

CASE STUDY 1
CGM WITHOUT LGS
NOCTURNAL
HYPOGLYCAEMIA
POST EXERCISE

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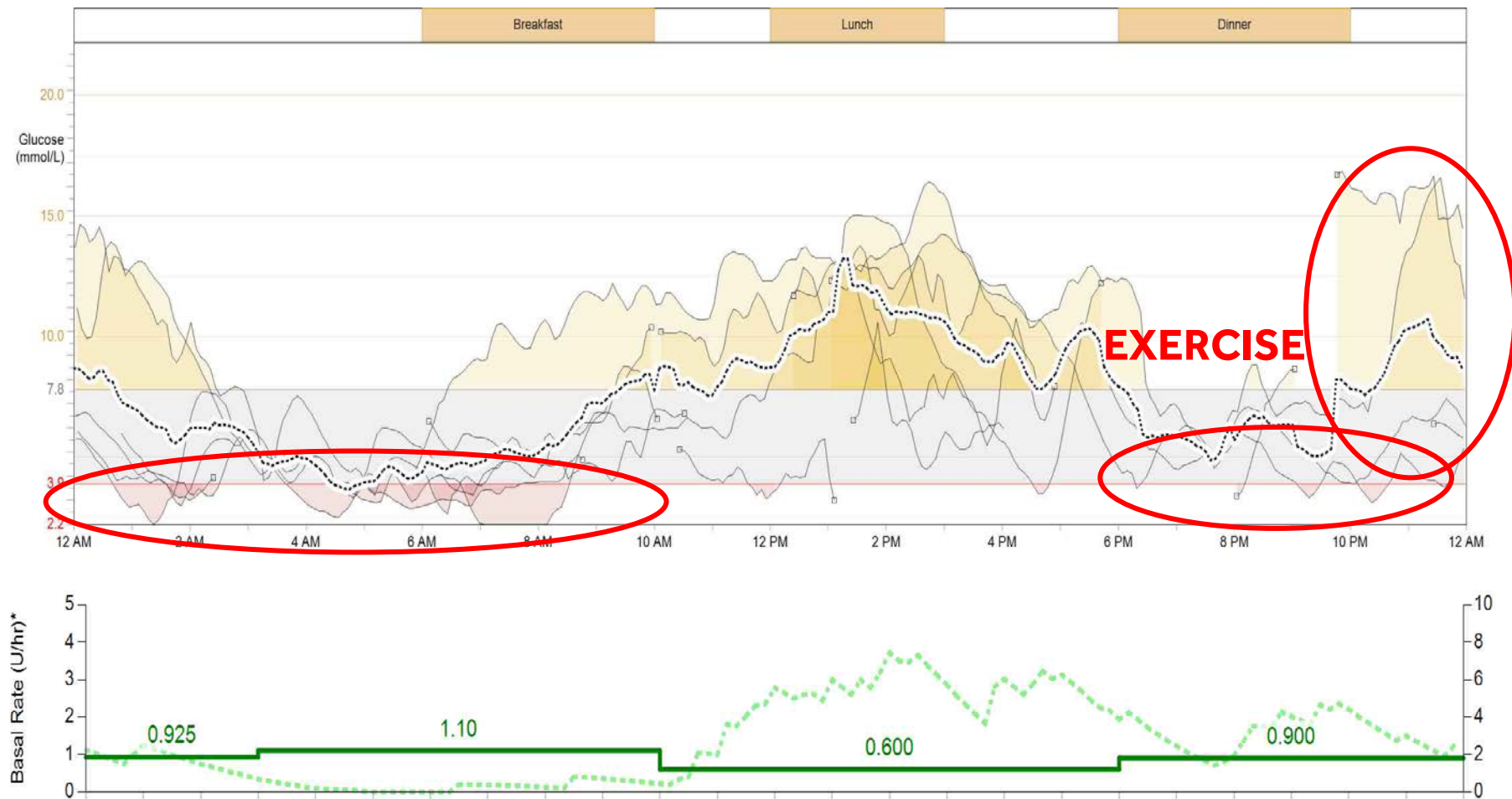
NOCTURNAL HYPOGLYCAEMIA POST EXERCISE

Patient information:

- 28yr old male
- Type 1 diabetes for 12 years
- Pump therapy for 6 years
- HbA1c – struggles to get under 8%
- Work – nurse on regular day shifts
- Exercise – running & gym
- Injury – 12 weeks with no exercise has resulted in frequent overnight hypos
- Encouraged to trust pump settings
- Often makes reactive decisions

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PRE MODIFICATION



The areas of concern

This patient frequently attends the gym in the evenings. During exercise, he usually has good control, however at times experiences lows. After eating to correct this he often has hyperglycaemia. However, the primary area of concern is the nocturnal hypoglycaemia around 8 hours post exercise. This is what should be corrected immediately and should be acted on first. There are other areas which will need attention such as lunch time post prandial hyperglycaemia.

