

Joining the dots.....

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Bertieonline.org.uk

Click on Datawise section for
information and guidance on
interpreting information from a variety
of download software

Actually....before we start...

- Respect the numbers
 - They are just numbers
- Respect the person in front of you
 - Find out about them
 - Talk to them
- Look for patterns
- LOOK FOR THE GOOD THINGS AND BRING THEM OUT
- Ask questions
- Learn how to download!!!!
- Learn to use the snipping tool
- Practice and have fun!

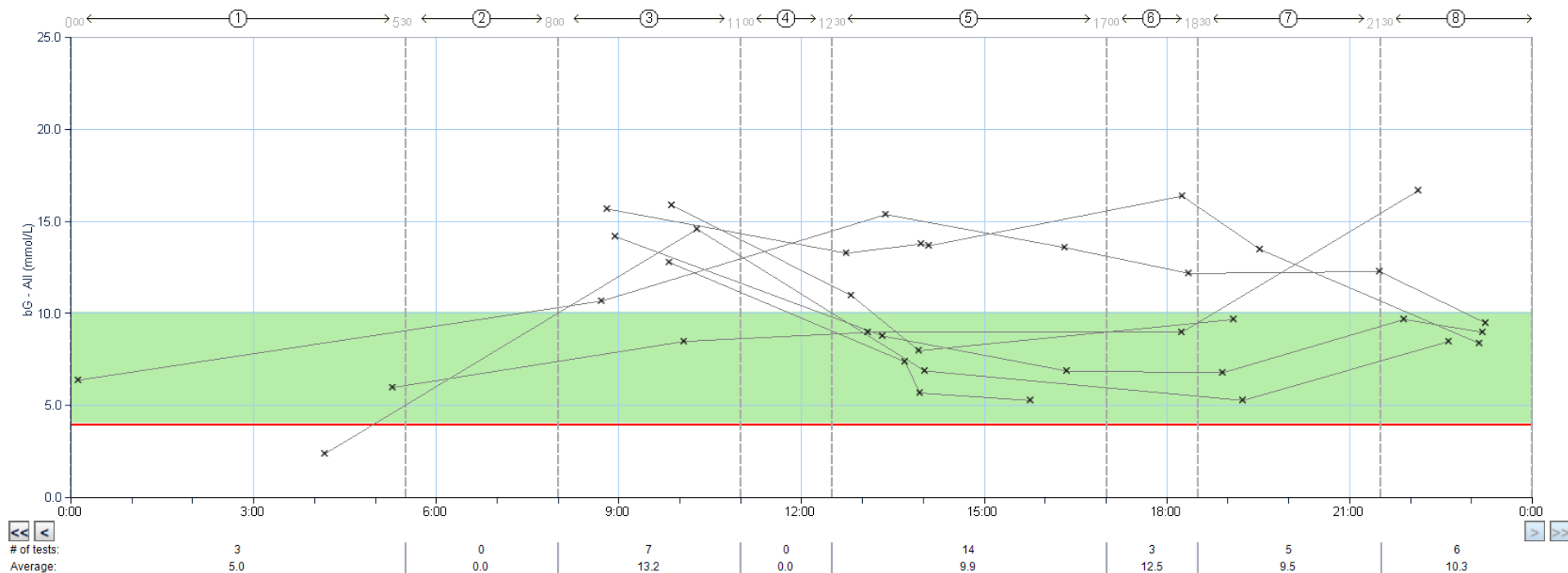
Looking at basals

Standard Day - bG - All

Preferences

Show/Hide Help

Range: Past 7 days 13.01.2017 - 19.01.2017 All days



Show: bG - All Compare to: (None)

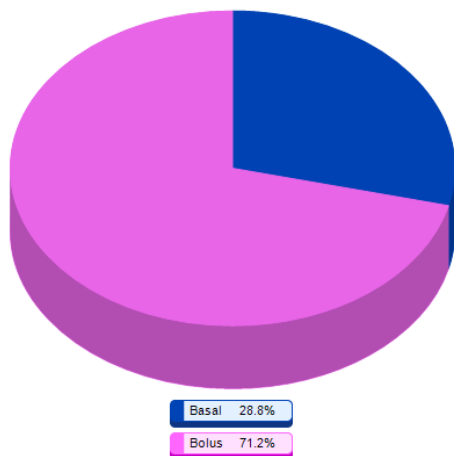
- ☐ Align
- ☒ Scatter

Insulin Pump Summary

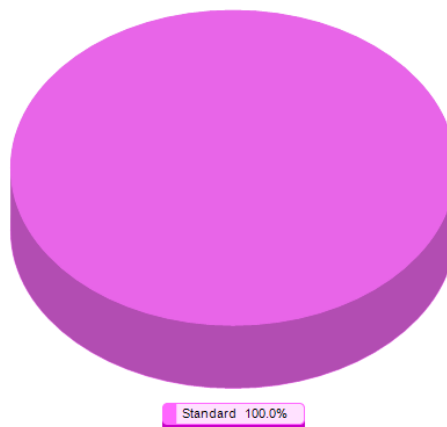
Show/Hide

Range:

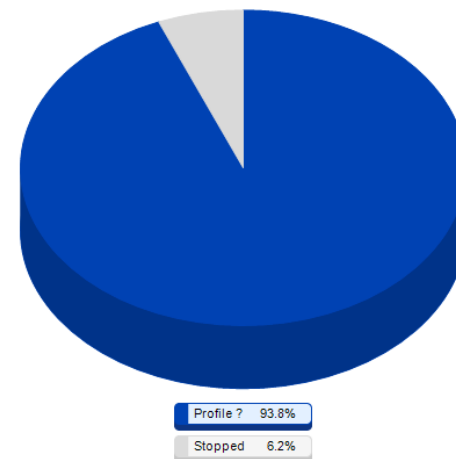
Basal vs. Bolus



Bolus Types



Basal Profiles



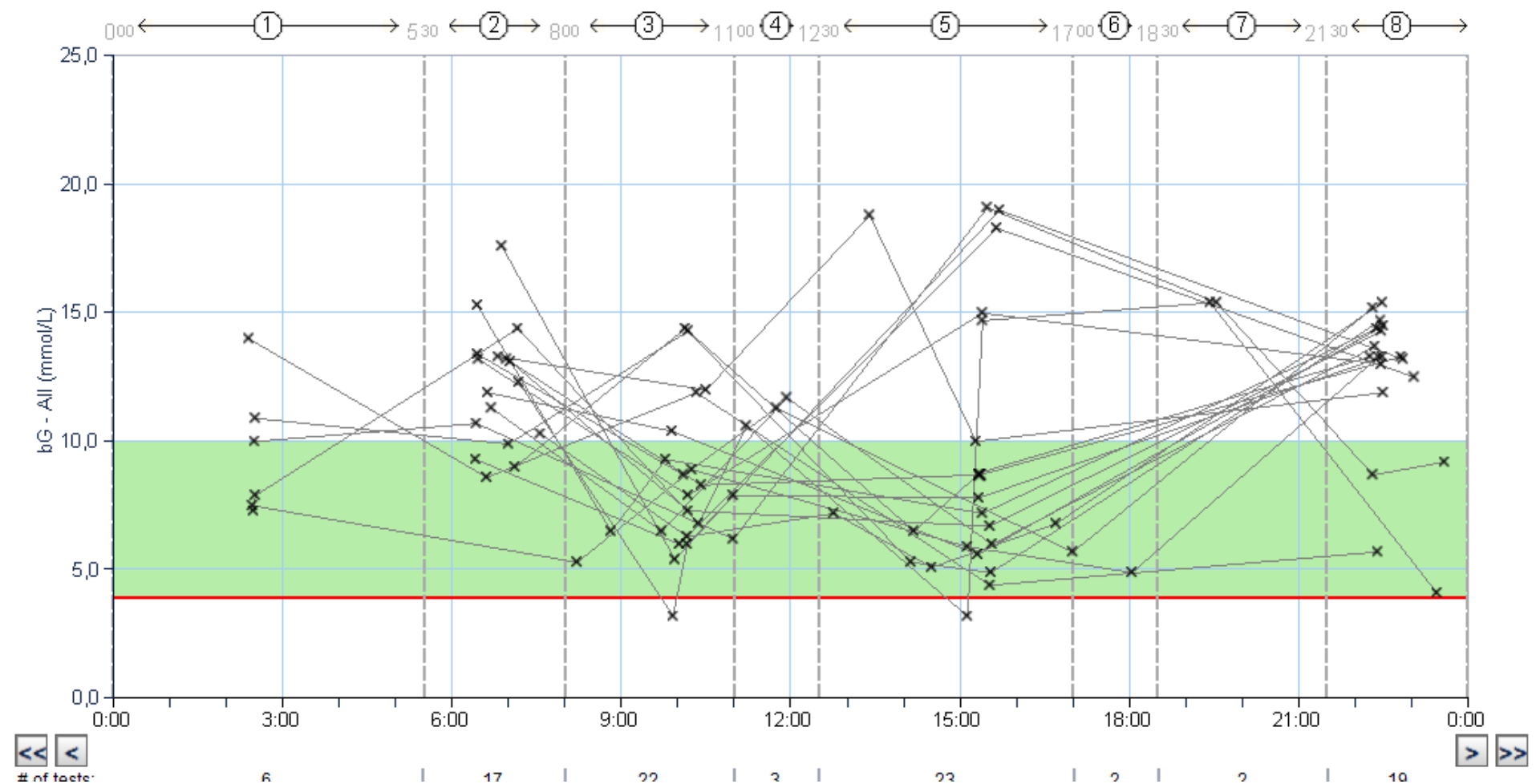
Profile ? (00057736)

of TBR increases: 11 # of TBR decreases: 0 Profile changes: 0
% of time: 30.7% % of time: 0.0%
Basal dosage/day 14.30

Standard Day - bG - All

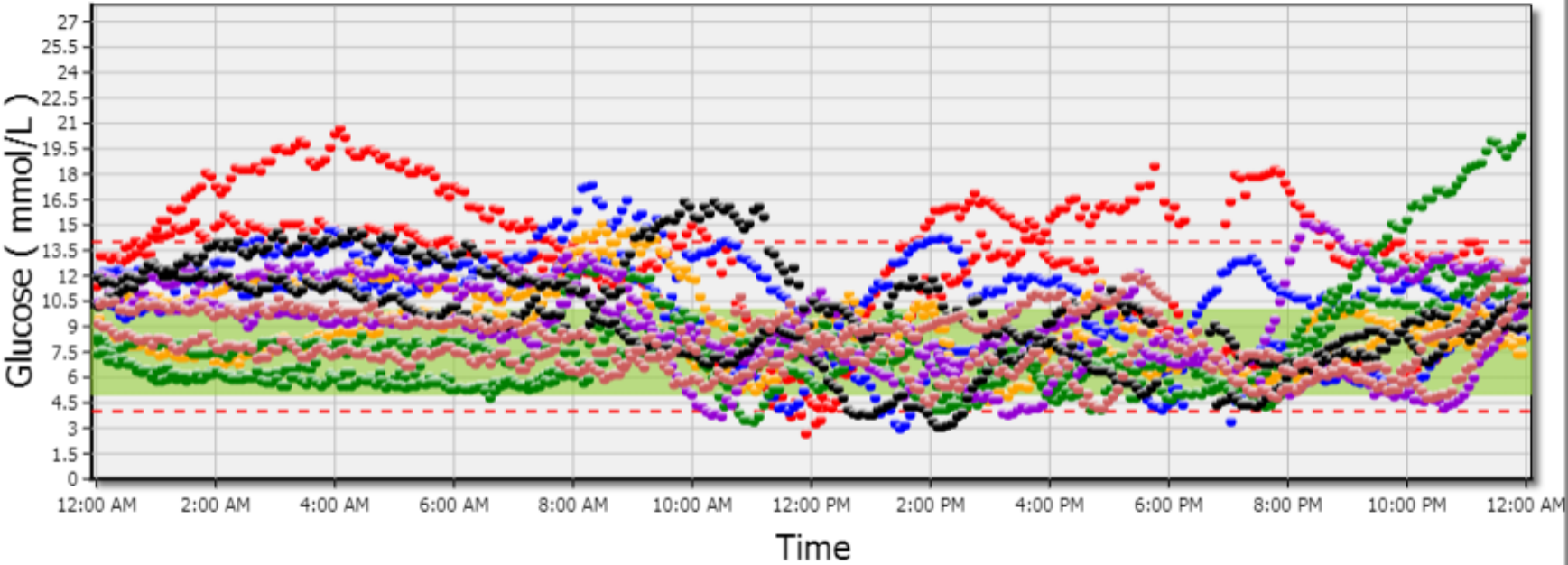
[Preferences](#)
[Show/Hide](#)
[Help](#)

