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Type 1 Diabetes at school & in the workplace

People living with Type 1 diabetes (T1D) need insulin for life: provided they take their insulin reliably and use a [continuous glucose meter](#) (CGM) such that they get warnings before they have a hypoglycemic reaction (a low sugar, see below), they can safely perform any task. T1D is a condition, not a disease - T1D simply has to be managed, and in 2025 the technologies are such that individuals living with T1D can aspire to any career and hold down any job for which they have the requisite talent and motivation.

To be unrestricted in their activities individuals with T1D need to carry their smartphone & CGM at all times, including when at work, at school and doing exams. In addition individuals with T1D may require short breaks of a few minutes only to take insulin, adjust their diabetes devices and consume food if their sugar is low.

CGM technology provides the user with a warning before a hypoglycemic reaction occurs. This warning is in the form of an alarm (a sound or vibration) made by the smartphone/smartwatch to which the CGM is connected. As such individuals living with T1D need to have their smartphone/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 a greater understanding 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 & dialysis) as well as passing-out low sugars & the fear of passing out from a low.

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/smartwatch: thus a smartphone/smartwatch, 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, smartphone/smartwatch with audible diabetes alarms should be allowed at school & in the workplace. In addition short breaks of 2-4 minutes several times per day may be required and should be allowed to provide for insulin injection, diabetes device adjustment and food consumption

Yours sincerely,



Tom Elliott
Medical Director
Short URL = https://bit.ly/T1Dschoo_l_work