

# SCHOOL NURSE GUIDE



**dexcomG6<sup>®</sup>**

CONTINUOUS GLUCOSE MONITORING



# WELCOME

Welcome to the **Dexcom G6<sup>®</sup> 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.

This guide is for concept illustration only. For detailed step-by-step instructions on how to use the Dexcom G6 CGM System, please refer to the user guide.

Find the user guide at: [dexcom.com/guides](https://dexcom.com/guides)

# SCHOOL NURSE GUIDE

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 G6 CGM System (G6)
- The difference between CGM and a meter
- How you may use CGM to help a student



# 504 PLAN

A 504 plan is 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
- Is treated fairly



It is a tool used to make sure that students, parents/guardians, and school staff understand their responsibilities and to minimize misunderstandings<sup>1</sup>.

<sup>1</sup> [www.diabetes.org/living-with-diabetes/parents-and-kids/diabetes-care-at-school/written-care-plans/section-504-plan.html](http://www.diabetes.org/living-with-diabetes/parents-and-kids/diabetes-care-at-school/written-care-plans/section-504-plan.html)

# 504 PLAN

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 and description of training
- Times when trained diabetes personnel will be available
- Level of self-care
- Descriptions of diabetes tasks to be performed by personnel
- Immediate access to diabetes supplies and equipment
- Unrestricted access to snacks, water and bathroom
- Low/high glucose treatment, medication, and insulin therapy plan
- When to call the main caregiver (Mom/Dad/Guardian)
- CGM Information and use of CGM in a school setting



**Dexcom G6 app\* or Receiver\*\*:**  
Displays glucose information and provides Alarm/Alerts

**Applicator with sensor:**  
Applicator inserts sensor under skin and sensor gets glucose information

**Transmitter:** Affixed to sensor and wirelessly sends data to display device



\* For a list of compatible devices see: [dexcom.com/compatibility](https://dexcom.com/compatibility)

\*\* In this guide, we will only be discussing the smart device option. For receiver information see the Dexcom G6 User Guide ([dexcom.com/guides](https://dexcom.com/guides)).

# SMART DEVICE USE

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.



**Dexcom Share:** A student can share glucose information with up to 5 people



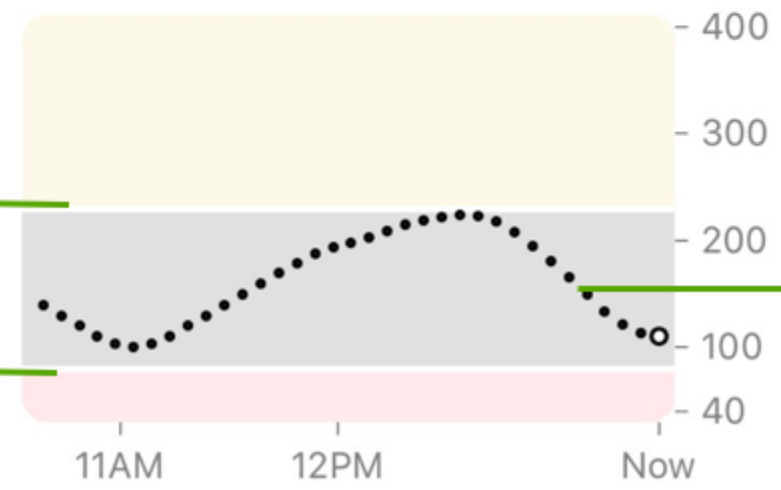
**Current Glucose:** Shows where the student's glucose is now



**Trend Arrow:** Shows a student's glucose speed and direction

**High Alert Level:** The student will be alerted when glucose rises above this level

**Low Alert Level:** The student will be alerted when glucose falls below this level



**Trend Graph:** Shows a student's glucose over the past 3 hours



# TREND ARROWS

Trend arrows shows a student's glucose speed and direction.



