

Title: **MORE TROUBLE THAN HELP? - THE USE OF SENSORS IN DIABETES CARE.**

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**Background:** It is well known that self-monitoring of blood glucose level (BG) allows the patients to manage their Type 1-diabetes and thus directly affect the outcomes related to it. However, there is a lack of knowledge of how the use of continuous glucose monitoring (CGM) might have an impact on everyday life with diabetes.

**Aim:** To explore patients' and nurses' experiences and perspectives of care in relation to everyday life with CGM.

**Method:** In a qualitative design with a phenomenological-hermeneutic approach. Fields studies (n=3) in a consultation between patients with type 1 diabetes and nurses, one focus group with nurses (n=4) and semi-structured interviews with patients (n=4) were carried out. Data were analyzed through a Ricoeur-inspired approach on three levels naive reading, structural analysis and critical interpretation and discussion.

**Result:** The critical interpretation revealed that CGM had a significant impact on everyday life as it provided feelings of being safe and allowed the patients to more efficiently manage their disease, especially in relation to diet and physical activity. CGM gave less concern about the disease as patients could efficiently get a view at BG. It could however be a false safety if patients blindly trusted the CGM and did not follow up on the symptoms. Furthermore, it could be stressful to receive constant information about BG, as patients had to deal with it. It could lead to concerns and frustrations. *Hence, CGM can provide safety but also irritation due to e.g. many alarms at night and interrupted sleep.*

**Conclusion:** The use of CGM can change the patient's everyday life with diabetes. The experience of CGM is primarily positive as it provided both a sense of security and a valuable insight into diabetes and self-management. However, it is important to note that the nurses must understand the patient's everyday life experiences and recognize the changes that are being made by GCM, in order to provide patient related care and guidance.