bcdiabetes.ca
Patient Care + Research + Clinical Trials

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Diabetes Alarms at school & in the workplace

People living with diabetes who take insulin & who use a continuous glucose meter (CGM) need to have their smartphone and/or their smartwatch with them at all times: whether at home, at school or in the workplace. In short, the combination of a smartphone/smartwatch and a CGM constitutes a medical device. For an understanding of why this is the case read on.

There is a diabetes revolution underway, led by continuous glucose meters (CGM). CGM technology has been life-changing for all people with diabetes, particularly for people living with diabetes who need multiple shots of daily insulin or who are on insulin pumps. The combination of an insulin pump and a CGM with software that calculates the correct dose of insulin is known as Automated Insulin Delivery (the "artificial pancreas", also known as "Looping"). Looping is now commonplace - this technology allows individuals living with Type 1 diabetes to have lives that are almost normal, freeing them from fear of diabetes complications (blindness, amputations and dialysis) as well as passing-out low sugars and the fear of passing out from a low sugar.

Automated insulin delivery relies on a negative feedback loop - if the sugar goes low the system reduces or stops insulin. On the rare occasion (< 1 event per client per year) that the sugar is dropping dangerously low the system sets off an audible (and vibrational) alarm to warn the user that they need to consume sugary or starchy food.

These alarm systems require a smartphone and/or smartwatch: thus a smartphone/dmartwatch, in the context of diabetes and the use of a CGM, is a medical device. To avoid discrimination against people living with diabetes who use automated insulin delivery or CGM alone, I believe that smartphones/smartwatch with audible diabetes alarms be allowed at school & in the workplace.

Please call if you have any questions +1-604-638-0431

Yours sincerely,

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Short URL = https://bit.ly/diabetes_alarms