## Constant

0-30 mg/dL up or  
down in ½ hour



## Slowly Rising

30-60 mg/dL  
up in ½ hour



## Rising

60-90 mg/dL  
up in ½ hour



## Rapidly Rising

90 or more mg/dL  
up in ½ hour



## Slowly Falling

30-60 mg/dL down  
in ½ hour



## Falling

60-90 mg/dL  
down in ½ hour



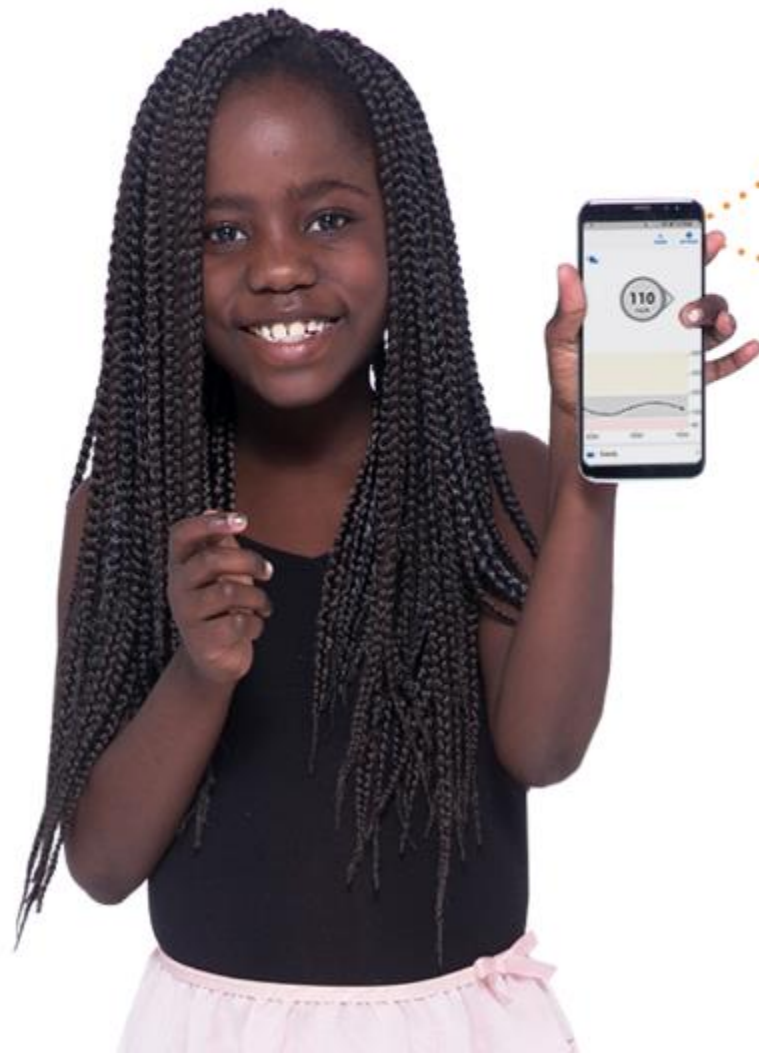
## Rapidly Falling

90 or more mg/dL  
down in ½ hour

# DEXCOM SHARE<sup>®</sup>

The G6 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.



# DEXCOM SHARE

The student wearing the G6 is known as the **Sharer**. To share glucose information with **Followers**, the student will need:

- The Dexcom G6 app on a compatible device\* with internet connection

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



\* For a list of compatible devices see: [dexcom.com/compatibility](https://dexcom.com/compatibility)

# DEXCOM FOLLOW®

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

Any diabetes treatment decision should be based on the student's G6, not information from the Dexcom Follow app.



**Dexcom Follow App**

\* For a list of compatible devices see: [dexcom.com/compatibility](https://dexcom.com/compatibility)

# ACCURACY

G6 readings and meter values may not be the same and that's ok.

The G6 and a meter measure glucose from two different types of body fluids: interstitial fluid and blood.

CGM and meters both have a range in which they are considered accurate. Readings can be different and still fall into their accurate range.



# 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. The G6 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 on the student's 504 plan.

