



Continuous Glucose Monitors (CGM) and Cell Phones 2024

(Please read, sign and return if applicable)

Camper _____ Birthdate _____ Session _____

Cell Phones

At Camp Nejedra we keep campers as safe and healthy as we can while they have fun and learn. Many diabetes devices require that a camper have a cell phone nearby to continuously monitor their glucose or control their insulin pump. The cellphone is permitted as a medical device only; using the cell phone for other purposes is not allowed at camp. The camper will be responsible for carrying the phone during the day and charging the phone nightly.

A camper/family may opt for the phone to be used for night time monitoring only. Those cell phones will be locked in their cabins so that their glucose can be monitored in the Health Center at night.

1. Nejedra will not be responsible if the cell phone or CGM receiver is lost, stolen or damaged.
2. At intake the SIM card will be given to the parent/guardian to take home. This prevents a camper from using their phone for any non-medical purpose. (This does not apply to BFF Weekends.)
3. The phone will be connected to a limited Wi-Fi to allow the Health Center to monitor glucoses.
4. At intake, we will turn off any communication from the cell phone to the parents/guardian, e.g., following glucoses. (This does not apply to BFF Weekends.)
5. Campers will not be allowed to use the phone to call, text, take pictures or access the internet. Taking pictures is prohibited because other campers have not consented to have their pictures taken.
6. Failure by campers and/or parents to follow these rules will result in the cell phone being inactivated and placed in the camp director's office for the remainder of camp and can also result in camper being sent home from camp.
7. Please make sure you pick up your child's cell phone, charger and cord at the end of camp. If you neglect to do so, we have to charge a nominal fee for shipping it.

CGMs

This policy and procedure is intended to allow the maximum benefit from CGMs with the least burden for the camper, counselor, and medical staff.

CGMs potentially reduce the risk of missing important hypo- or hyperglycemia and, for those models and camper ages that are FDA approved, provide an alternative to finger stick glucose measurements. CGMs require responding to their alarms, which may require a check of blood glucose with a meter.

Since CGMs monitor the glucose surrounding the cells (interstitial) instead of blood glucose, the readings are delayed by about 15 minutes compared to blood glucose.

1. Whenever possible, CGM readings will be used to manage a camper's diabetes. There may be times when a finger stick is necessary, particularly if the CGM alarms.
2. Because camp is noisy and tired people sleep soundly, any receiver alarm will be set at its loudest. The repeat alarm interval will be set at 30 minutes for a low glucose and 120 minutes for a high glucose. (This does not apply to BFF Weekends.)
3. At camp the low glucose alarm will be set at 70 and the high alarm at 300 mg/dl to maximize the value of the alerts and minimize interruptions in activities and sleep. (This does not apply to BFF Weekends.)
4. If the camper so chooses or at the discretion of the pediatric endocrinologist at camp, use of the CGM may be discontinued for all or part of the day. The endocrinologist will most likely discontinue use of the camper's CGM if it has many false alarms.
5. We understand that some parents are able to follow their child's BG readings through certain apps that connect directly to the Dexcom servers. Although we will not be removing apps from a parent's phone, we do strongly encourage parents to temporarily disconnect their follow capability in order to take a well-deserved respite from the stress of constantly having to monitor diabetes. Be assured that we are also following your child. We will receive the same alerts and treat them accordingly and in a timely manner.

I have read and understand the above Nejedra policy regarding Cell Phones and CGMs.

Parent's signature _____

Date _____

Camper's signature _____

Date _____

Revised 9/2023