Range: Custom Range 29.04.2016 - 16.05.2016 All days



Glucose Trend

May 09 2018 - May 23 2018



Glucose Variability



Glucose Trend



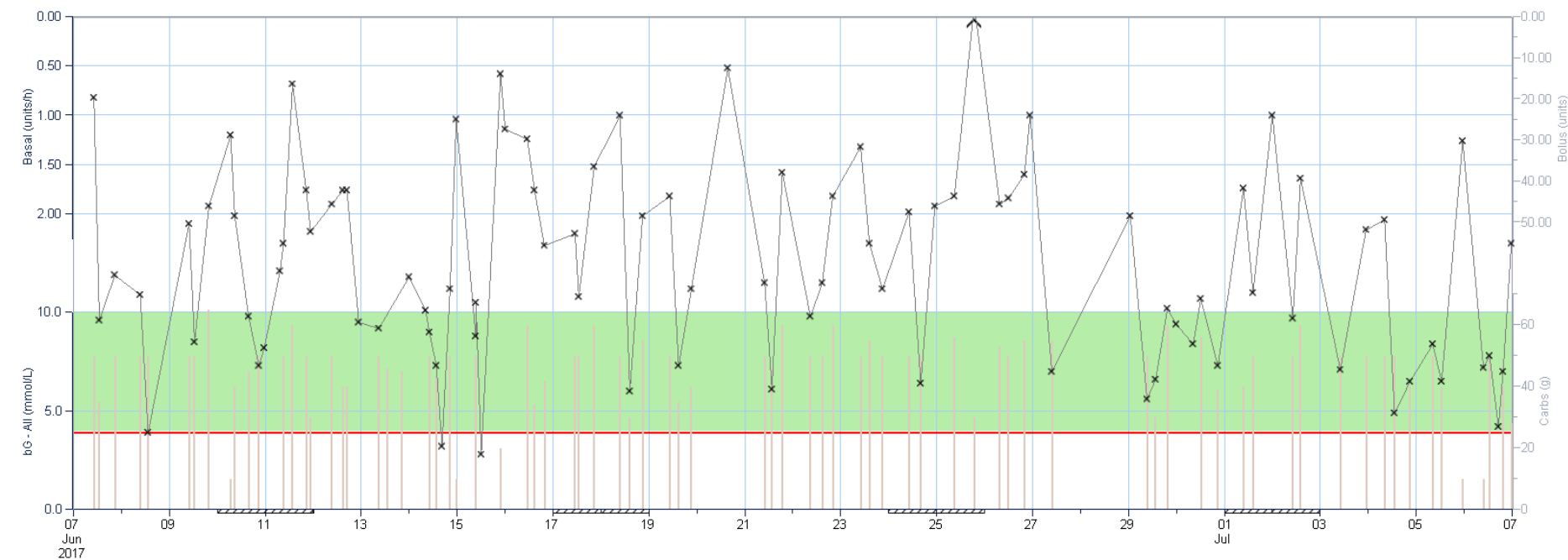
Glucose History

Let's look at some carb counting

Insulin Effect - bG - All

[Preferences](#)
[Show/Hide](#)
[Help](#)

Range: Custom Range 07.06.2017 - 06.07.2017 Carb units: g



Show: bG - All

Focus on:

- ☒ Connect
- ☐ Average
- ☐ Standard deviation

- ☒ bG - All
- ☐ Basal Insulin
- ☐ Bolus Insulin
- ☐ Carbs

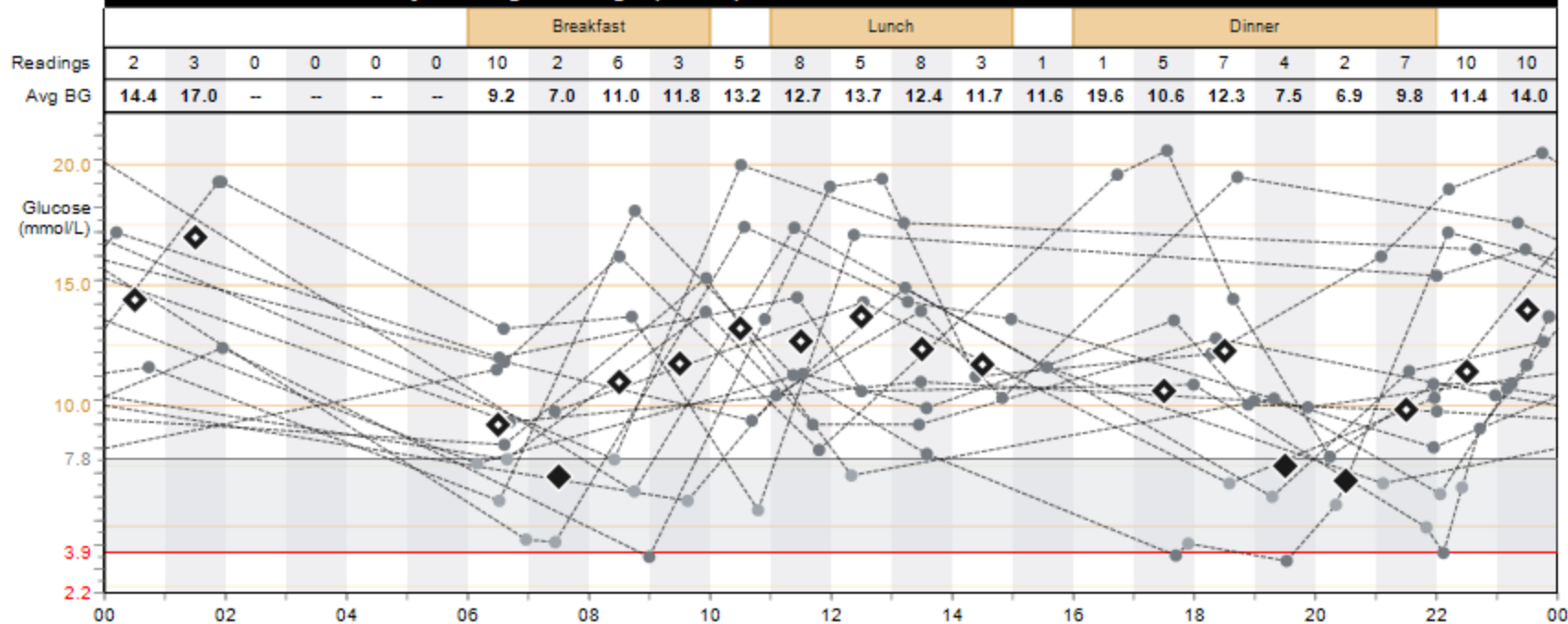
SETTINGS

STATISTICS

KEY

Hide graph tools

24-Hour Meter Glucose Overlay - Readings & Averages (mmol/L)



Meter Glucose Overlay Bedtime to Wake-Up and Meal Periods – Readings & Averages (mmol/L)

Bedtime to Wake-up

Bedtime: 20:00 - 00:00

Wake-up: 05:00 - 09:00

Breakfast 06:00 - 10:00

Meals Analyzed: 5

Avg Carbs: 16g

Avg Insulin: 1.6U

Avg Carbs/Insulin: 10.0g/U

Lunch: 11:00 - 15:00

Meals Analyzed: 8

Avg Carbs: 49g

Avg Insulin: 5.0U

Avg Carbs/Insulin: 9.8g/U

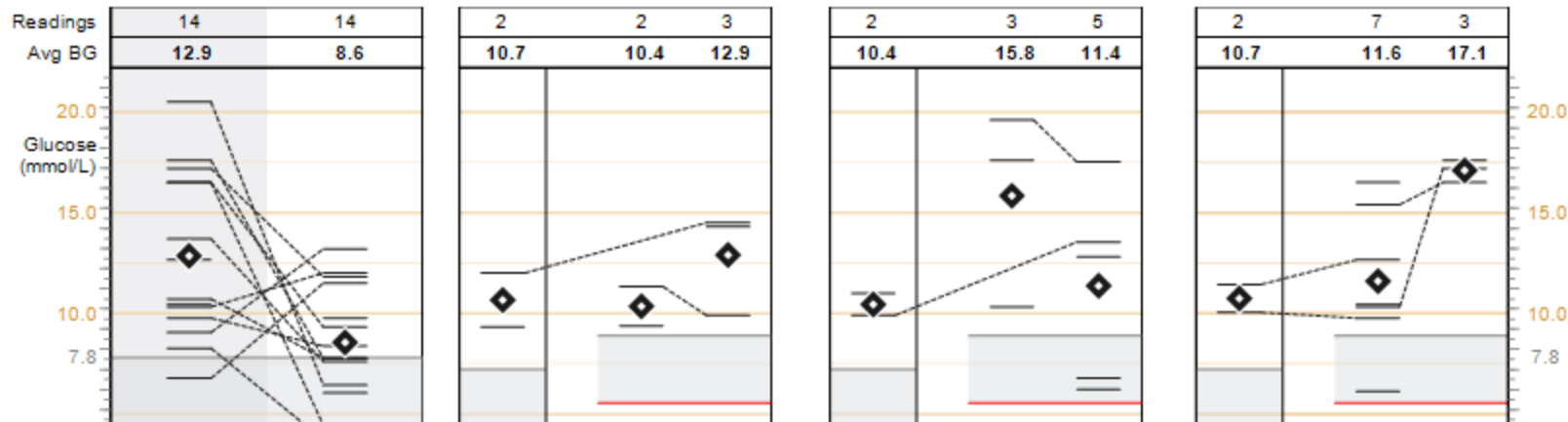
Dinner: 16:00 - 22:00

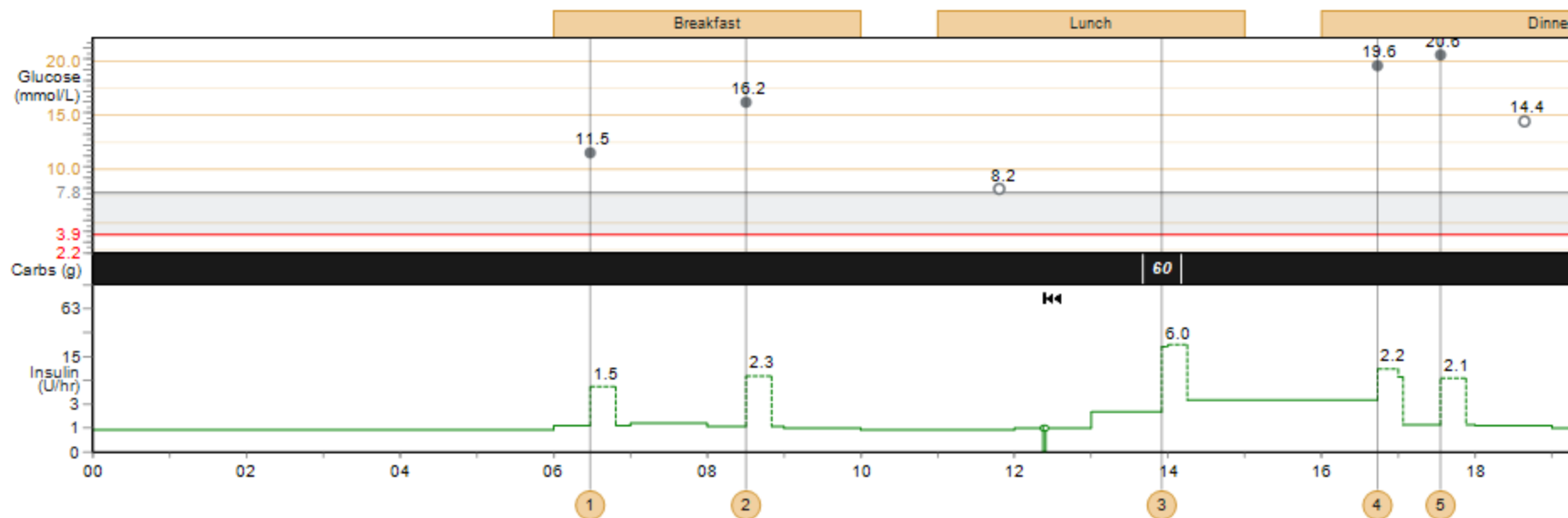
Meals Analyzed: 8

Avg Carbs: 28g

Avg Insulin: 2.8U

Avg Carbs/Insulin: 10.0g/U





Bolus Events										
Bolus Event	1	2	3	4	5	6	7	8	9	10
Time	06:28	08:30	13:55	16:43	17:32	21:56	23:29	23:29	23:51	23:51
Bolus Type	Normal	Normal	Normal	Normal	Normal	Normal	--	Normal	--	Normal
Delivered Bolus Norm (U)	1.50	2.30	6.00	2.20	2.10	1.30	--	1.00	--	1.30
+ Square Portion (U, h:mm)	--	--	--	--	--	--	--	--	--	--
Recommended Bolus (U)	1.50	2.30	6.00	2.90	2.10	1.30	1.60	1.60	0.500	1.30
Difference (U)	--	--	--	-0.700	--	--	-1.600	-0.600	-0.500	--
Carbs (g)	--	--	60	--	--	--	10	10	--	8
Carb Ratio Setting (g/U)	10.0	10.0	10.0	10.0	10.0	10.0	10.0	10.0	10.0	10.0
Food Bolus (U)	--	--	6.00	--	--	--	1.00	1.00	--	0.800
BG (mmol/L)	11.5	16.2	--	19.6	20.6	10.9	11.7	11.7	13.7	13.7
BG Target Setting (mmol/L)	5.0 - 7.0	5.0 - 7.0	5.0 - 7.0	5.0 - 7.0	5.0 - 7.0	5.0 - 7.0	5.0 - 7.0	5.0 - 7.0	5.0 - 7.0	5.0 - 7.0
Insulin Sensitivity Setting (mmol/L per U)	3.0	3.0	3.0	3.0	3.0	3.0	3.0	3.0	3.0	3.0
Correction Bolus (U)	1.50	3.00	--	4.20	4.50	1.30	1.50	1.50	2.20	2.20

Statistics

Avg BG (mmol/L)

BG Readings

Readings Above Target

Readings Below Target

Sensor Avg (mmol/L)

Avg AUC > 7.8 (mmol/L)

Avg AUC < 3.9 (mmol/L)

Daily Carbs

Carbs/Bolus Insulin (g/U)

