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## Improving Continuous Glucose Monitor Knowledge in Primary Care Providers

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THE UNIVERSITY OF VERMONT  
COLLEGE OF NURSING  
AND HEALTH SCIENCES

# Improving Provider Knowledge of Continuous Glucose Monitors

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Continuous Glucose Monitoring (CGM)

Measures: Real time blood glucose

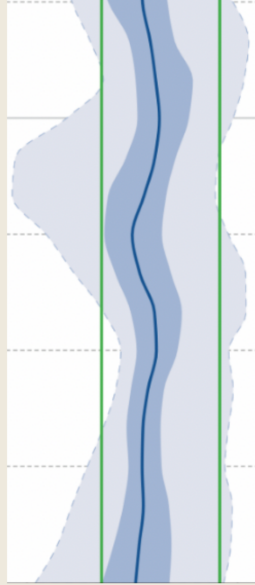
Reflects: Daily glycemic variability

## WHICH INDICATES

# Overall glycemic control

### Barriers to CGM in Primary Care

- lack of education surrounding CGM data
- complexity of technology available
- insurance coverage requirements

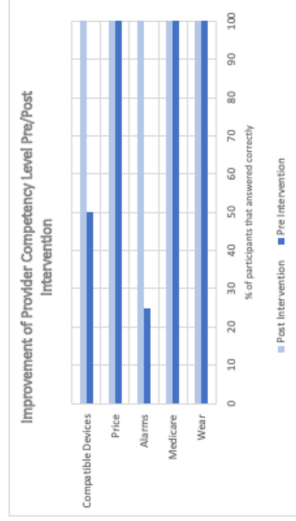


## Purpose

Increase provider knowledge and confidence surrounding continuous glucose monitors by 10% through participation in an interactive online educational module. A secondary measure was to decrease self-reported barriers to the prescription of CGM in the primary care context.

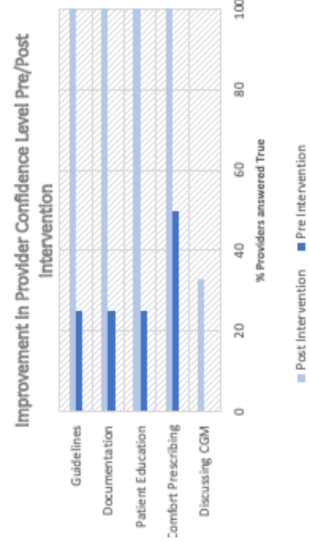
### Limitations

Insurance variations between every patient, as well as the historical diabetes treatments inhibit CGM coverage and therefore use. While this project aims to overcome barriers to insurance coverage (by addressing required documentation and prior authorization process), coverage is continually changing. Within the timeline of this project, both private insurance, Medicare and Medicaid adjusted CGM coverage policies, making it difficult to streamline the coverage process even if a continuous glucose monitor is clinically indicated.



## Results/ Findings

- The primary outcome measured was improvement in provider competence and improvement of provider confidence associated with continuous glucose monitoring. The secondary outcome measured was an increase in self reported prescription of CGM.
- Provider knowledge increased by 25%, and confidence increased by 75% after the intervention. Providers reported decreased barriers to discussing and prescribing CGM after completing the module.



## Intervention

### Educational Tools Used

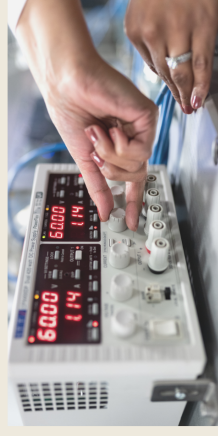
1. An online module regarding specification of current CGM's, data interpretation, current guidelines and billing/coding requirements.
2. An exam room reference guide designed for patient review.
3. A prescription cheat sheet, including two Epic ready dot phrases, for provider use.

## Measurement Tool

A survey consisting of five questions assessing knowledge, five questions assessing confidence, and three qualitative questions assessing prescription practices was completed pre and post educational module.

## Conclusion

Key findings of this project show that provider education, as well as in office handouts, improves both provider knowledge and provider confidence surround continuous glucose monitor use and prescription. This project decreased barriers to the prescription process within this context.



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