

Continuous Glucose Monitoring Systems Guidelines

The NICE guidelines have the following recommendations in respect of the ongoing use of CGM for children and young people with Type 1 diabetes:

Neonates, infants and pre-school children

Children and young people who undertake high levels of physical activity (for example, sport at a regional, national or international level)

Children and young people who have comorbidities (for example anorexia nervosa) or who are receiving treatments (for example corticosteroids) that can make blood glucose control difficult

Children or young people with type 1 diabetes who have frequent hyperglycaemia or impaired awareness of hypoglycaemia associated with adverse consequences e.g. seizures or anxiety or inability to recognise or communicate about symptoms of hypoglycaemia (for example, because of cognitive or neurological disabilities)

The guideline also recommends considering occasional use of CGM to help children and young people to improve their glucose control especially for those who continue to have hyperglycaemia despite insulin adjustment and additional support.

Guideline approved by the Children and Young People's South East Coast and London Diabetes Network