexcom or experienced, they should keep using a meter to make treatment decisions until they know how Dexcom works. Don't rush! It may take days, weeks or months for your students to gain confidence in using Dexcom G5 Mobile to make treatment decisions. They should keep confirming readings with a meter until they understand:

- the accuracy experienced with each newly inserted sensor may vary
- a sensor might work differently in different situations (meals, exercise, first day of use, etc.)

Always base treatment decisions on the student's 504 plan.



When to Use Meter for Treatment Decisions



Use a meter for treatment decisions if the student has taken acetaminophen (e.g. Tylenol®, Excedrin®, Sudafed®, Robitussin®). Medications containing acetaminophen can give a false high reading.



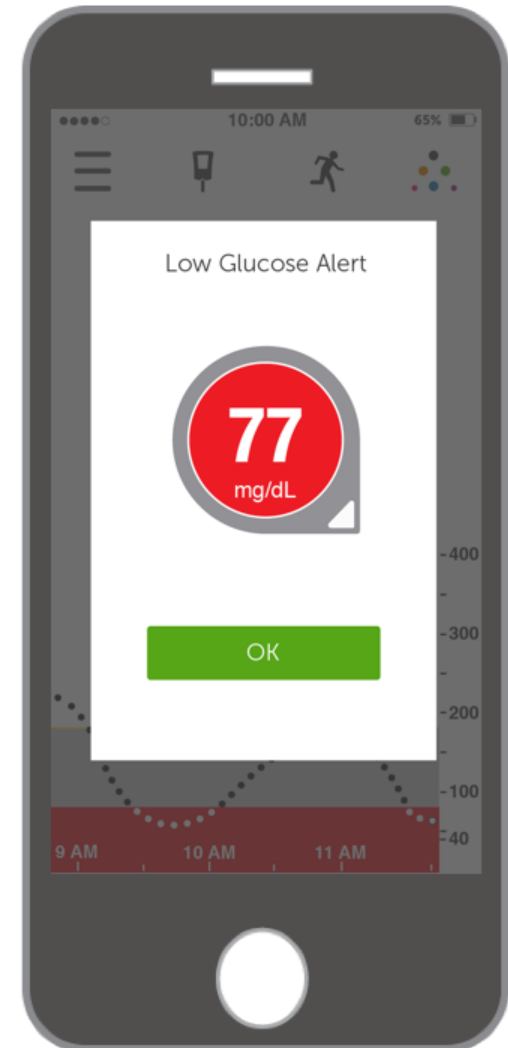
Use a meter any time the student's symptoms don't match readings. Do not ignore symptoms of high and low glucose. For example, if a student says they feel low but the Dexcom G5 Mobile shows them in a normal range.

Responding to Low and High Glucose Alerts

Each student should have a set low and high glucose alert. The display device will either vibrate or beep based on the student's alert settings. Based on the 504 plan a student may come to you to help respond to these alerts.

