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CARDI•OH
Ohio Cardiovascular and Diabetes Health Collaborative

Cardi-OH Update



The Ohio Cardiovascular & Diabetes Health Collaborative (Cardi-OH) is a statewide initiative of health care professionals who share knowledge to improve Medicaid patient outcomes and eliminate health disparities across Ohio.

Tune in to Cardi-OH Radio

Podcast 56 - Talking With Your Patients: Cannabis Use

Listen to Jerrold Leiken, MD, from the University of Illinois at Chicago, and Leah Sera, PharmD, MA, BCPS, from the University of Maryland.

Moderated by Trygve Dolber, MD, Case Western Reserve University.

Cardi-OH Radio podcasts highlight national, state, and local leaders discussing timely topics for primary care clinicians.

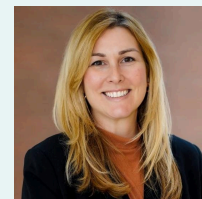
Want to be the first to know when a podcast is released? [Subscribe to our channel.](#)



**Cardi-OH
RADIO**



Jerrold Leiken, MD



Leah Sera, PharmD

Pearls for Clinical Practice

Capsule 55 - Addressing Patient Barriers to Continuous Glucose Monitor Use

Did You Know?

Cardi-OH

CAPSULE

Initial CGM training for all patients should be provided by a diabetes self-management education and support (DSMES) specialist or a trained health care team member.

Capsules provide busy clinicians brief summaries of best practices that are ready to be implemented in clinical care.

Addressing Patient Barriers to Continuous Glucose Monitor Use		
CONTINUOUS GLUCOSE MONITORING: Issues/Concerns, Risks, and Mitigation Strategies		
Patients using continuous glucose monitors (CGMs) may face challenges that lead to distress, frustration, and eventual device discontinuation. ^{1,2} Providers can help by exploring the benefits of CGM, setting clear expectations, and providing detailed instructions about features like alarm thresholds and trend arrows. ³ Initial CGM training for all patients, especially those with low health literacy or from under-represented populations, should be provided by a diabetes self-management education and support (DSMES) specialist or a trained health care team member. ⁴ This table outlines practical strategies to address common barriers and improve patient confidence with CGM technology.		
Table 1. Strategies to Overcome Barriers to CGM Use: Placement, Adhesion and Skin Irritation ^{5,6}		
Barriers	Strategies	Other Considerations
Pain/Device Adhesion	Avoid sites where the skin can crease (e.g., joints or at the wrist/ankle), or on sites that are irritated, red, or inflamed. Wash hands thoroughly with soap and water before and after placement. Choose skin with oil-free soaps, dry thoroughly, shave or trim hair, and avoid lotions or oils. Use liquid adhesive (e.g., Hyladent) on edges of collection, if available. Use an over-the-counter adhesive remover or cut to fit, or additional tape to provide extra security and comfort. Use a barrier wipe/spray (e.g., Skin Tac, IV PDS) if available.	Follow manufacturer guidelines. Be careful during activities, wear breathable fabric's. Avoid lotions, make sure skin is dry before applying sensor. May require adhesive remover after use. Use the "picture frame" method by applying tape along all four edges of the sensor adhesive. Test when first, avoid use over CGM when too good.
Skin Irritation	Avoid rubbing alcohol if irritation occurs, let skin dry before applying sensor. Use barrier wipes or hydroalcohol lotions under the sensor, apply nasal ointment spray (if safe).	For severe or persistent allergic, switch to another manufacturer.
Table 2. Strategies to Overcome Barriers to CGM Use: Patients With Disabilities ^{7,8}		
Disability	Strategies	Other Considerations
Visual Impairment	Consider device with large displays, feedback or voiceover technology, or vibration alerts; converts visual data to audio, use voice commands to interact.	CGMs look alike; technology, smart devices facilitate use.
Physical Impairment (manual dexterity)	Consider device with extended wear-time and all-in-one sensor/transmitter, connect to smartphone or home device, enable voice commands for hands-free use.	Sensor needs to be inserted by caregiver or health care provider.
Cognitive Impairment	Use "Share" function to share data via app; use alerts for prompt treatment of high/low glucose.	Caregiver training is required.
For more information, access Cardi-OH's expanded resource on glucose monitoring.		
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News You Can Use

Current 50 - No Increase in Sudden Cardiac Arrests and Death in Young Athletes During COVID-19

Currents provide brief summaries of the latest advances in medicine or clinical practice related to diabetes or hypertension and include links to additional resources.



April 2025 Statewide Webinar: Watch the Recording!

Identifying and Addressing Food Insecurity in the Medical Setting

An interdisciplinary group of more than 231 professionals from across the state joined us for the April 30, 2025, webinar featuring:

KEYNOTE SPEAKER

David H. Holben, PhD, RDN, LD, FAND
Director, Office of Food and Nutrition Security
The University of Mississippi



David H. Holben, PhD

[View recording](#)

OBJECTIVES

- State the prevalence of food insecurity in Ohio and the U.S.
- Provide evidence-based screening for food insecurity
- Recognize national and local resources available to address food insecurity
- Educate others on the impact of food insecurity on health and well-being

View the webinar recording and slides on [Cardi-OH.org](#).

Using the Cardi-OH Web App is Simple!

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- Bookmark your favorites.
- Share best practices with colleagues.



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Sharing best practices to improve cardiovascular and diabetes health

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