

Reducing Provider Barriers to Continuous Glucose Monitoring Uptake and Use

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Continuous glucose monitoring (CGM) has been shown to enhance health outcomes for individuals with type 1 and type 2 diabetes and is recommended by the American Diabetes Association.¹ However, provider hesitancy continues to be a barrier to prescribing CGM in primary care settings. The most common challenges include:¹

1. Insufficient provider knowledge and confidence, including clinical and technical aspects of CGM (e.g., indications for CGM and how to act on specific CGM reports and device knowledge and interpretation of CGM data output, respectively).
2. Perceived complexity of CGM.
3. Administrative burden, including insurance and a lack of integration with electronic health records (EHR systems).
4. Time constraints.



Such barriers can result in underutilization and disparities in access to CGM across populations. Evidence-based approaches to address provider hesitancy and support CGM implementation are outlined in the table below.

Table. Strategies to Overcome Provider Barriers to CGM Uptake and Use

Strategies	Implementation Considerations
Provider and Staff Education/ Training	<ul style="list-style-type: none"> ▪ Aim to increase knowledge and confidence in prescribing, communicating, and interpreting CGM data; making treatment decisions; and counseling patients on use.²
Workflow Modification	<ul style="list-style-type: none"> ▪ Include the interprofessional team (e.g., physicians/advanced practice providers, medical assistants, nurses, dietitians, pharmacists, diabetes care and education specialists). ▪ Establish clear roles for device selection, ordering, CGM set-up/linking to the clinic, patient training, data downloading and interpretation, and communicating changes in therapy. ▪ Integrate CGM ordering and data platforms into the EHR; offset costs by capturing CGM data to supplement or replace A1C in value-based care, billing for set-up and interpretation, and using virtual and remote patient monitoring.
Use of Standardized CGM Metrics/ Reports	<ul style="list-style-type: none"> ▪ Standardize CGM metrics plus ambulatory glucose profile (AGP) to facilitate review/interpretation of data and setting/tracking of goals.³ ▪ Use data management platforms (e.g., device-specific or agnostic, such as Glooko or Tidepool) to facilitate CGM data sharing, simplify workflows, and enable customized reports.

For more information, access Cardi-OH’s expanded resources on [supporting patient success with CGMs](#) and [overcoming barriers to CGM use](#).

References

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3. Danne T, Nimri R, Battelino T, et al. International consensus on use of continuous glucose monitoring. *Diabetes Care.* 2017;40(12):1631-1640. doi:10.2337/dc17-1600.

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