

Network position statement on the use of mobile phones as a medical device for diabetes management in schools



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The Wessex Children and Young People's Diabetes Network is a group of stakeholders including healthcare professionals, parents and charity groups. We work collaboratively to ensure that children and young people with diabetes receive high quality care.

Diabetes technology has advanced significantly over the last few years, and this has changed the way children and young people with diabetes are supported with managing their condition in school. This document sets out current accepted best practice on the use of mobile phones (as a medical device) for diabetes management in school. It has been developed in collaboration with the diabetes network.



To: Whom it may concern

Use of mobile phone (as a medical device) for diabetes management in school

The paediatric diabetes team would like to explain the increased necessity of mobile phones (as a medical device) for the monitoring and treatment of children and young people with diabetes.

Children and young adults with diabetes calculate the amount of insulin required for food, and are offered correction doses when blood glucose is above the therapeutic level. To assist in obtaining this information they use an App, necessitating the child /young person having access to their phone when calculating their insulin doses.

Many children and young people now use continuous glucose monitoring devices, such as the Dexcom G6, G7, Libre 3, where their mobile phone is used as a receiver. Glucose levels are sent to the phone continually, where they can be tracked and the phone will alert the child/young person and or carer if the blood glucose level is rising or falling, too high or too low, enabling the child/young person to monitor and manage their blood glucose levels more closely.

This is particularly important during exams, as will best enable the child/young person to perform to the best of their ability on the day. By monitoring their blood glucose levels during exams, they can correct levels that are too low or too high, or that are dropping or rising too quickly.

Some students manage their diabetes using a Hybrid closed loop pump system (HCL). These systems vary in appearance and how the user interacts with them, as some require a separate handset or an app on their phone, while others require direct access to the pump.

These pump systems (HCL) that run using a smartphone take readings from a Continuous Glucose Monitor (CGM) and sends automatic instructions to the student's insulin pump to increase or

decrease the amount of insulin being provided. It is important to note that in these cases the insulin pump is run by instructions from the smart phone, however the student may need to make additional manual adjustments to their insulin using the phone. Whilst not all Hybrid closed loop pumps work in this way; they do rely on the phone to notify the user about any alerts and alarm.

We understand there may be concerns about the use of mobile phones at school, and particularly in exams. As the connection of the CGMS transmitter and insulin pump is Bluetooth, the phone will still work as a receiver or with the pump without Wi-Fi and with the phone in airplane mode. The mobile phone does however need to be within 6 meters of the student with appropriate alerts on. The high and low alerts can be put on vibrate, so as not to disturb others, only the urgent low alarm, which requires immediate attention cannot be muted. Setting appropriate low alerts which the student will receive and can then make treatment decisions on, should help prevent an urgent low alarm level being reached.

Restricted access to mobile phones (medical device) would prevent the child or young person from managing their diabetes. This would increase the risk of serious immediate and long-term problems, therefore, where possible, alternative sanctions may be required for inappropriate use of mobile phones.

Please do not hesitate to speak to a member of the paediatric diabetes team to discuss any concerns further.

Yours sincerely

Paediatric Diabetes Team

Frimley Health Foundation Trust