Total Daily Insulin

Daily Basal

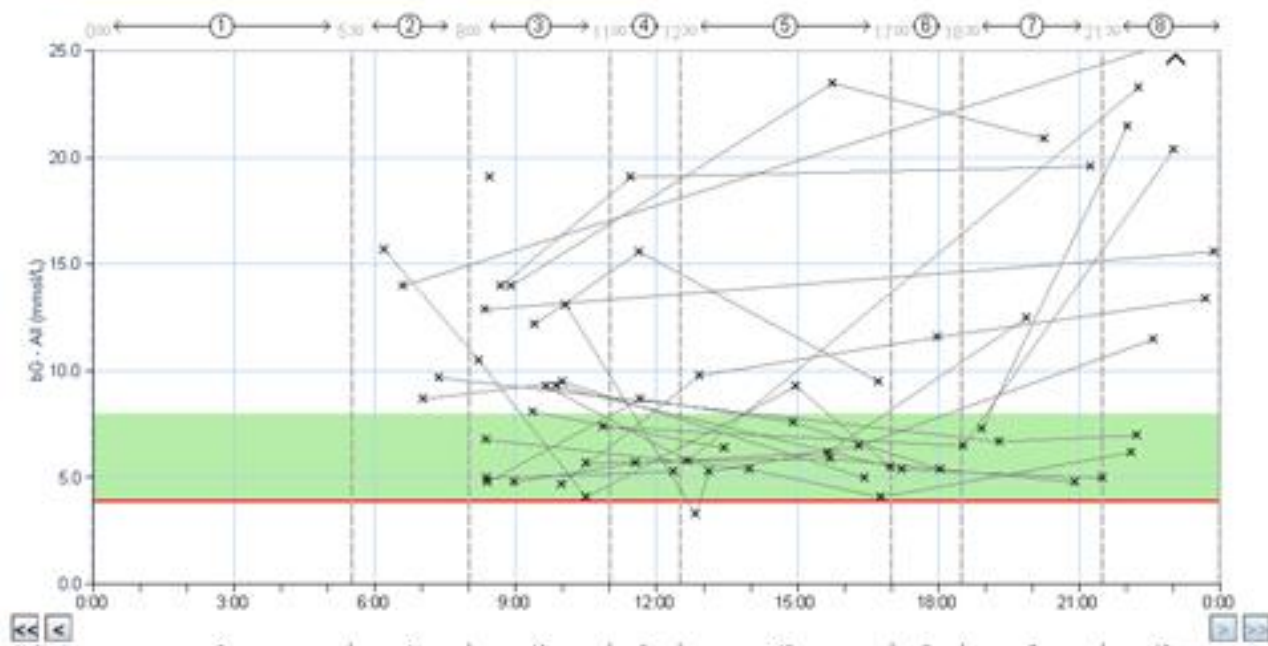
Daily Bolus

What could cause this?

Standard Day - bG - All

[Preferences](#)
[Show/Hide](#)
[Help](#)

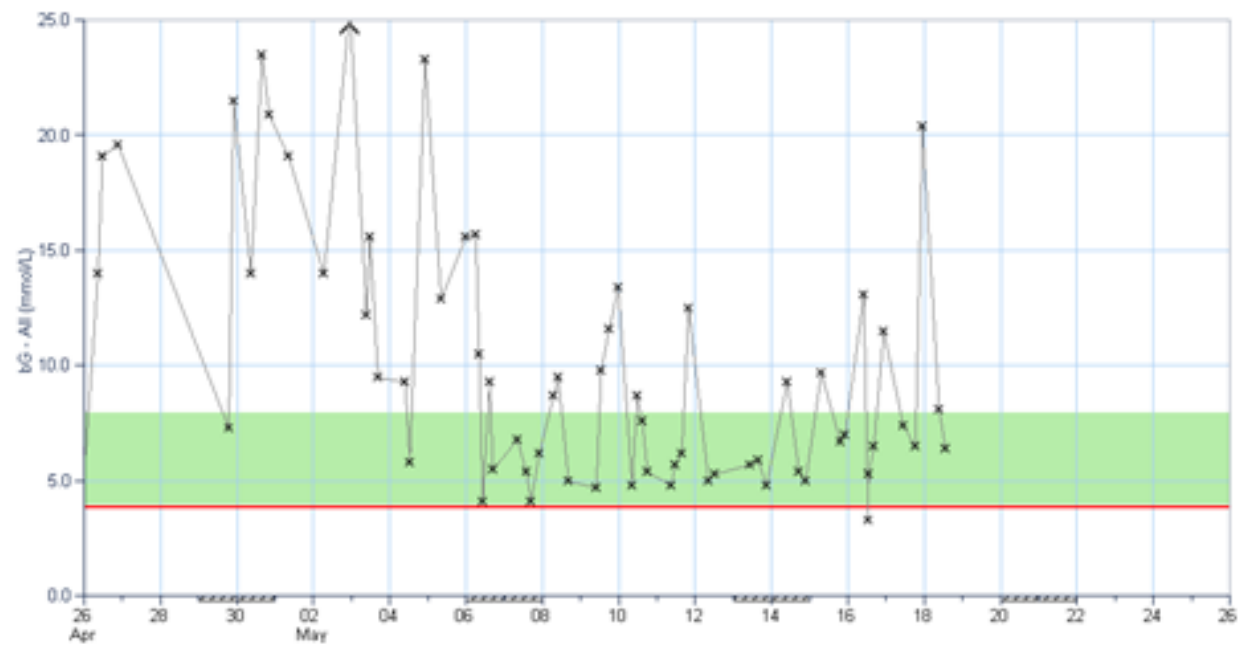
Range: Past 30 days 26.04.2017 - 25.05.2017 All days



Trend - bG - All

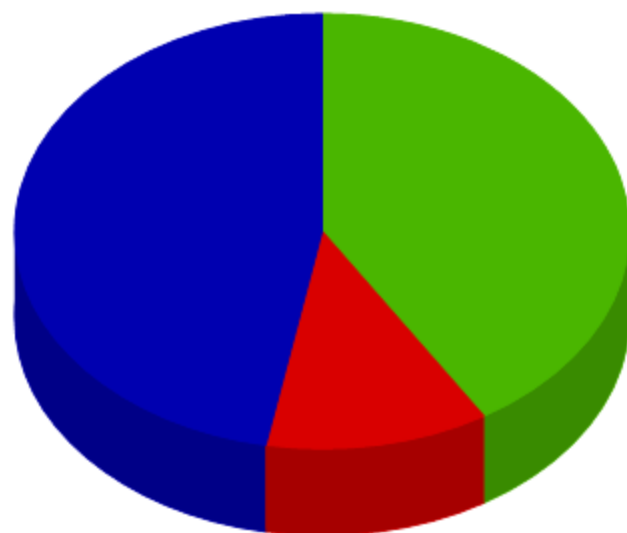
[Preferences](#) |
 [Show/Hide](#) |
 [H](#)

Range: Past 30 days 26.04.2017 - 25.05.2017



Range: Custom Range 06.01.2019 - 16.01.2019 

Overall



Above range	47.1%	(16)
Within range	41.2%	(14)
Below range	0.0%	(0)
Hypo	11.8%	(4)

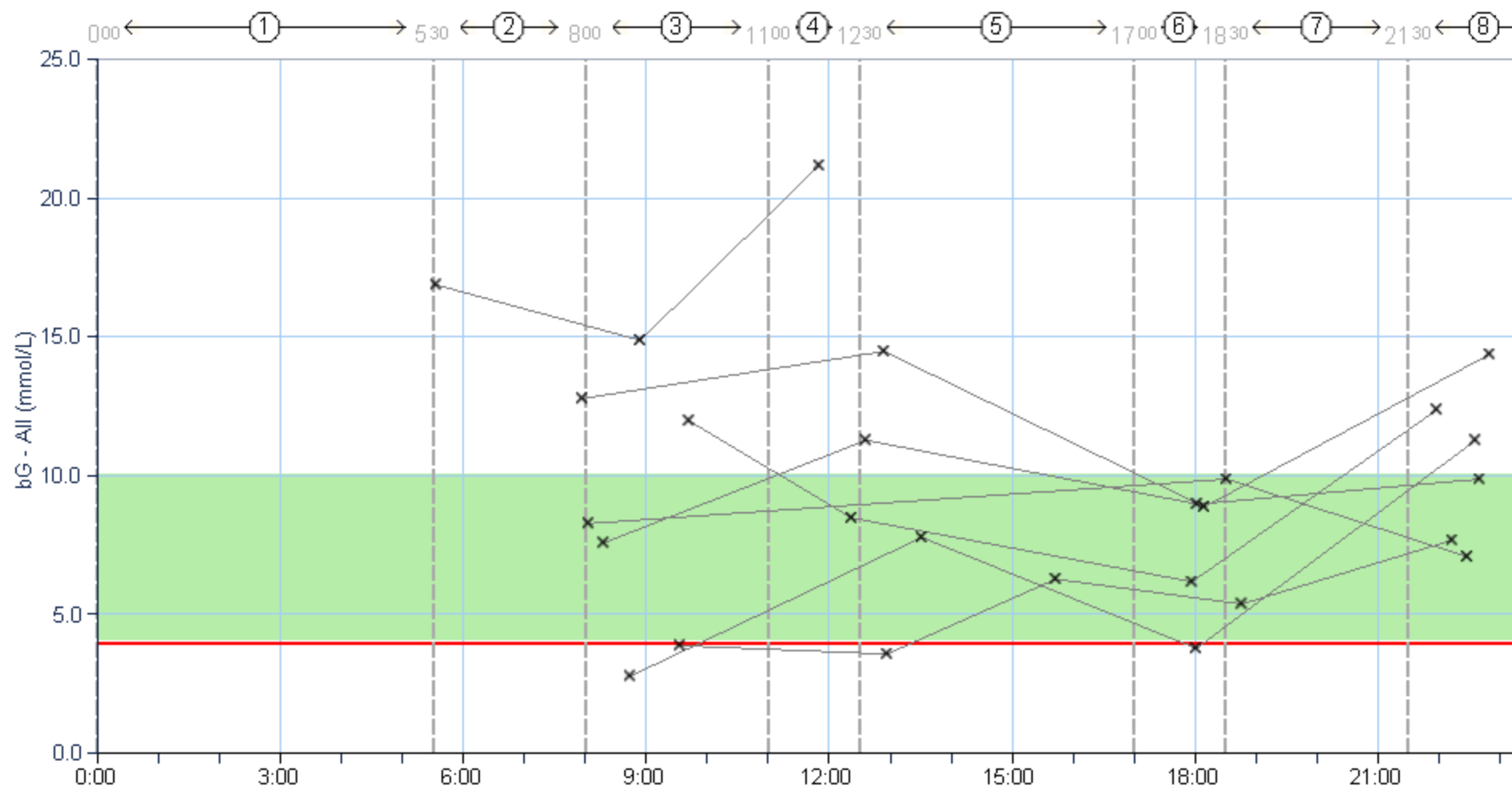
Show: bG - All

- ☒ 1 chart
- ☐ 3 charts

Standard Day - bG - All

[Preferences](#)
[Show/H](#)

Range: Custom Range 08.01.2019 - 16.01.2019 All days



# of tests:	0	2	6	2	5	4	2	6
Average:	0.0	14.9	8.3	14.9	8.7	7.0	7.7	10.5

Show: bG - All

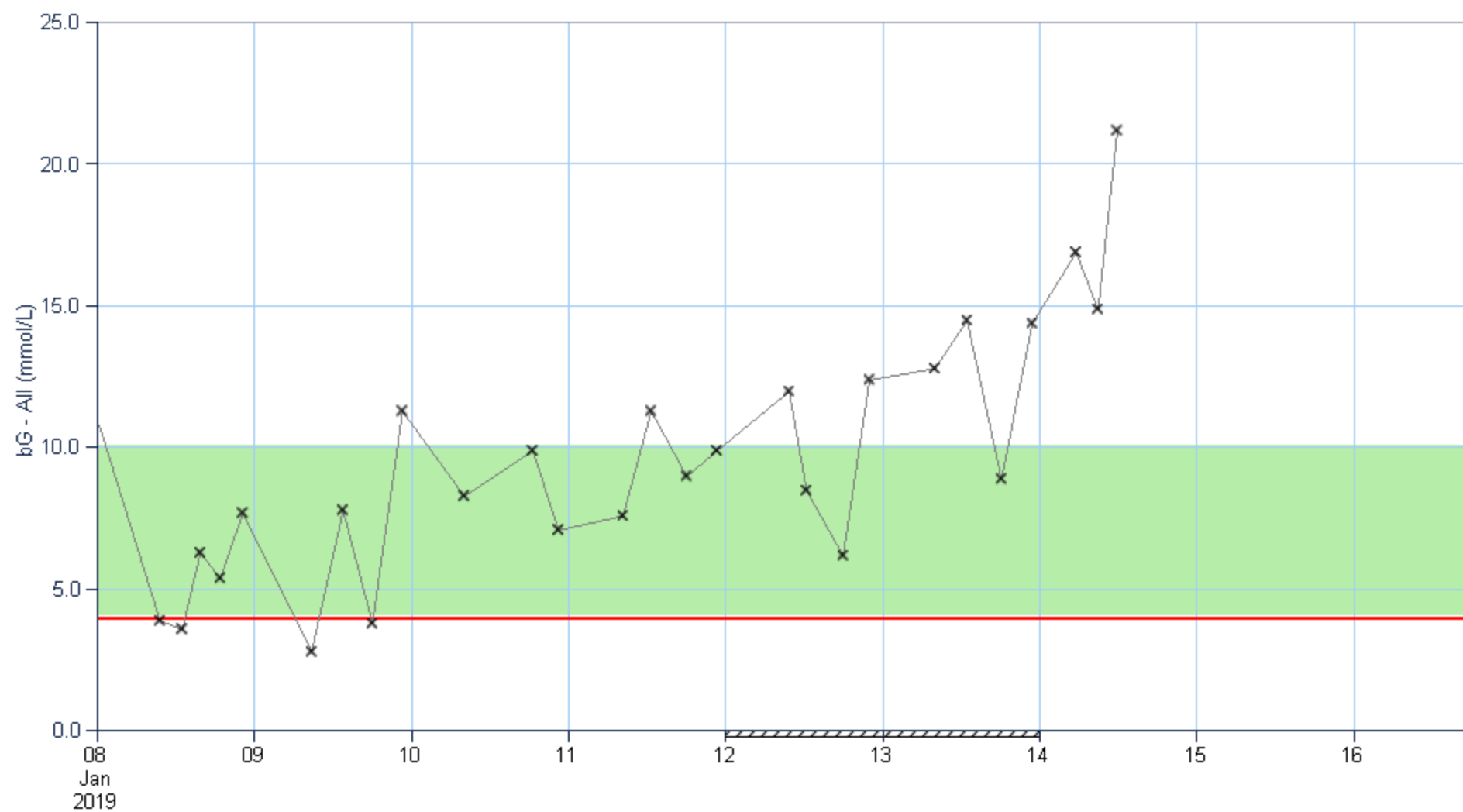
Compare to: (None)

