How can I help reduce healthcare associated infections?

Infection control is important to the wellbeing of our patients and for that reason we have infection control procedures in place. Keeping your hands clean is an effective way of preventing the spread of infections. We ask that you, and anyone visiting you, use the hand sanitiser available at the main entrance of the hospital and at the entrance to every ward before coming in to and after leaving the ward or hospital. In some situations hands may need to be washed at the sink using soap and water rather than using the hand sanitiser. Staff will let you know if this is the case.

CONTINUOUS BLOOD GLUCOSE MONITORING SYSTEM (CGMS)

Advice and Information for Patients

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If you require a translation of this leaflet please call 01494 425308

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CONTINUOUS GLUCOSE MONITORING SYSTEM (CGMS)

What is continuous glucose monitoring?
A continuous measurement of real-time interstitial fluid glucose values updated every 5 minutes over a maximum of 6 days.

The system also features low glucose and high glucose alerts that are triggered when preset levels are reached.

How is interstitial fluid glucose related to blood glucose levels?
Interstitial fluid is found between the body's cells. It supplies the cells with oxygen and nutrients including glucose. This glucose level typically matches the glucose levels in the blood.

Where is the sensor inserted?
The sensor is inserted into an area of subcutaneous fat such as the abdominal area and upper buttocks.

What size is the device?
The device consists of a plastic tube about 8mm in length, which is inserted under the skin and attached to a transmitter.

How does it work?
The blood glucose readings are transmitted to a receiver the size of a mobile phone which is worn by the patient, usually around the waist.

What happens next?
A follow up appointment will be arranged in the diabetes nurse led clinic to review the results of the CGMS.

How am I referred for fitting of CGMS?
Referral is made from a member of your hospital diabetes team.

Indications for use are:-
Hypo (low blood glucose) unawareness
Managing sport effectively
Unexplained erratic blood glucose control

The system stores glucose data so that it can be downloaded and analyzed to track patterns and improve diabetes management.

It is sometimes possible to see ‘real time’ blood glucose levels displayed on the receiver but a finger pricked test must be done at least twice daily to help calibrate the device and validate data collected.

Please remember you need to wash your hands with soap and water before testing your blood glucose levels.

It is important while wearing the CGMS that all insulin injections, blood glucose tests, food and activity are recorded in your diary. This will enable the diabetes team to help you manage your diabetes control.