

2026 Davee Foundation Lecture and Resident Research Day

Abstract

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Title: Integrating Continuous Glucose Monitoring to Improve Type 2 Diabetes Management

Background: Community health centers seek effective strategies to improve outcomes for patients with poorly controlled type 2 diabetes mellitus. Continuous glucose monitoring (CGM) has the potential to enhance patient engagement and clinical decision-making; however, adoption in safety-net primary care settings has historically been limited by cost and workflow barriers. Expanded public insurance coverage has increased CGM availability, creating new opportunities for implementation.

Methods: This ongoing quality improvement project, initiated in June 2025, describes the early implementation of clinical workflows to increase CGM use at Erie Family Health Centers, a large federally qualified health center in the Chicagoland area. Implementation efforts focused on integrating CGM prescribing, education, and data review into routine care. Qualitative data were collected through surveys of primary care providers to assess experiences with CGM implementation, interpretation of CGM data, insurance-related barriers, and provider-reported patient feedback. Informal patient feedback obtained during clinical encounters was also incorporated to identify usability challenges.

Results and Conclusions: Results are currently in progress. Preliminary findings suggest that CGM integration may improve patient awareness of glucose trends, motivation for lifestyle changes, and perceived empowerment through real-time data access. Providers reported enhanced shared decision-making and more targeted medication adjustments. Early feedback also identified barriers to CGM use, including frequent alerts among patients with poorly controlled diabetes, limited ability to individualize notifications, requirements for compatible smartphones and technological literacy, and physical discomfort related to sensor use such as skin sensitivity or detachment due to perspiration. Providers additionally noted insurance approval challenges and the need for dedicated staff support and training. These early lessons highlight the importance of patient education, workflow flexibility, and ongoing provider engagement when integrating CGM into primary care. Final results are pending.