☐ Align

☒ Scatter

☒ Connect

Range: Custom Range 08.01.2019 - 16.01.2019



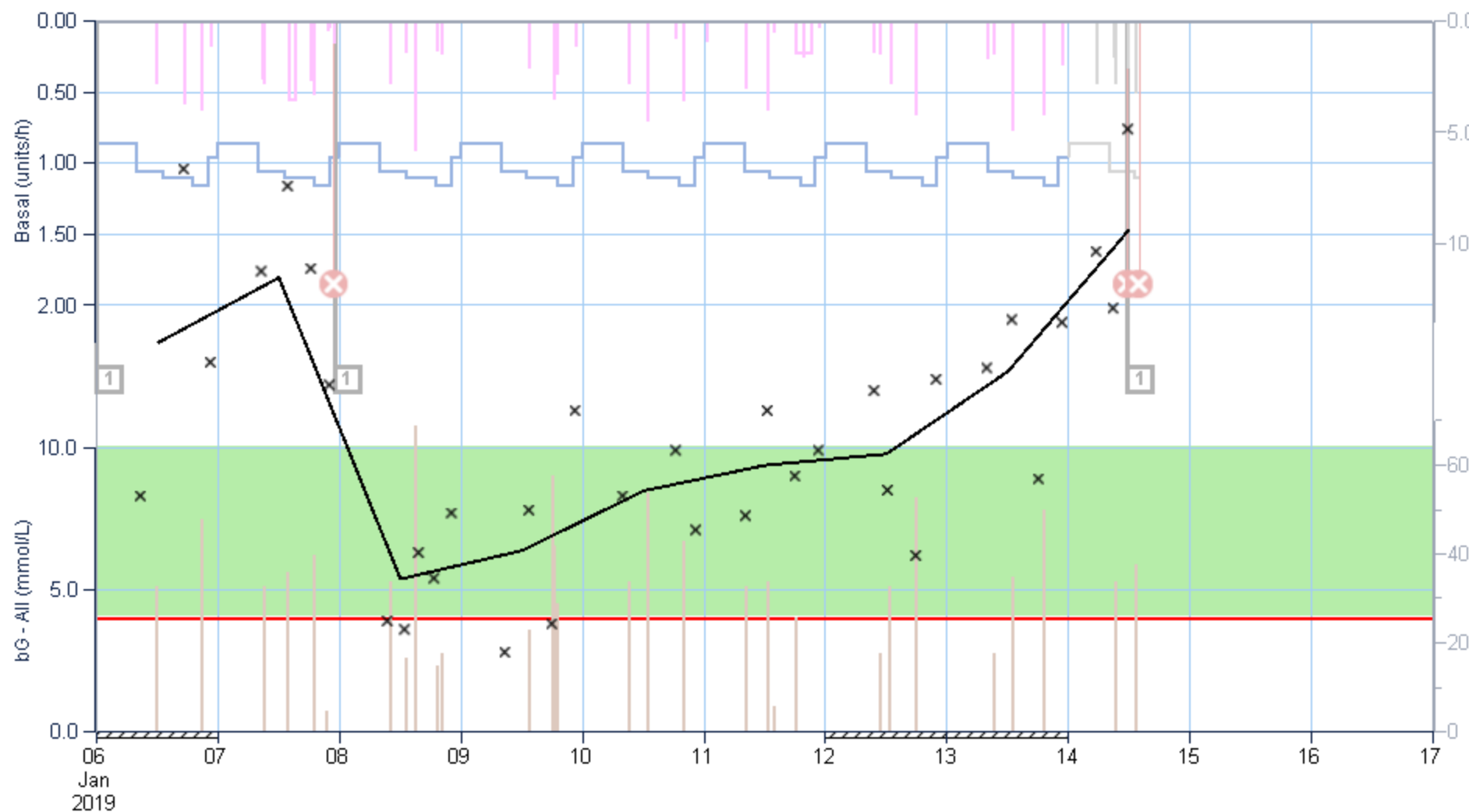
Show: bG - All Compare to: (None)

- ☒ Connect
- ☐ Average
- ☐ Standard deviation

Insulin Effect - bG - All

[Preferences](#) | [Show/H](#)

Range: Custom Range 06.01.2019 - 16.01.2019 Carb units: g



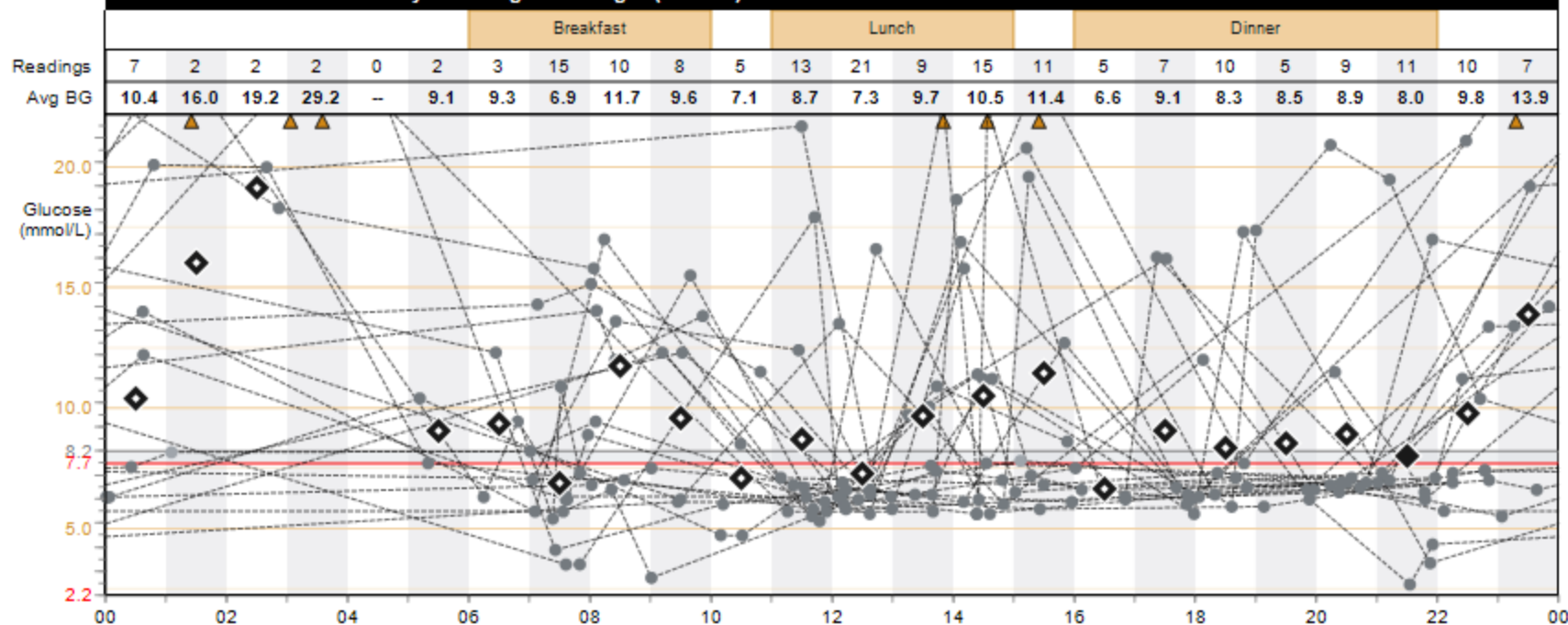
Show: bG - All

- ☐ Connect
- ☒ Average
- ☐ Standard deviation

Focus on:

- ☒ bG - All
- ☐ Basal Insulin
- ☐ Bolus Insulin

24-Hour Meter Glucose Overlay - Readings & Averages (mmol/L)



Meter Glucose Overlay Bedtime to Wake-Up and Meal Periods – Readings & Averages (mmol/L)

Bedtime to Wake-up

Bedtime: 20:00 - 00:00

Wake-up: 05:00 - 09:00

Breakfast 06:00 - 10:00

Meals Analyzed: 21

Avg Carbs: 26g

Avg Insulin: 4.2U

Avg Carbs/Insulin: 6.2g/U

Lunch: 11:00 - 15:00

Meals Analyzed: 42

Avg Carbs: 43g

Avg Insulin: 6.1U

Avg Carbs/Insulin: 7.2g/U

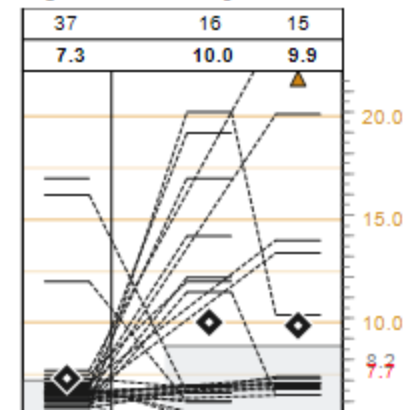
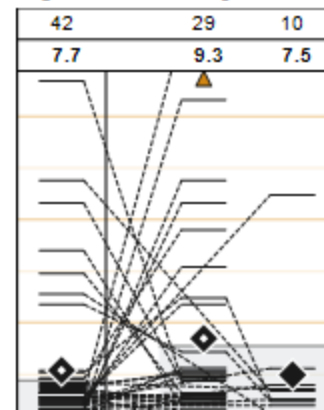
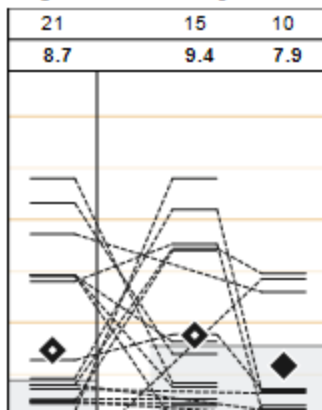
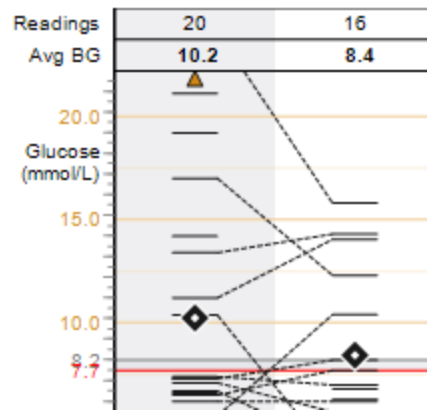
Dinner: 16:00 - 22:00

