

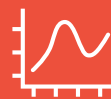


Continuous Glucose Monitoring and Diabetes Distress

Encourage people
living with diabetes to:



Know their
glucose targets



Monitor their CGM
readings for trends



Learn what
affects their
glucose levels



Continuous glucose monitoring (CGM) technology, while helpful, can increase diabetes distress by adding to the emotional burden of daily self-management.

Learn to identify and support people with diabetes dealing with diabetes distress.



Watch for signs of diabetes distress:

Some common signs to
look for:

- Unstable/ suboptimal A1C or glucose levels
- Missing appointments
- Neglecting self-care (e.g. monitoring, medication)



Ask about diabetes distress at each visit.

Here are some examples of
open-ended questions:

- "What is the most difficult part of living with diabetes for you?"
- "What are your greatest concerns about your diabetes?"
- "How is your diabetes getting in the way of other things in your life right now?"



Assess diabetes distress with validated questionnaires:

- PAID (Problem Areas in Diabetes) questionnaire
- DDS (Diabetes Distress Scale)
- Use results for action plans on stressors.