Use a meter:

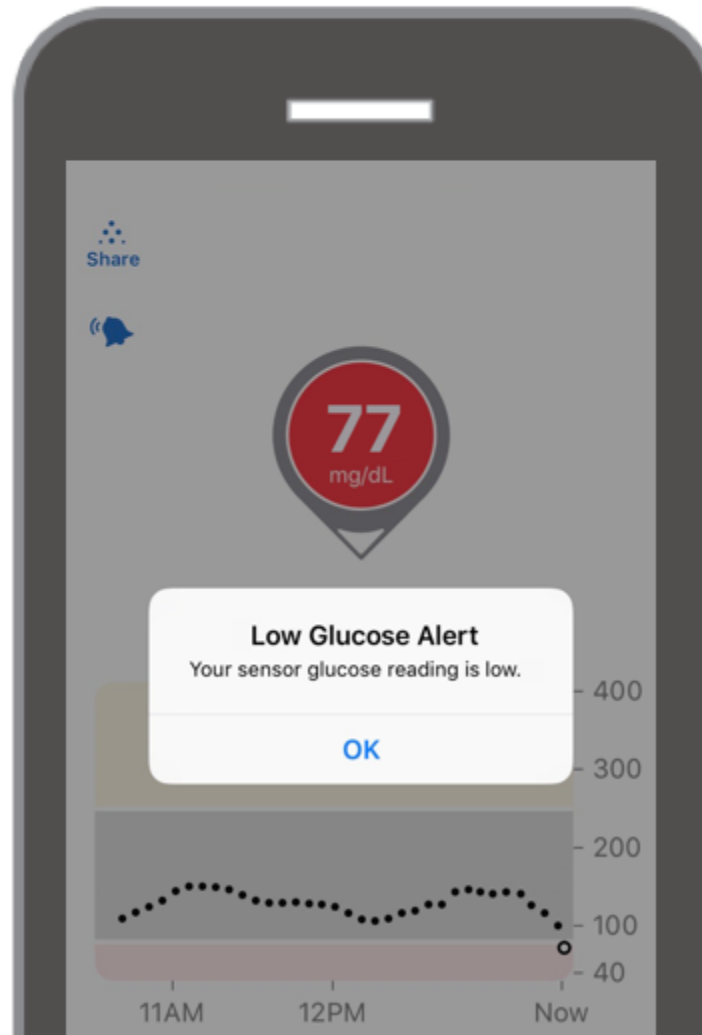
- If a number and an arrow are not shown on the G6 app
- Any time the student's symptoms or expectations don't match readings. For example, if a student says they feel low but the G6 shows them in a normal range.