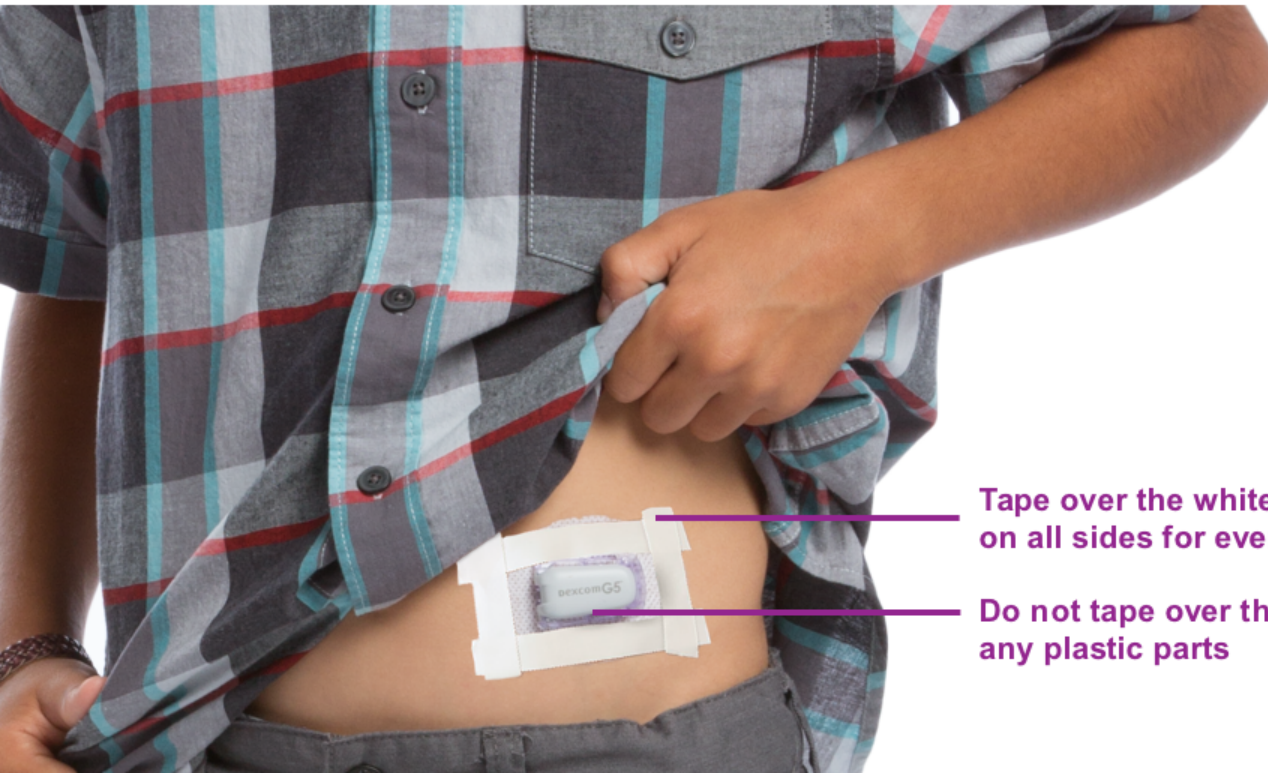
The steps you should take are:

- Go into the Dexcom G5 Mobile App
- Tap OK to clear the alert
- Take action based on the glucose information shown in the Dexcom G5 Mobile App and 504 plan



Sensor Adhesive is Peeling Off of Body

The sensor should stay securely attached to the skin using its own adhesive. If the patch starts falling off or peeling around the edges, you can use medical tape to secure it to the body. Based on the 504 plan, adhesives like Mastisol® and Skin Tac™, can also be used.

