

# Continuous glucose monitoring for remote diabetes management during the COVID-19 pandemic

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New case studies show the benefits of remote management based on

continuous glucose monitoring (CGM) and telemedicine visits for patients with type 1 and type 2 diabetes during the COVID-19 pandemic. Use of remote monitoring technology can significantly improve glycemic control, as described in a supplement to the peer-reviewed journal *Diabetes Technology & Therapeutics* (DTT). The supplement is titled "Emerging Landscape of Continuous Glucose Monitoring."

Anders Carlson, MD, from the University of Minnesota Medical School, and coauthors, present case studies of patients with type 1 and type 2 [diabetes](#) managed during the COVID-19 pandemic using CGM and [telemedicine visits](#), including a 3-year-old patient with newly diagnosed type 1 diabetes. Current CGM systems can automatically transmit patients' glucose data to healthcare providers for analysis.

"We found that use of telemedicine patient consults and remote [monitoring](#) of CGM and insulin data enabled us to assess [glycemic control](#) and make therapy adjustments without the potential hazards and patient burden of in-person clinic visits," said the authors. "Moreover, our ability to review and discuss the data with our patients helped them better understand how their therapy impacted daily [glucose](#) management, which, in turn, enhanced their engagement in their daily self-management."

Also in the [supplement](#) is an article titled "Real-World Studies Support Use of Continuous Glucose Monitoring in Type 1 and Type 2 Diabetes Independently of Treatment Regimen." James Gavin, III, MD, Ph.D., from Emory University School of Medicine, and Clifford Baily, Ph.D., from Aston University review findings from recent real-world studies of CGM systems. These provide greater insights into the clinical effectiveness and economic impact of this technology within various diabetes populations.

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broader diabetes population could increase overall glycemic control and improve the effectiveness while reducing the enduring cost of diabetes healthcare," state the authors.

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**More information:** Satish K. Garg, Emerging Landscape of Continuous Glucose Monitoring, *Diabetes Technology & Therapeutics* (2021). [DOI: 10.1089/dia.2021.0271](https://doi.org/10.1089/dia.2021.0271)

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