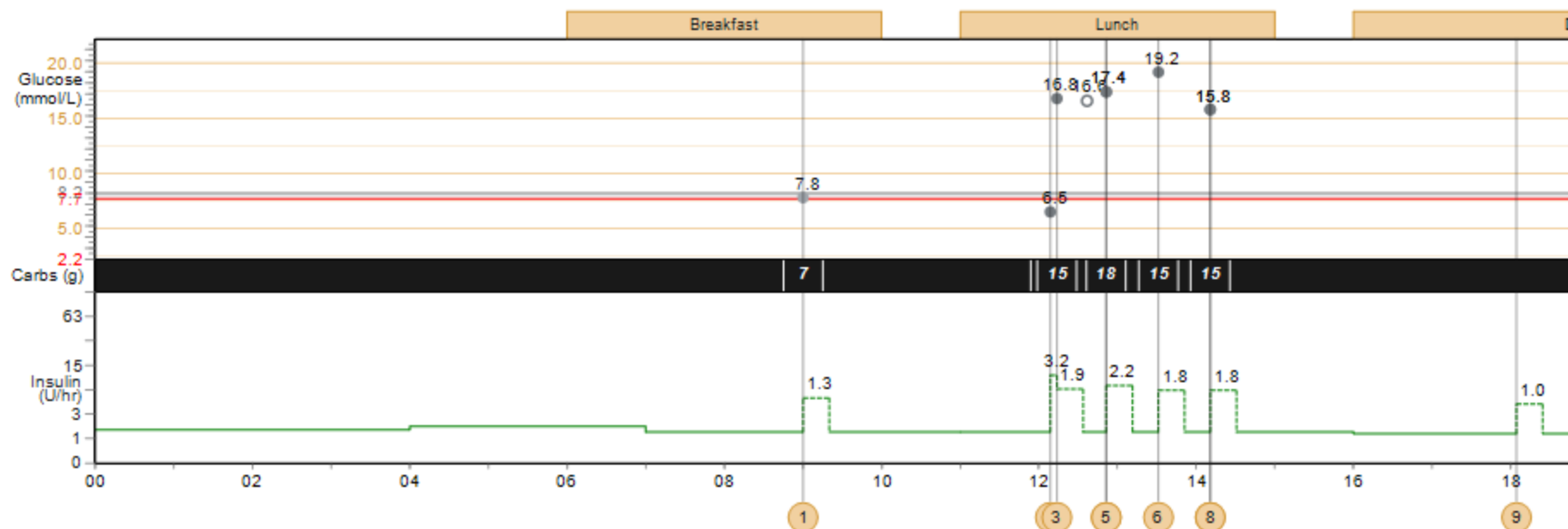
Meals Analyzed: 37

Avg Carbs: 57g

Avg Insulin: 8.1U

Avg Carbs/Insulin: 7.0g/U

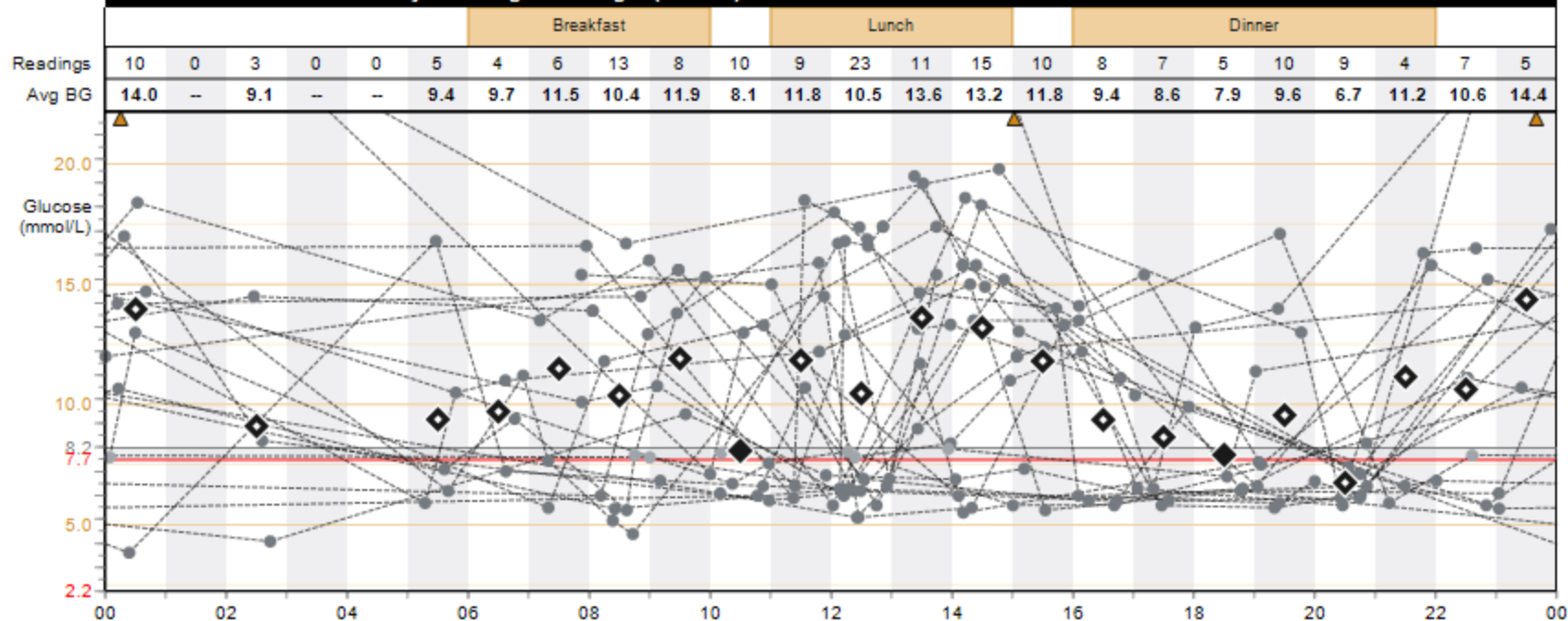




Bolus Events										
Bolus Event	1	2	3	4	5	6	7	8	9	10
Time	09:00	12:08	12:13	12:51	12:51	13:31	14:10	14:10	18:04	20:37
Bolus Type	Normal	Normal	Normal	--	Normal	Normal	--	Normal	Normal	Normal
Delivered Bolus Norm (U)	1.30	3.20	1.90	--	2.20	1.80	--	1.80	1.00	6.50
+ Square Portion (U, h:mm)	--	--	--	--	--	--	--	--	--	--
Recommended Bolus (U)	1.30	3.20	1.90	--	2.20	1.80	--	1.80	--	6.50
Difference (U)	--	--	--	--	--	--	--	--	--	--
Carbs (g)	7	26	15	--	18	15	--	15	--	52
Carb Ratio Setting (g/U)	8.0	8.0	8.0	8.0	8.0	8.0	8.0	8.0	--	8.0
Food Bolus (U)	0.800	3.20	1.80	--	2.20	1.80	--	1.80	--	6.50
BG (mmol/L)	7.8	6.5	16.8	17.4	17.4	19.2	15.8	15.8	--	7.0
BG Target Setting (mmol/L)	4.3 - 6.2	4.3 - 6.2	4.3 - 6.2	4.3 - 6.2	4.3 - 6.2	4.3 - 6.2	4.3 - 6.2	4.3 - 6.2	--	4.3 - 6.2
Insulin Sensitivity Setting (mmol/L per U)	3.0	3.0	3.0	3.0	3.0	3.0	3.0	3.0	--	3.0
Correction Bolus (U)	0.500	0.100	3.50	3.70	3.70	4.30	3.20	3.20	--	0.200
Active Insulin (U)	--	0.200	3.40	4.70	4.70	5.50	5.40	5.40	--	0.300

Statistics	
Avg BG (mmol/L)	10.5
BG Range (mmol/L)	6.5 - 19.2
Readings Above Target (mmol/L)	16.8, 17.4, 19.2
Readings Below Target (mmol/L)	6.5
Sensor Avg (mmol/L)	10.5
Avg AUC > 8.2 (mmol/L)	1.2
Avg AUC < 7.7 (mmol/L)	0.1
Daily Carbs/Bolus Insulin	
Daily Carbs (g)	108
Daily Bolus (U)	10.8
Daily Insulin (U)	10.8

24-Hour Meter Glucose Overlay - Readings & Averages (mmol/L)



Meter Glucose Overlay Bedtime to Wake-Up and Meal Periods – Readings & Averages (mmol/L)

Bedtime to Wake-up

Bedtime: 20:00 - 00:00

Wake-up: 05:00 - 09:00

Breakfast 06:00 - 10:00

Meals Analyzed: 19

Avg Carbs: 20g

Avg Insulin: 3.5U

Avg Carbs/Insulin: 5.8g/U

Lunch: 11:00 - 15:00

Meals Analyzed: 41

Avg Carbs: 29g

Avg Insulin: 4.2U

Avg Carbs/Insulin: 7.0g/U

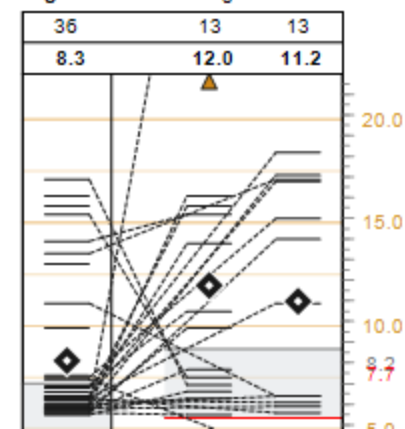
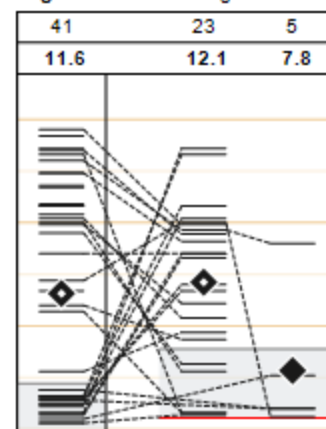
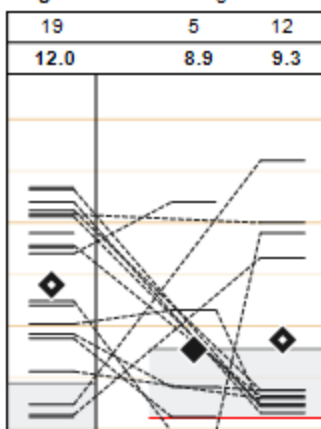
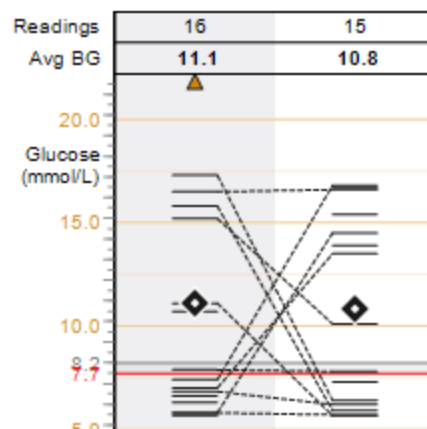
Dinner: 16:00 - 22:00

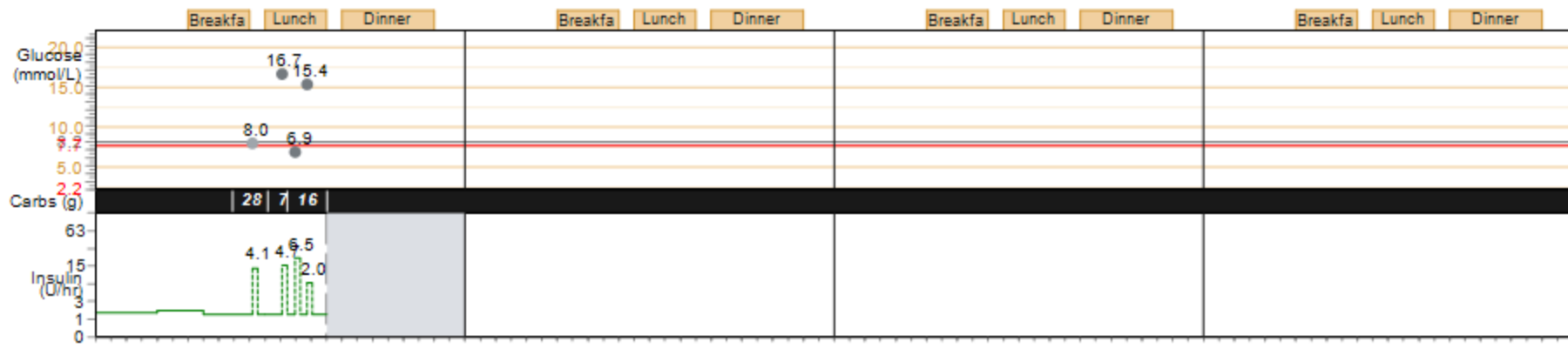
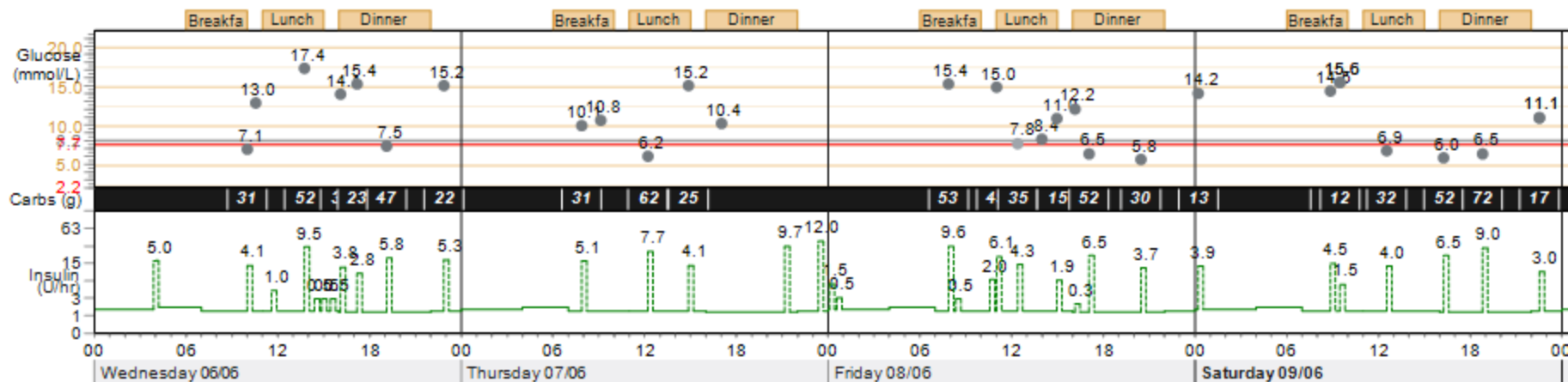
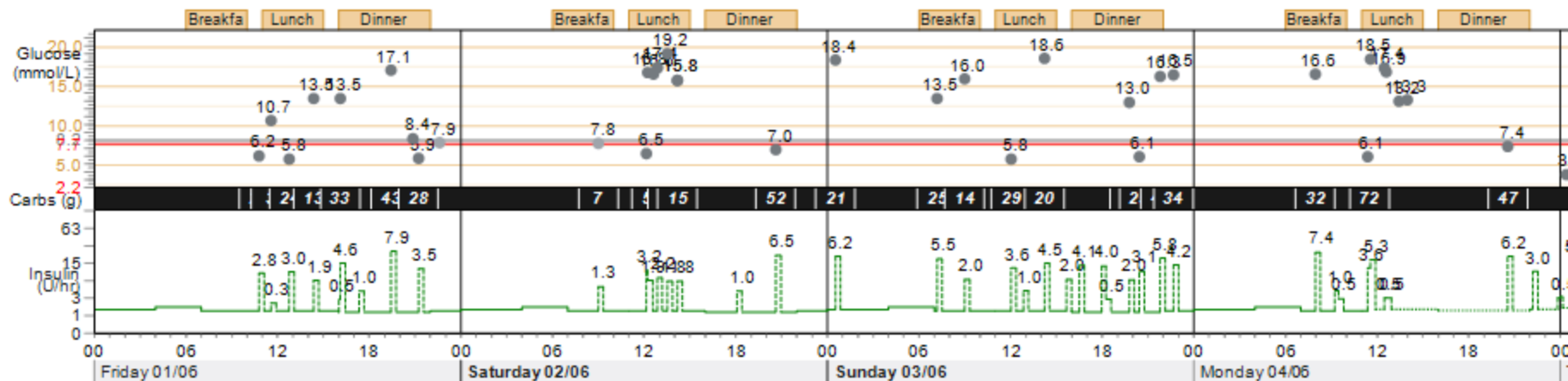
Meals Analyzed: 36