# LOW AND HIGH 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.





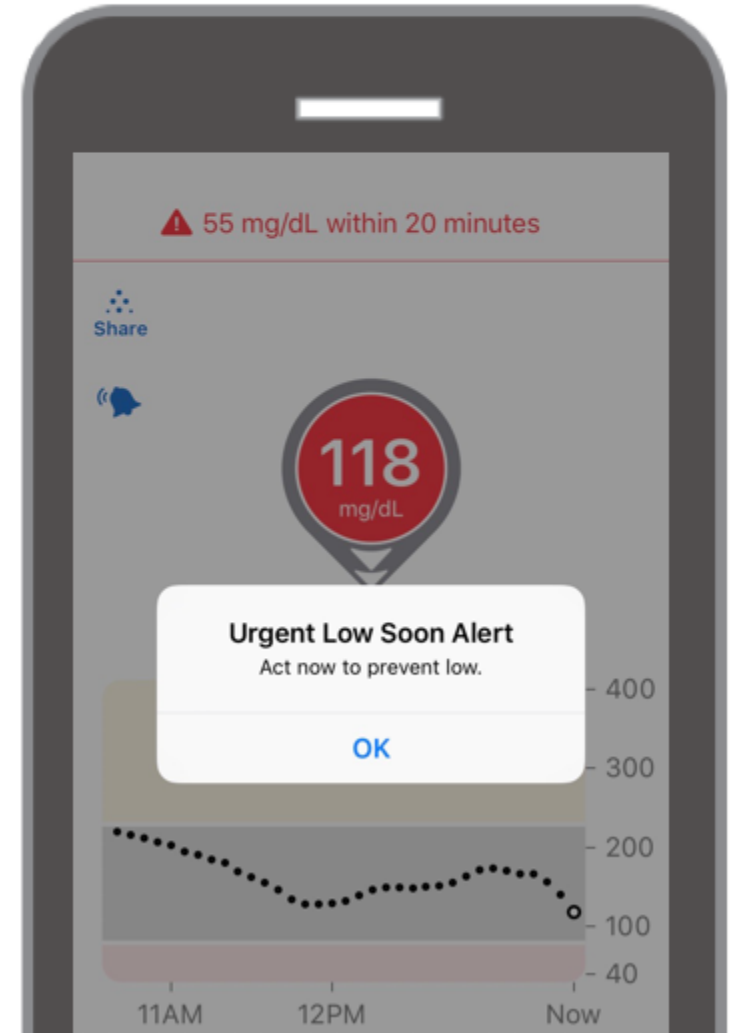
# URGENT LOW SOON

The Urgent Low Soon Alert sounds when a student will be 55 mg/dL in less than 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

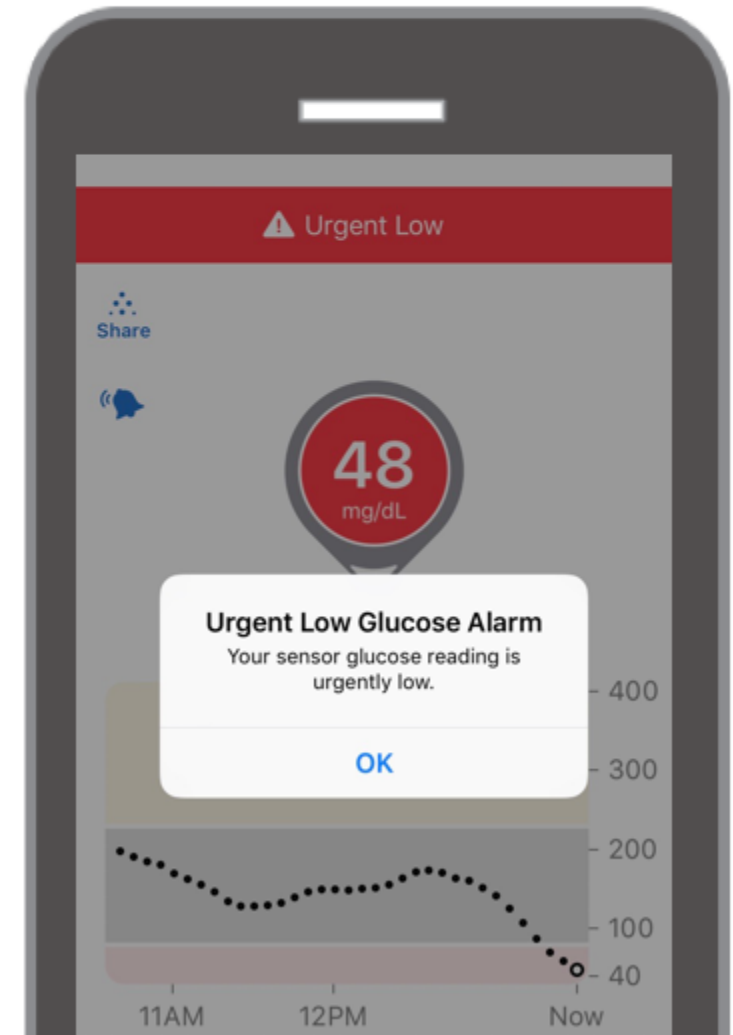
This alert can be turned on or off in settings.



# URGENT LOW ALARM

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

This Alarm can't be changed or turned off.



# RESPONDING TO ALERTS AND ALARMS

Based on the 504 plan a student may come to you to help respond to alerts and alarms.

The steps you should take are:

- Go into the G6 app on the student's smart device
- Tap OK to clear the alert
- Take action based on the glucose information shown in the G6 app and 504 plan

# ADHESIVE

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.



