

Topic Description and References

June 2017 NY EBBRAC Meeting

Real Time Continuous Glucose Monitors

Description

Diabetes requires regular monitoring and management of blood glucose levels. There are several methods used to test blood glucose, including self-monitoring of blood glucose (SMBG) and continuous glucose monitoring (CGM). SMBG usually involves a finger prick for a drop of blood that is tested with a hand-held device and CGM employs a sensor implanted just under the skin that takes multiple interstitial fluid glucose readings per hour. CGM can be used retrospectively as a diagnostic tool to determine periods of high or low blood sugar, which generally requires a few days of blood sugar readings. Real-time CGM can be used over the long-term to help a person with daily glucose and medication management. Real-time CGM requires calibration with SMBG two to four times per day. The NY EBBRAC will review the evidence about the effectiveness and harms of real-time CGM compared to SMBG to make a recommendation regarding coverage.

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