Abstract

Optimising CGM Use through Structured Education: Bridging Technology and Patients' Therapeutic Decisions

Continuous glucose monitoring systems (CGMs) provide detailed, real-time insights into glycemic patterns, enabling people with type 1 diabetes to make more informed therapeutic decisions. However, the benefits of CGM technology depend largely on users' ability to interpret data and apply it effectively in daily self-management. Structured diabetes education therefore plays a central role in optimizing CGM use and improving clinical outcomes.This presentation is based on a systematic review of structured educational programs for CGM self-management in people with type 1 diabetes and it will focus not only on the characteristics of these programs, but also on the content of CGM structured education and its role in supporting therapeutic decision-making. Key themes include interpretation of glucose trends and Time in Range, insulin adjustment, hypoglycemia prevention, problem-solving skills, and patient empowerment. Particular attention will be given to evidence-based programs such as Spectrum and CGM Academy, which fulfill National Institute for Health and Care Excellence (NICE) criteria for structured education and provide comprehensive, patient-centered approaches to CGM self-management. This presentation aims to demonstrate how structured education can bridge the gap between diabetes technology and meaningful patient action, supporting safer, more confident, and more effective use of CGM in clinical practice.

Eirini Pizirtzidou, RN, MSc, PhD(c) International Hellenic University of Thessaloniki, Greece
Diabetes Nurse Specialist, Cambridge University Hospitals, UK
Training Specialist, Menarini Diagnostics, BU Diabetes Care, Greece

BIOG:
Diabetes Specialist Nurse with MSc in Clinical Diabetes and PhD candidate at the International Hellenic University, Greece, with a clinical and academic focus on diabetes care, diabetes technologies, and structured self-management education with extensive clinical experience in both Greece and the United Kingdom, having worked as a Diabetes Clinical Nurse Specialist at Addenbrooke's University Hospital, Cambridge, and at the UK National Severe Insulin Resistance Service. Since 2023, I have been working as a Training Specialist at Menarini Diagnostics Greece in the Diabetes Care Business Unit, while also practicing as a freelance Diabetes Educator in the UK.

I am a certified DAFNE educator (Dose Adjustment For Normal Eating), I hold a Level 3 Award in Teaching and Training, and I am certified as a Mental Health First Aider (MHFA England). My professional and research interests focus on continuous glucose monitoring (CGM), diabetes technology, structured diabetes education, and empowering people with diabetes in therapeutic decision-making and self-management.