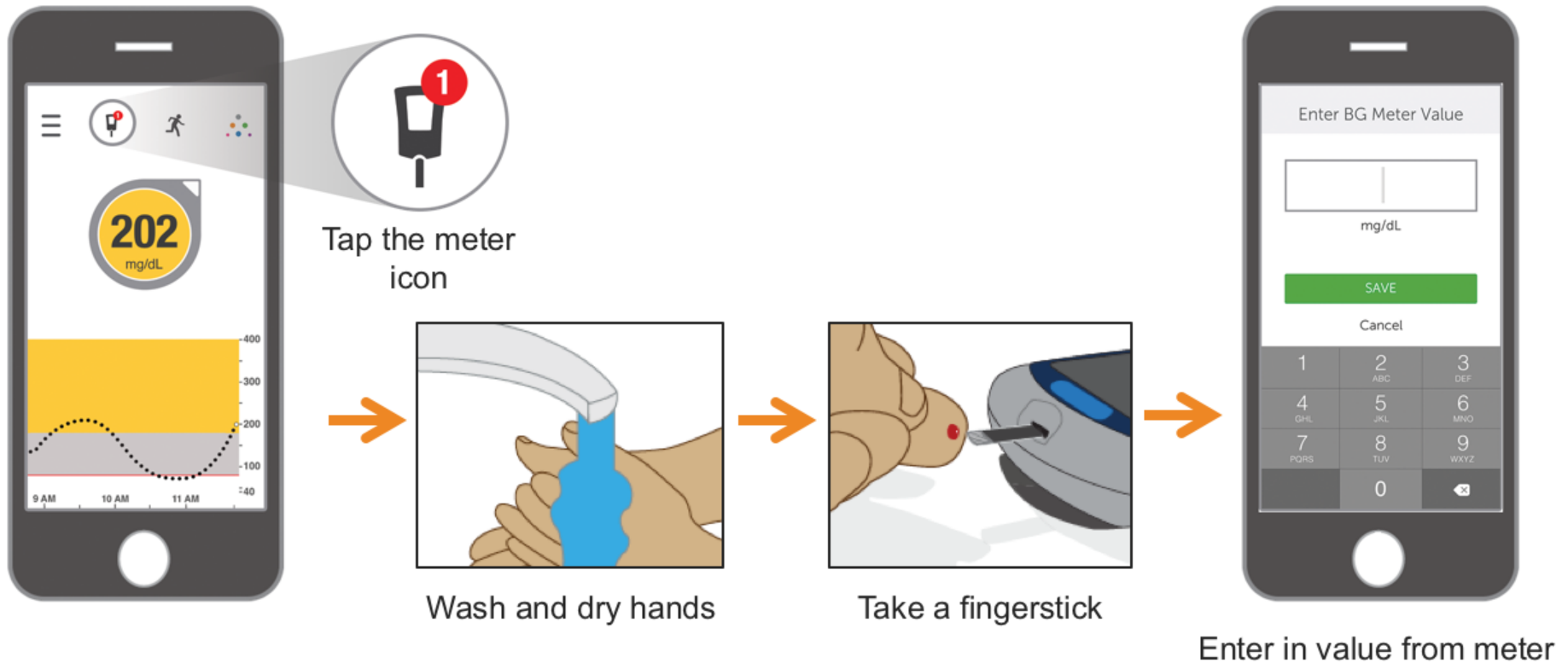


Tape over the white adhesive patch on all sides for even support

Do not tape over the transmitter, or any plastic parts

Calibrating

If you have a student come in with the meter icon showing a red badge the system needs to be calibrated. Calibrating is usually done at home but could be needed during the school day.



Sensor Insertion

You may need to help a student with sensor insertion. Sensor insertion should be outlined in the 504 plan.

Find the sensor insertion video here:

[youtube.com/watch?v=9_8t_HSG-uE](https://www.youtube.com/watch?v=9_8t_HSG-uE)

This video contains information on sensor site selection, preparation, and insertion.



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.



Unknown Glucose Reading: System will often resolve itself. Check transmitter to make sure it is properly snapped in.



Signal Loss: Make sure display device is within 20 feet of transmitter.

For troubleshooting tips tap the blue question mark in the app for more information or see dexcom.com/faq.

Need additional help? Call the Dexcom Technical Support Team, 24 hours, 7 days a week. Toll Free: **1-888-738-3646**

Every Student is Unique

Every student is unique. If other issues come up regarding the student and their CGM, speak to the main caregiver and adjust the 504 plan as needed.



BRIEF SAFETY STATEMENT

The Dexcom G5 Mobile Continuous Glucose Monitoring (CGM) System ("G5") is a glucose monitoring system indicated for the management of diabetes in persons age 2 years and older. The G5 is designed to replace fingerstick blood glucose testing for diabetes treatment decisions. The G5 also aids in the detection of episodes of hyperglycemia and hypoglycemia. The G5 is intended for single patient use and requires a prescription.

CONTRAINDICATIONS

Do not rely on the G5 CGM data if you have recently taken acetaminophen. Remove the G5 (sensor, transmitter, and receiver) before Magnetic Resonance Imaging (MRI), Computed Tomography (CT) scan, or high-frequency electrical heat (diathermy) treatment. The G5 is MR Unsafe. Do not bring any portion of the G5 into the MRI environment.

WARNING

CGM-based diabetes treatment decisions are only approved with the G5, not previous generations of Dexcom CGM systems. Calibrate at least once every 12 hours using a fingerstick. If your G5 does not display a sensor glucose reading and an arrow, or if you are getting inaccurate or inconsistent readings, take a fingerstick. If your glucose readings and alerts do not match your symptoms or expectations, take a fingerstick to confirm. Failure to do so may lead to hyperglycemia or hypoglycemia. The G5 is not approved for use in pregnant women, persons on dialysis or critically ill persons. If a sensor breaks and no portion of it is visible above the skin, do not attempt to remove it. Seek professional medical help if you have infection or inflammation on or near the sensor insertion point. Report broken sensors to Dexcom Technical Support. Sensor placement is not approved for sites other than under the skin of the belly (ages 2 years and older) or upper buttocks (ages 2-17 years). To "share" data, you need an internet connection and a separate compatible smart device running the Dexcom Follow App. Contact Dexcom Toll Free at **877-339-2664** or www.dexcom.com for detailed indications for use and safety information.

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