# Tackling Therapeutic Inertia: Utilizing Continuous Glucose Monitoring for Diabetes Prevention and Optimal Management

American Association of NURSE PRACTITIONERS®

Supported by an independent medical education grant from Abbott.

## INTRODUCTION

Continuous glucose monitoring (CGM) provides glucose trends that can inform treatment adjustments and support individualized diabetes management. Effective use requires appropriate device selection, accurate data interpretation, and ongoing patient education.[1] Over-the-counter CGM systems have expanded access for selected people who do not use insulin, including adults without diabetes seeking feedback on the effects of diet and exercise.[2]

Nurse practitioners (NPs) play an important role in integrating CGM into primary care. However, gaps in familiarity with device availability, regulatory status, and measurement accuracy can limit clinicians' confidence in counseling patients and translating glucose data into treatment or lifestyle decisions. This educational initiative addressed these gaps through expert-led education and a companion clinical resource, with emphasis on evidence-based CGM use, data interpretation, and shared decision-making.

### Learning Objectives

- Describe the fundamental clinical utility of CGM in the active treatment of type 1 diabetes (T1D) and type 2 diabetes (T2D), as well as in diabetes prevention.
- Identify the expanding frontline responsibility of primary care clinicians in the initiation, interpretation, and utilization of CGM, focusing on the role of the NP.
- Evaluate the clinical trial evidentiary base and recent regulatory updates for CGM systems, highlighting their increasing role in non-insulin-dependent T2D and in people without diabetes.
- Implement impactful therapeutic and/or lifestyle modifications based on CGM data, with emphasis on the vital importance of active shared decision-making in primary care.

## PROGRAM OVERVIEW

### Live Symposium and Conference On-Demand Activity

- **Live Symposium:** June 20, 2025, at the AANP 2025 National Conference in San Diego, California.
- **Conference On-Demand Activity:** June 27-August 4, 2025, through the AANP Virtual Conference
- **Accreditation:** 1.0 CE Credit

### Enduring On-Demand Program

- Launched June 27, 2025, for a 1-year duration in the AANP CE Center.
- **Accreditation:** 1.0 CE Credit

### Accredited Podcast

- *NP Pulse: The Voice of the Nurse Practitioner*
- Expert discussion of barriers to diabetes care and prevention and practical CGM strategies.
- **Accreditation:** 1.0 CE Credit

### Clinical Brief

- Unaccredited companion resource covering CGM devices, data interpretation, and clinical evidence.
- Available through AANP Education Tools and Resources.

## METHODS

Learners completed knowledge, competence, confidence, and evaluation questions aligned with the learning objectives. Enduring program analyses used paired McNemar tests for item-level correctness, confidence, and intent to recommend CGM, and a Wilcoxon test for total percentage correct ($P \leq 0.05$). Microsoft Excel aggregated data, and IBM SPSS Statistics v31.0.0.0 supported statistical analysis. Effect size (r) quantified the magnitude of change (0.10 = small, 0.30 = medium, 0.50 = large). Podcast knowledge and evaluation results, demographics, and practice-barrier responses were analyzed descriptively.

## Learner Demographics

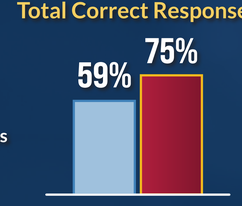
| Activity | Completions |
|---|---|
| Enduring Program | **3197** |
| Podcast | **2660** |

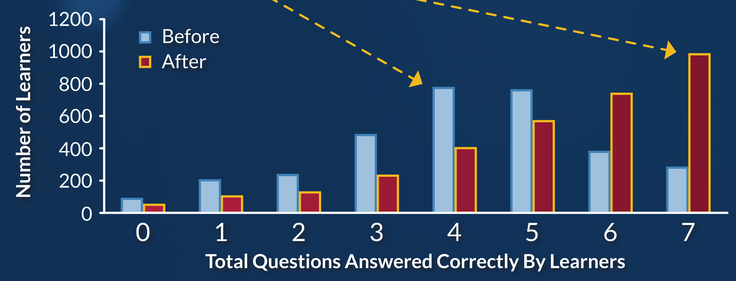
- **NPs Who Provide Direct Patient Care** represented 79% of enduring program learners and 78% of podcast learners.
- **Family Medicine/Primary Care** was the largest practice setting: 86.7% of enduring program learners and 86.8% of podcast learners.

## RESULTS

### Enduring Program: Knowledge and Competence Gains

- Overall correct responses increased from 59% before the activity to 75% afterward, a **27% relative increase** (**$P<0.001$**; Z = 32.393; r = 0.573, large effect).
- All seven knowledge/competence questions showed statistically significant improvement (**$P<0.001$**).
- Prior to the activity, most learners got **4 out of 7 questions correct**, whereas after the activity, most **got 7 out of 7 questions correct**.