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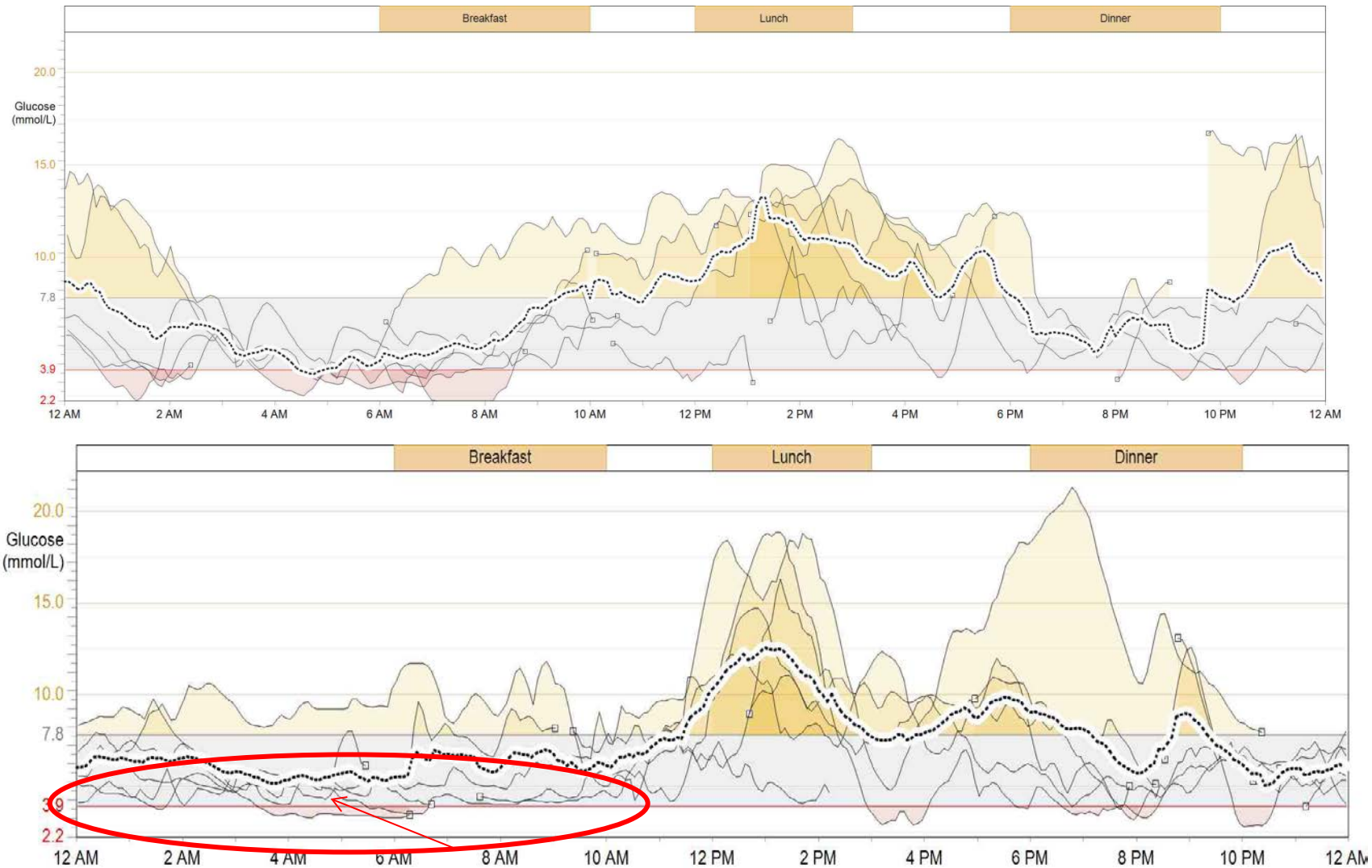
SUGGESTED MODIFICATIONS

- For the dinner meal bolus - subtract 25% (not the previous 50%)
- Set temp basal 4 hours at bed time to 75% or around 8pm if not wanting a small 10-15gms snack before bed
- Strengthen the basal throughout the day
- Trust the pump's advice whilst trying to establish more accurate settings
- Use CGM to learn to trust current pump settings – previously there were many overrides greater than 15% (indicating a reactive response to levels)

Despite the occasional hyperglycaemia trend post dinner meals, the most obvious change to be made was to reduce the dinner meal bolus in order to counteract the nocturnal hypoglycaemia post exercise. Then, strengthen the basal through the day to begin addressing the lunch time hyperglycaemia.

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PRE VS POST



The changes made have greatly decreased the severity of nocturnal hypoglycaemia. Plus, the overall average dotted line is much flatter than pre-modifications. There is still work to be done but this was a great starting point.

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This case study relates to accounts of each individual's response to the treatment. Each individual's response does not provide any indication, guide, warranty or guarantee as to the response other persons may have to the treatment. The response other persons have to the treatment could be different. 2385-102015