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

Do not tape over the transmitter, or any plastic parts

# SENSOR INSERTION

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

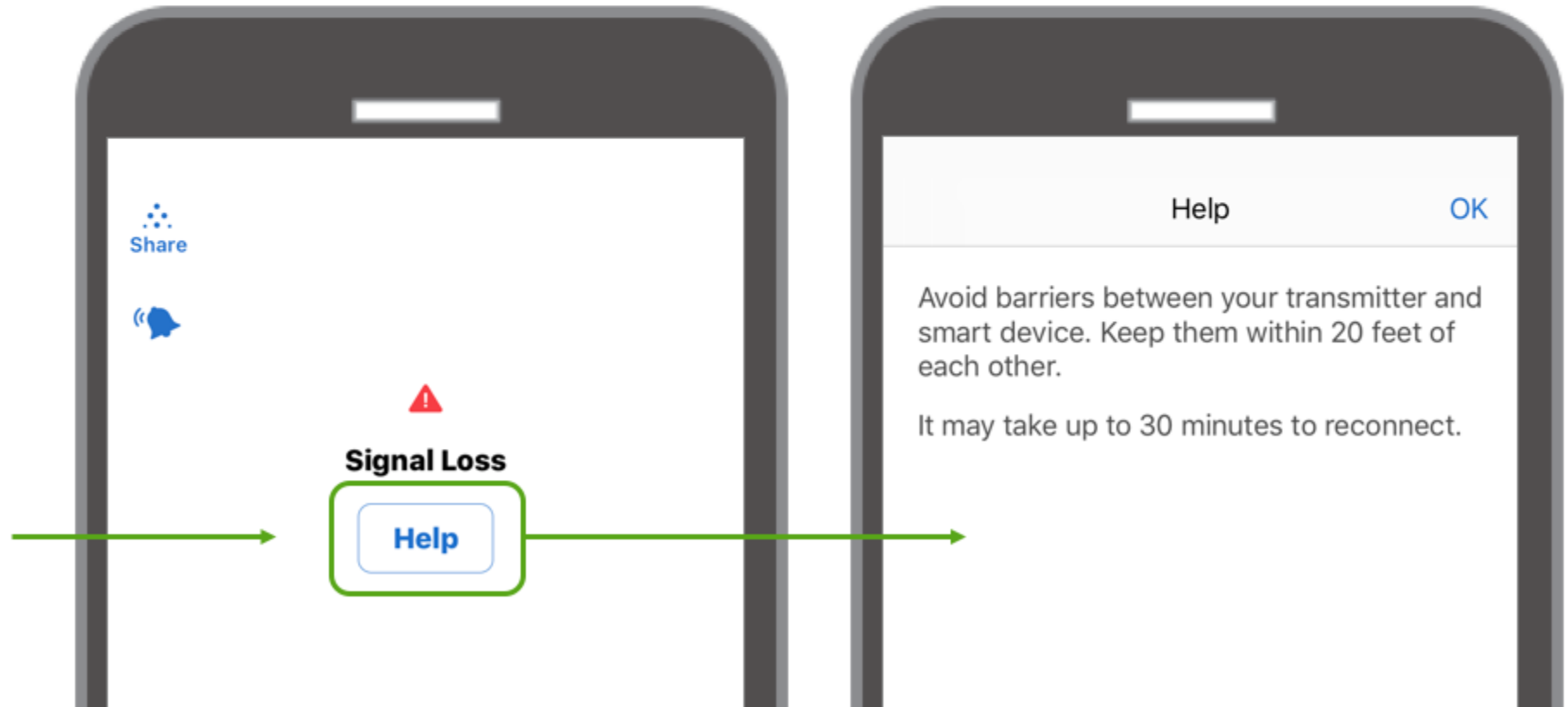
Find sensor insertion video here:  
[dexcom.com/training-videos](https://dexcom.com/training-videos)



# 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](https://dexcom.com/faq)



# ADDITIONAL HELP

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

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





Failure to use the Dexcom G6 Continuous Glucose Monitoring System (G6) 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 G6 do not match symptoms or expectations or you're taking over the recommended maximum dosage amount of 1000mg of acetaminophen every 6 hours, 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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