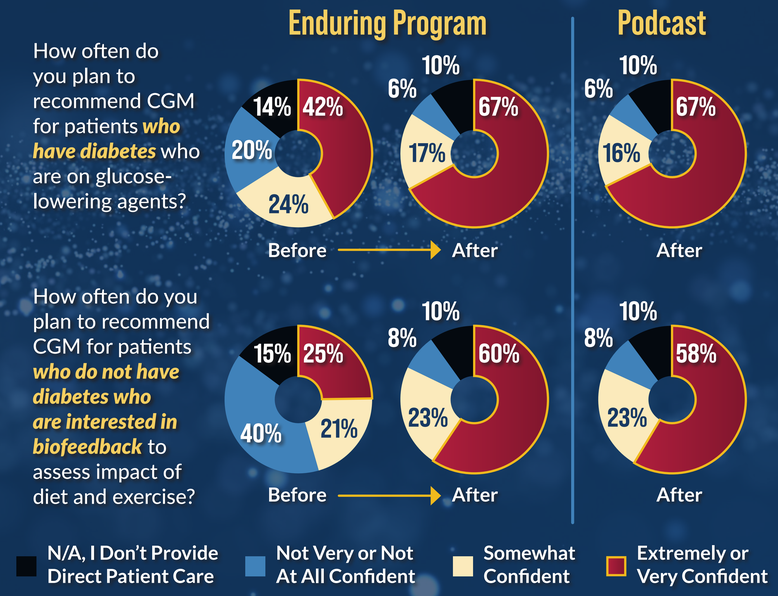




### Podcast: Post-Test Knowledge

- Post-activity correct responses ranged from 60% to 85% across five knowledge questions.
- Learners performed particularly well on the evidence supporting CGM in diabetes (85% correct) and interpretation of over-the-counter CGM readings in people without diabetes (84% correct).

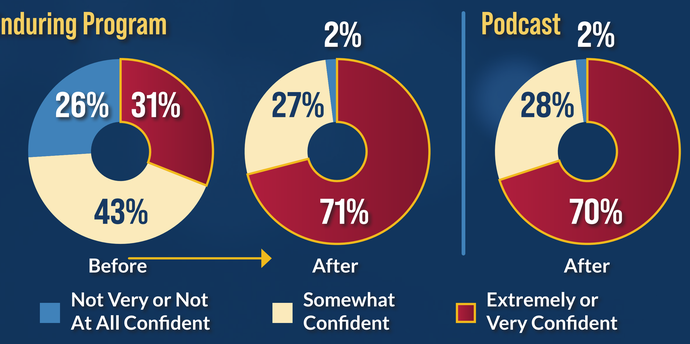
An Estimated **70,284** Total Patients Seen per Week Who Were Impacted by This Educational Activity

### Intent to Recommend CGM



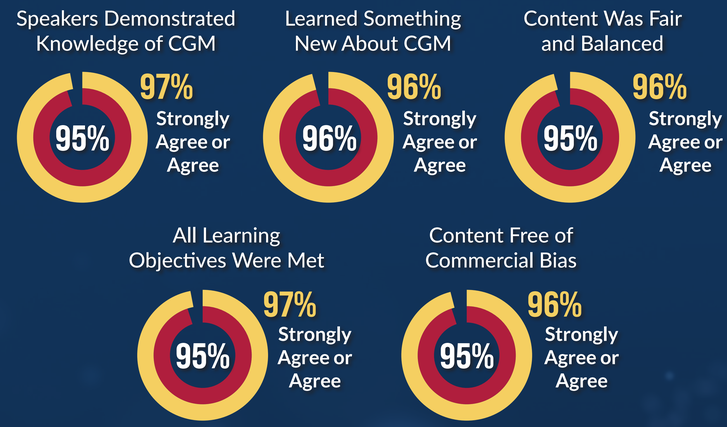

### Confidence in Counseling

Please rate your level of confidence in your ability to discuss CGM options with your patients.




- The proportion of learners who were extremely or very confident discussing CGM options increased from 31% to 71%, a 129% relative increase ($P<0.001$).

### Learner Satisfaction




## CONCLUSION AND REFERENCES

This NP-focused educational initiative was associated with significant gains in CGM knowledge, competence, and counseling confidence among enduring program learners. Overall correct responses increased by 27%, with a large effect size, and the proportion highly confident in counseling more than doubled. Podcast learners demonstrated strong post-activity understanding of clinical evidence and reported high counseling confidence and intention to recommend CGM.

These findings support practical education to help NPs integrate CGM into primary care. Continued education should reinforce device availability and regulatory status, measurement accuracy, and interpretation of glucose patterns, while addressing cost and coverage barriers and supporting shared decision-making.

### References

1. American Diabetes Association Professional Practice Committee for Diabetes. Diabetes Care. 2026;49(suppl 1):S150-S165. doi:10.2337/dc26-S007.
2. US Food and Drug Administration. FDA clears first over-the-counter continuous glucose monitor. March 5, 2024. https://www.fda.gov/news-events/press-announcements/fda-clears-first-over-counter-continuous-glucose-monitor.

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