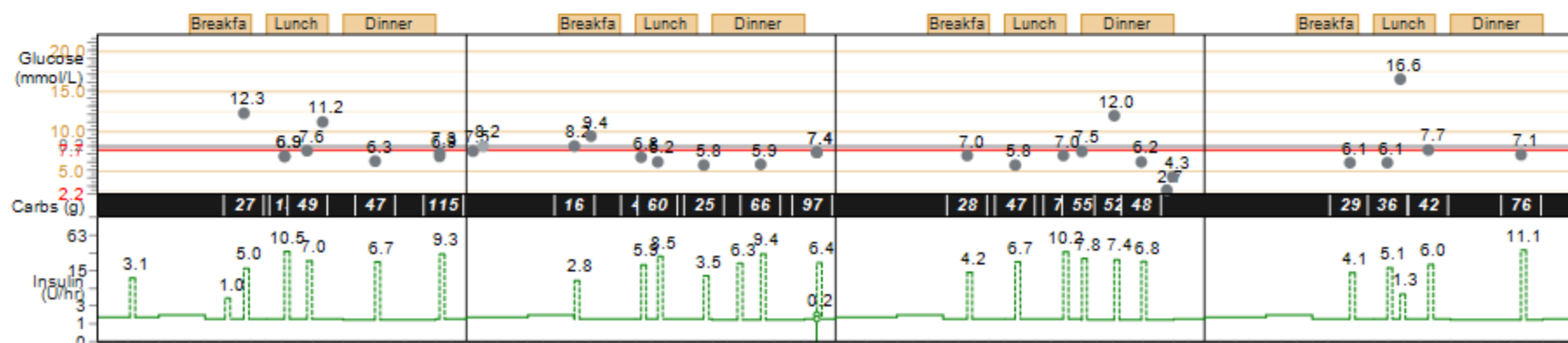
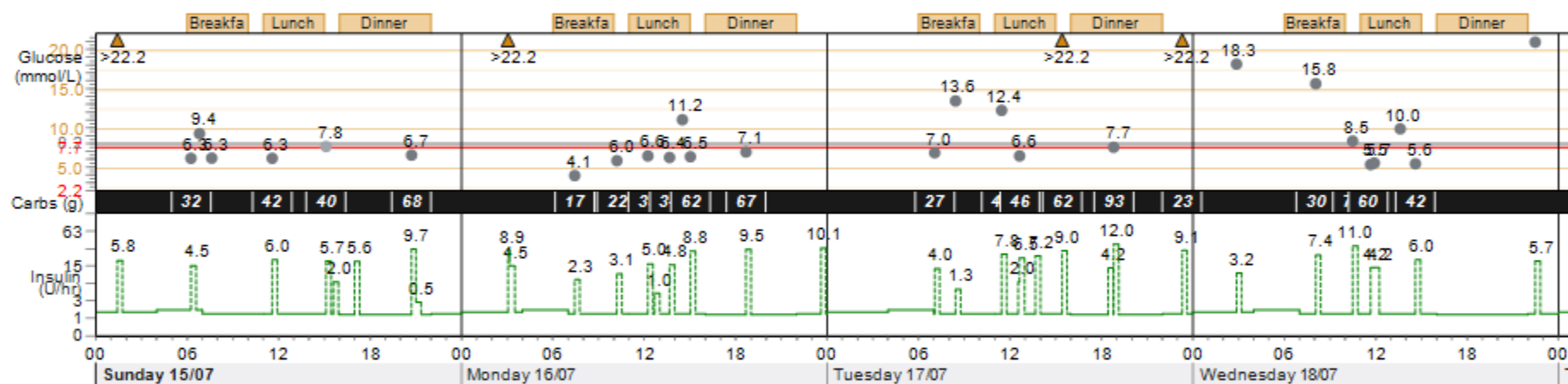
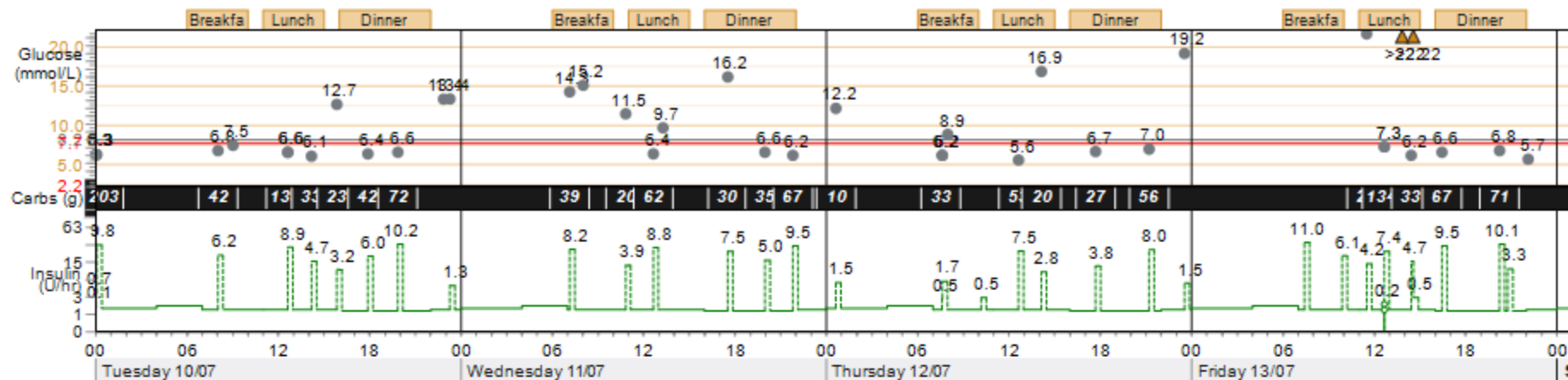
Avg Carbs: 42g

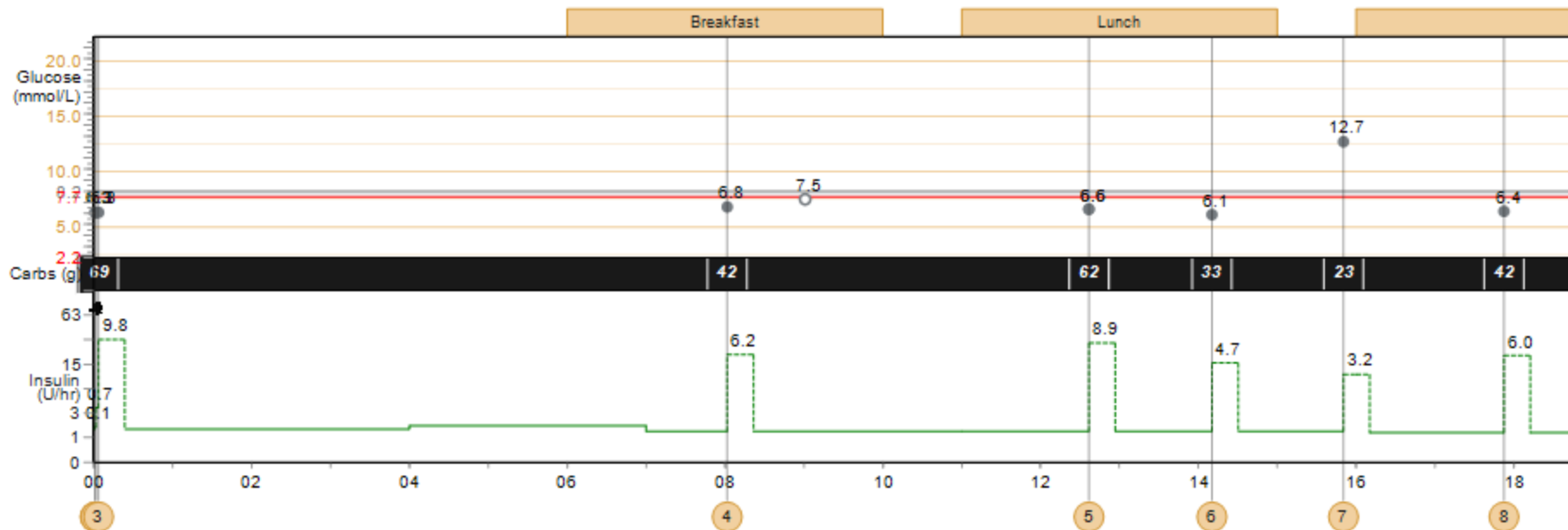
Avg Insulin: 5.3U

Avg Carbs/Insulin: 7.8g/U



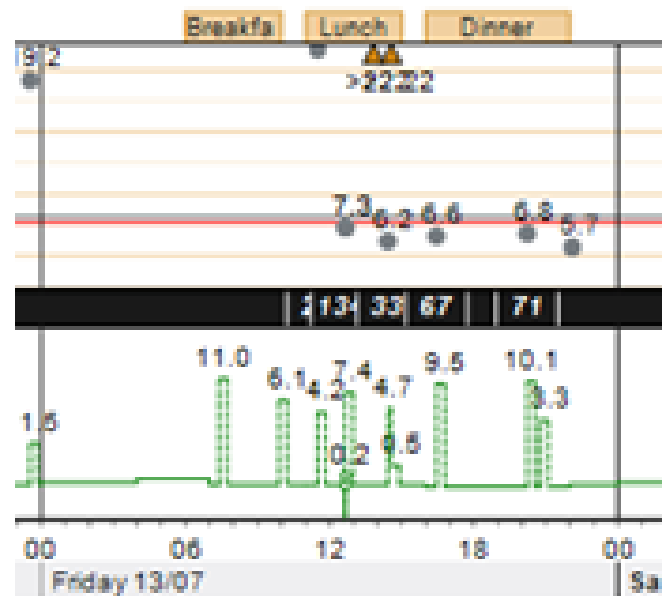






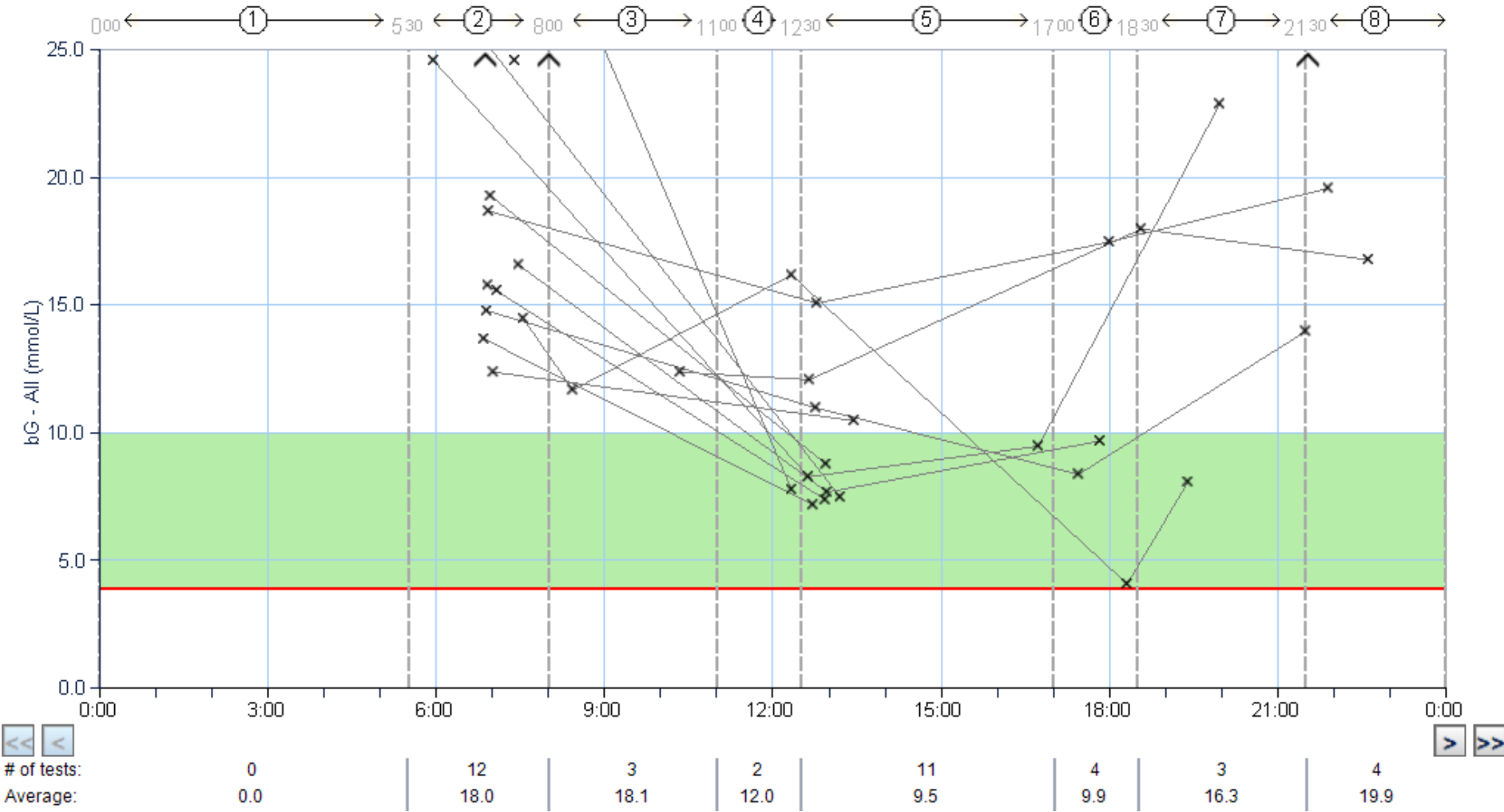
Bolus Events										
Bolus Event	1	2	3	4	5	6	7	8	9	10
Time	00:00	00:01	00:03	08:01	12:36	14:10	15:50	17:52	19:50	23:15
Bolus Type	Normal	Normal	Normal	Normal	Normal	Normal	Normal	Normal	Normal	Normal
Delivered Bolus Norm (U)	0.050	0.700	9.80	6.20	8.90	4.70	3.20	6.00	10.2	1.30
+ Square Portion (U, h:mm)	--	--	--	--	--	--	--	--	--	--
Recommended Bolus (U)	10.2	8.80	9.80	6.20	8.90	4.70	3.20	6.00	10.2	1.30
Difference (U)	-10.150	-8.100	--	--	--	--	--	--	--	--
Carbs (g)	72	62	69	42	62	33	23	42	72	--
Carb Ratio Setting (g/U)	7.0	7.0	7.0	7.0	7.0	7.0	7.0	7.0	7.0	7.0
Food Bolus (U)	10.2	8.80	9.80	6.00	8.80	4.70	3.20	6.00	10.2	--
BG (mmol/L)	6.3	6.3	6.3	6.8	6.6	6.1	12.7	6.4	6.6	13.4
BG Target Setting (mmol/L)	4.3 - 6.2	4.3 - 6.2	4.3 - 6.2	4.3 - 6.2	4.3 - 6.2	4.3 - 6.2	4.3 - 6.2	4.3 - 6.2	4.3 - 6.2	4.3 - 6.2
Insulin Sensitivity Setting (mmol/L per U)	3.0	3.0	3.0	3.0	3.0	3.0	3.0	3.0	3.0	3.0
Correction Bolus (U)	--	--	--	0.200	0.100	--	2.10	--	0.100	2.40


