Wearing Continuous Glucose Monitors at Adventure Camp

If you are planning to wear a Continuous Glucose Monitor (CGM) or Sensor at camp this year, please carefully review the following information and requirements for both counseling staff and campers. CGM's are quickly becoming a standard of care in diabetes management. Previously we have not allowed CGM due to issues with loss and breakage (transmitters, receivers, phones). These devices are quite expensive to replace and transmitters can be easily lost in the active camp atmosphere. Review the pros and cons of CGM use at camp below. Blood Glucose (BG) levels are monitored very closely at camp, often checking 8-10 times per day or more at camp, so if you choose to take a break from CGM, this is a great time to take a sensor holiday and let us help with the continuous monitoring :)

Requirements for CGM/Sensor use at Adventure Camp:

- STIX Diabetes Programs is not liable for the loss or breakage of any CGM/Sensor system or components.
- Please know the warranty status or replacement costs associated with loss or repair.
- iPhones, iPod-Touch or other phones or devices that have cellular data or wifi capability, will NOT be allowed at camp to be used as receivers for CGM. There are no exceptions to this requirement.
- CGM transmitters must be paired with a hand-held receiver (i.e. Dexcom G4 or G5 receiver), or communicate directly to an insulin pump (Animas Vibe G4, T:Slim G4 or X2, or Medtronic system).
- Share or follow capabilities must be turned off while at camp.
- Alarms will be set to vibrate only at night to minimize sleep interruptions.

Instructions for use at camp:

- Place a new sensor the day before camp, to limit sensor changes during camp.
- CGM serial number of the transmitter must be logged with the MASH team at check in.
- CGM receiver, and/or insulin pump that communicates with the CGM, should be labeled with the camper name on the back of it.
- Bring a belt or other carrying device to carry the CGM at camp.
- Send charging cord (labeled with name) for use throughout camp if your system needs it.
- Calibrations will be performed per the system requirements.
- Meal dosing will be based off blood glucose readings only (not sensor glucose).

Pros of CGM use at camp:

- CGM is used daily in real-life diabetes, so using at camp is no different
- Trending information and arrows greatly helps with insulin decision making, activity adjustments
- Improved detection and avoidance of hypoglycemia
- More ease of BG monitoring on night rounds
- May reduce the number of finger pokes per day when BG is in range

Cons of CGM use at camp:

- Significant cost of repair or replacement if broken or lost
- Camp environment is a challenge for adhesive (waterfront, sweat, etc)
- Receivers/pumps are not waterproof and are at risk of damage
- Frequent alarms may be a challenge in a cabin full of CGMs, make sleeping a challenge
- Logistic issues of carrying CGM throughout the day's activities, not losing CGM in night