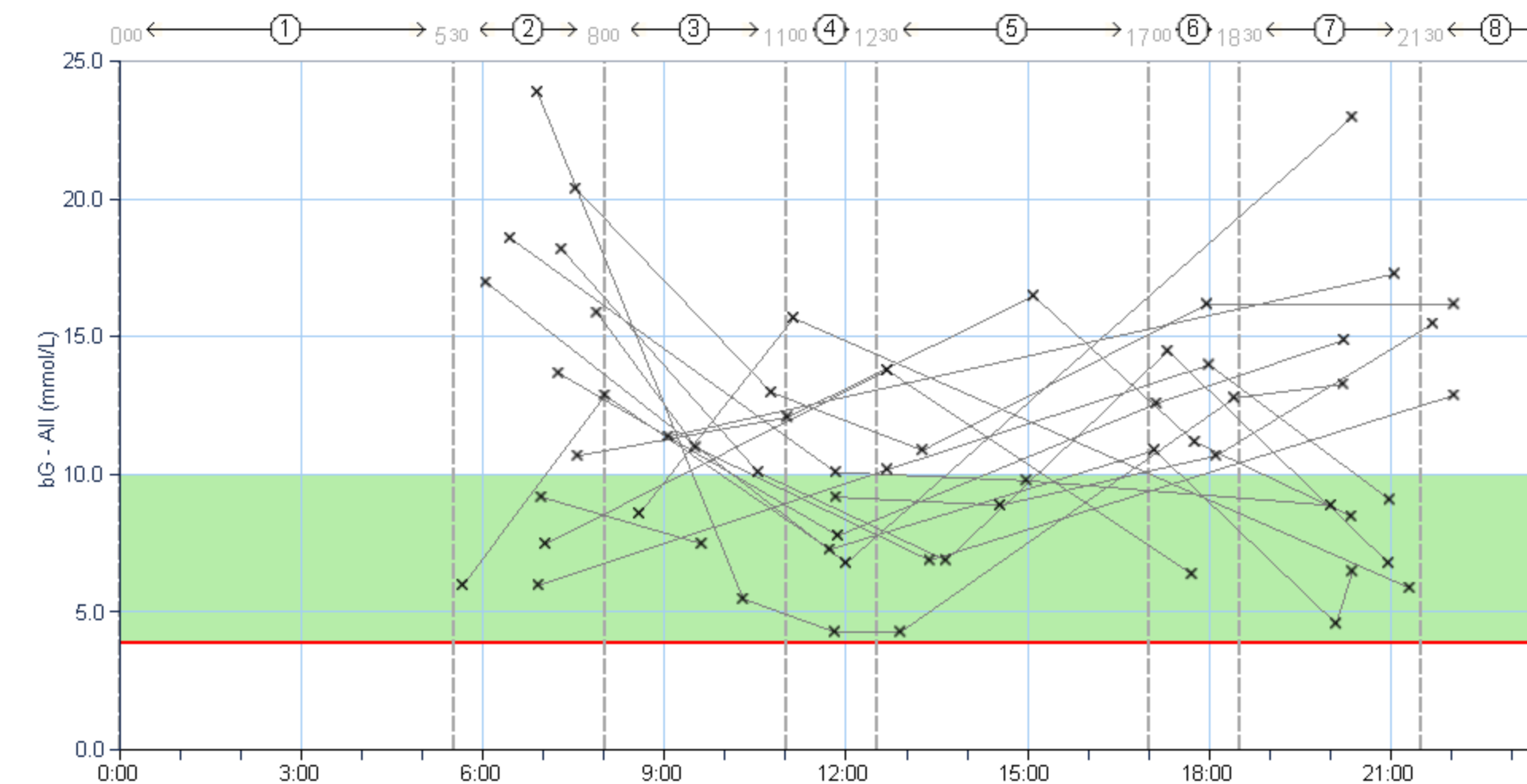
Statistics	
Avg BG (mmol/L)	
BG Range (mmol/L)	
Readings Above (mmol/L)	
Readings Below (mmol/L)	
Sensor Avg (mmol/L)	
Avg AUC > 8.2 (mmol/L)	
Avg AUC < 7.7 (mmol/L)	
Daily Carbs/Bolus Insulin	
Daily Carbs (g)	
Daily Bolus (U)	
Daily Bolus (U)	



Standard Day - bG - All

Range: Custom Range 20.02.2018 - 08.03.2018 All days



Range: Custom Range ▼ 22.03.2018 - 05.04.2018  All days ▼

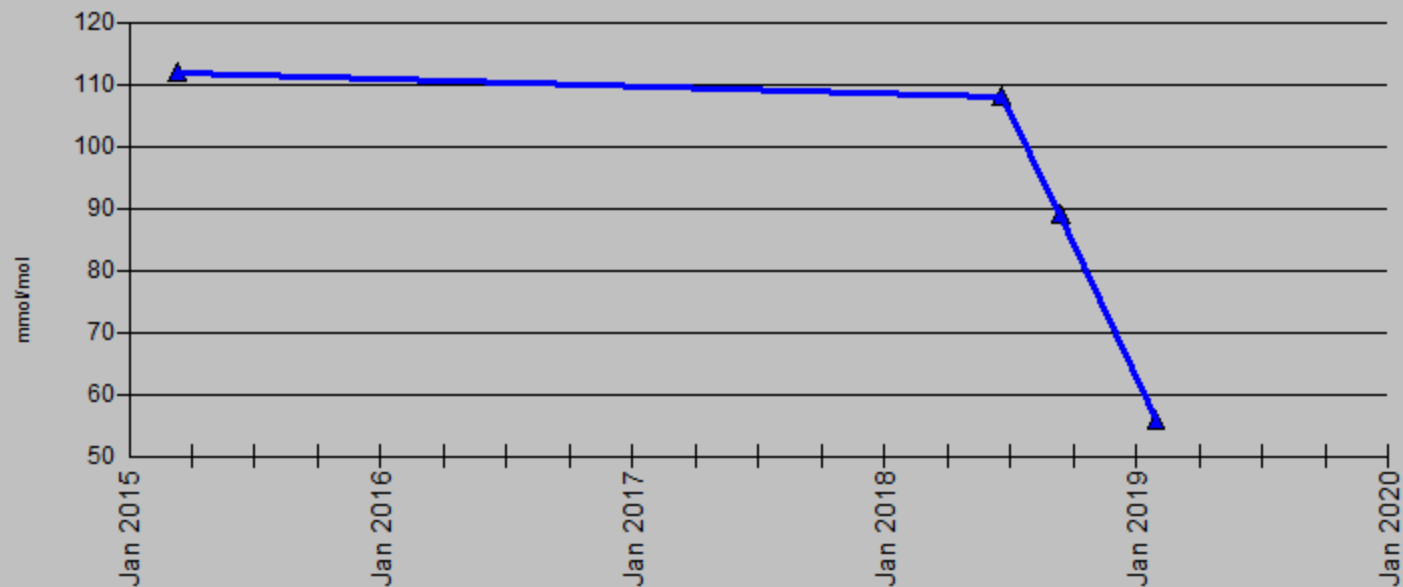
# of tests:	0	12	8	8	9	9	11	3
Average:	0.0	13.9	10.0	9.2	9.8	12.1	10.8	14.9

Show: bG - All ▼

Compare to: (None) ▼

☐ Align☒ Scatter☒ Connect

HbA1c (IFCC)



Trend **Line through points** ▼

Show **5** years on x-axis ☐ Zoom on y-axis

Plot full
history

Re-plot
Graph

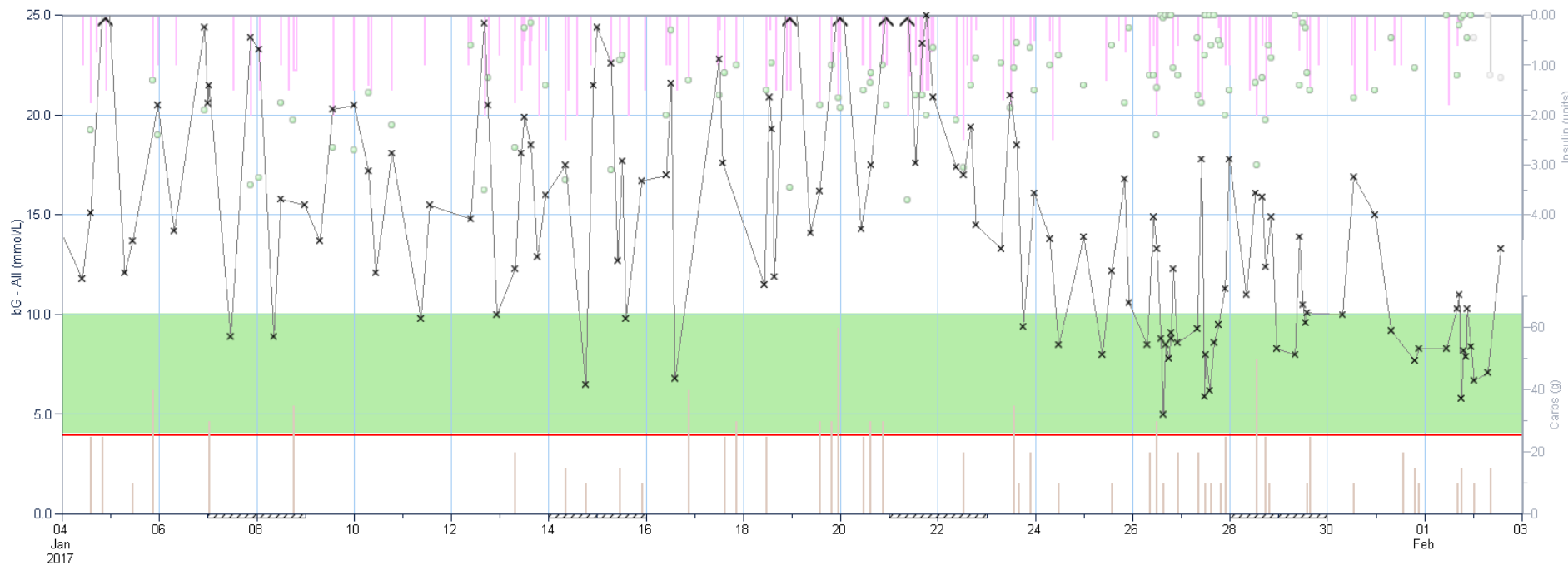
Compare
2nd Obs

Print

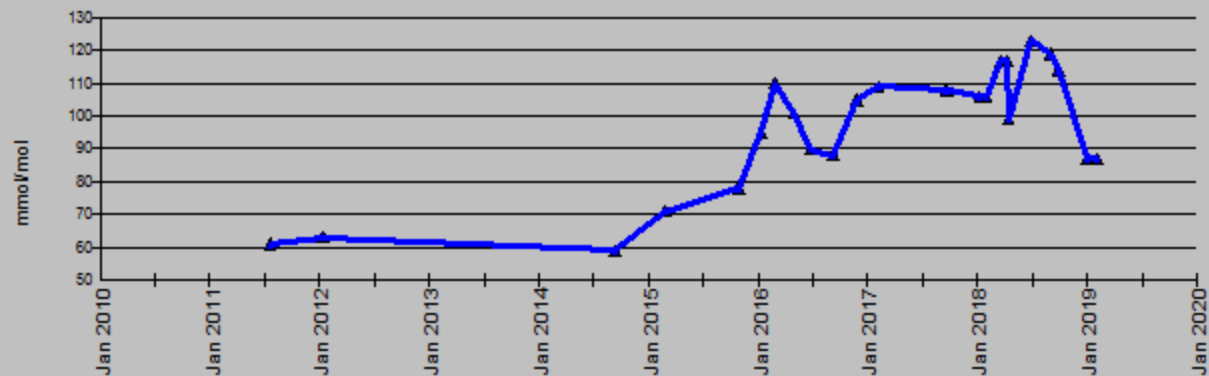
Save to File

OK

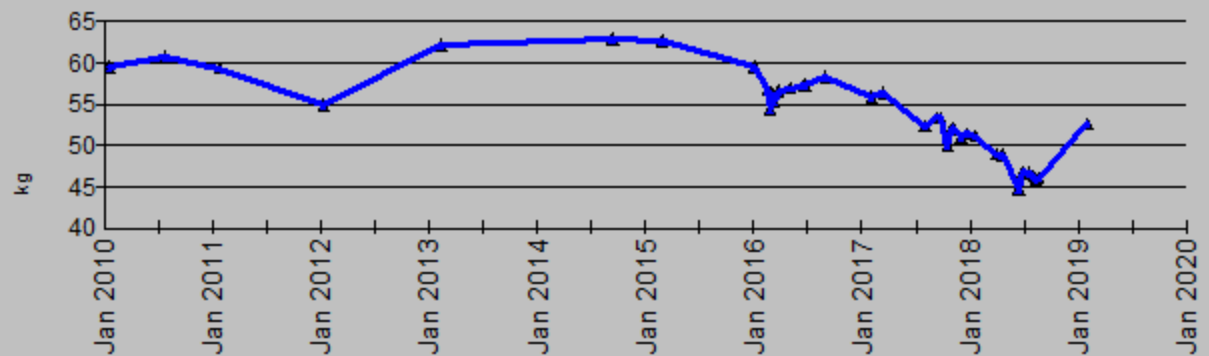
Range: Past 30 days 04.01.2017 - 02.02.2017 Carb units: g



HbA1c (IFCC)



Weight



Plot full
history

Re-plot
Graph

Print

Save to File

OK

Trend **Line through points**
Show **10** years on x-axis

☒ Normal range

Daily Log





12 February 2019 - 25 February 2019 (14 Days)

LibreView

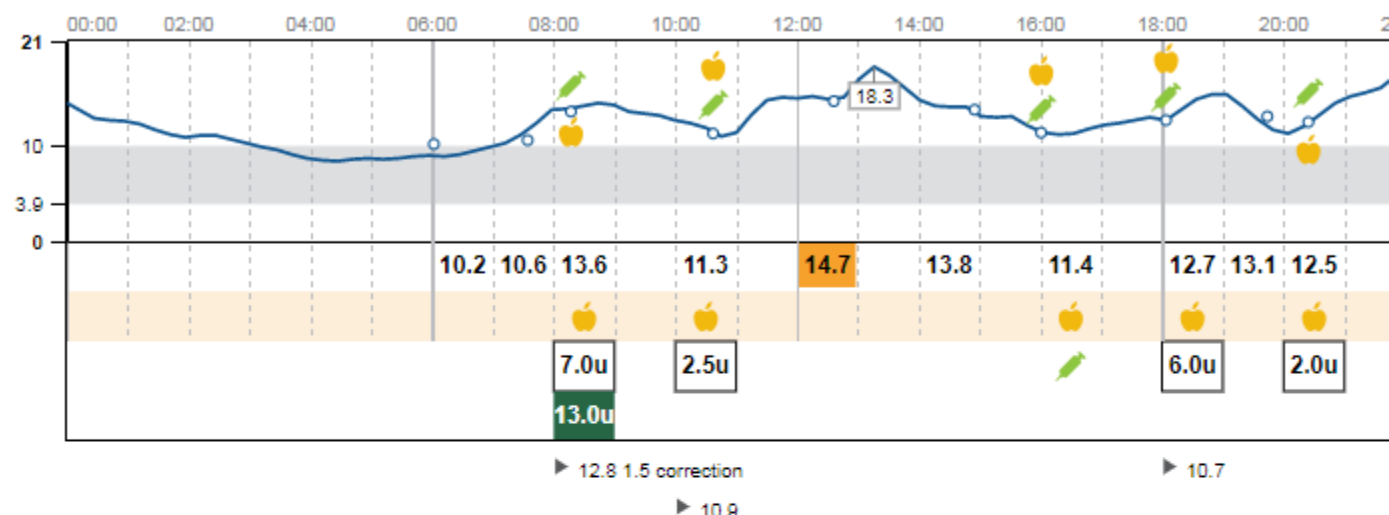
PAGE: 1 / 7

PRINTED: 25/02/2019





TUE 12 Feb

-  Glucose mmol/L
-  Carbs grams
-  Rapid-Acting Insulin
-  Long-Acting Insulin

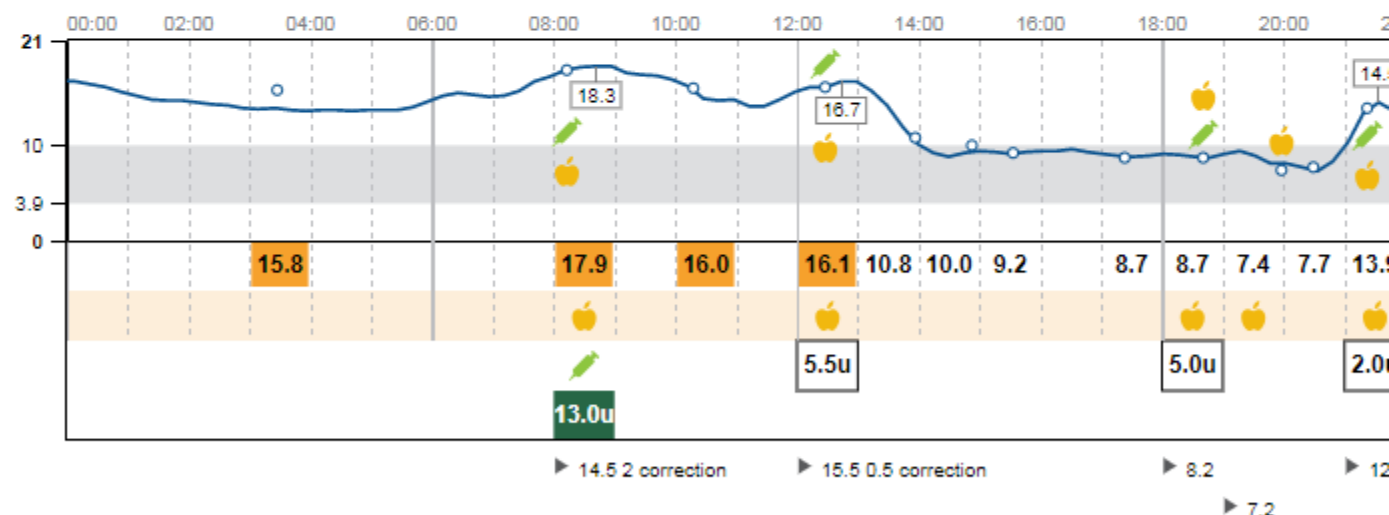
Notes



WED 13 Feb

-  Glucose mmol/L
-  Carbs grams
-  Rapid-Acting Insulin
-  Long-Acting Insulin

Notes



BDEC Libre

Practice Phone: 01202704888

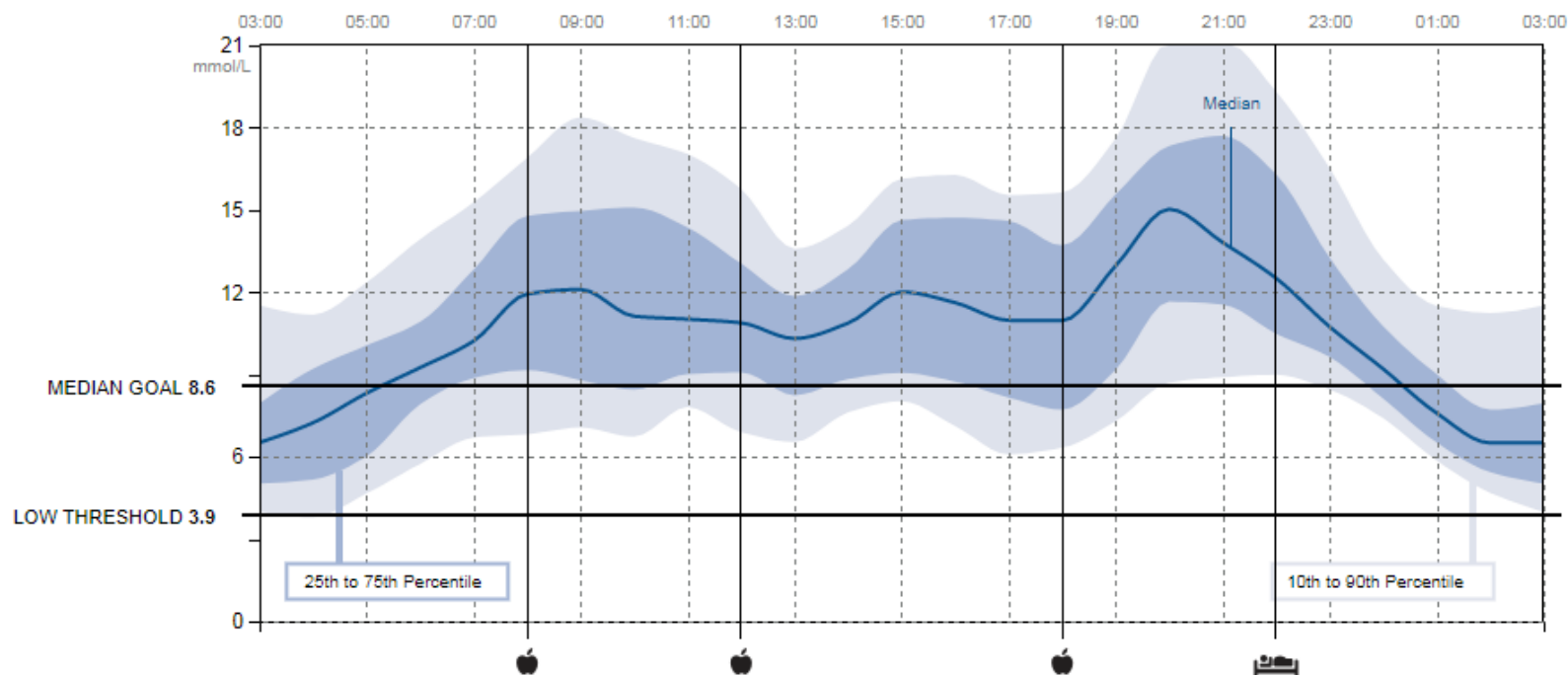
Glucose Pattern Insights

12 February 2019 - 25 February 2019 (14 Days)

LibreView

Glucose

Estimated A1c **8.4 %** or **68 mmol/mol**



Likelihood of LOW GLUCOSE					
MEDIAN GLUCOSE Compared to goal					
VARIABILITY BELOW MEDIAN Median to 10th percentile					

Daily Log

28 November 2018 - 25 February 2019 (90 Days)

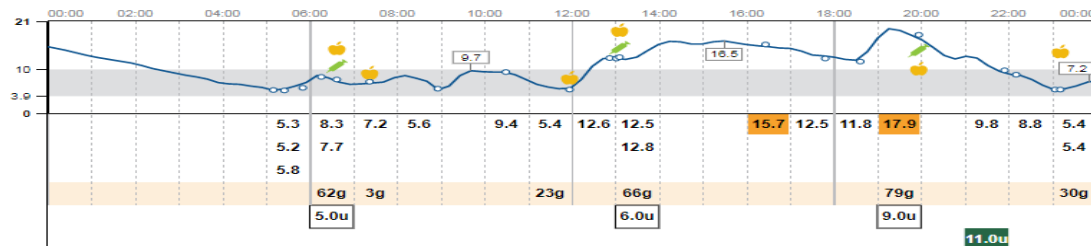
LibreView

FRI 14 Dec

Glucose mmol/L

Carbs grams
Rapid-Acting Insulin
Long-Acting Insulin

Notes

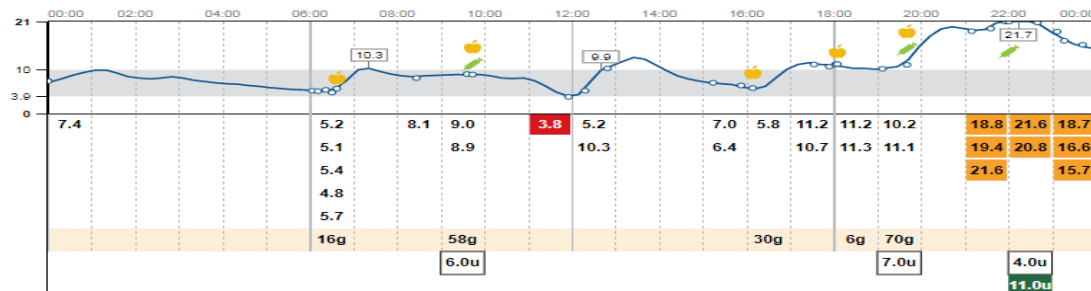


SAT 15 Dec

Glucose mmol/L

Carbs grams
Rapid-Acting Insulin
Long-Acting Insulin

Notes



Daily Log

28 November 2018 - 25 February 2019 (90 Days)

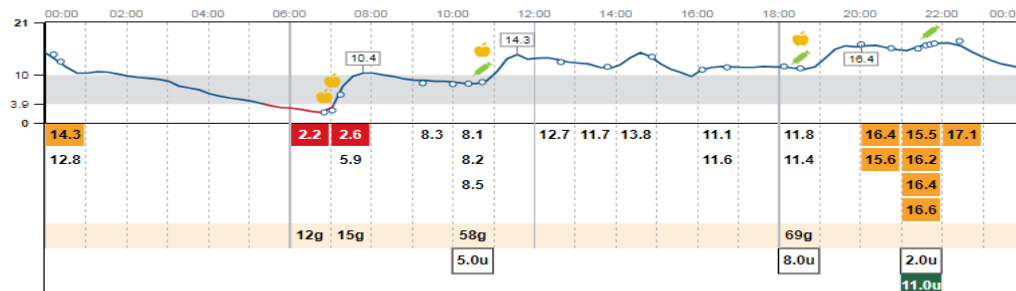
LibreView

SUN 16 Dec

Glucose mmol/L

Carbs grams
Rapid-Acting Insulin
Long-Acting Insulin

Notes



MON 17 Dec

Glucose mmol/L

Carbs grams
Rapid-Acting Insulin
Long-Acting Insulin

