

Approaching HCL with anxiety

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We are here for you

How it all started

Charlotte

6th Dec 2020 – Diagnosed aged 11years in DKA



18th Dec 2020 – Libre start



1st March 2022 – Tandem t:slim x2 Pump Start



2nd Feb 2023 – Dexcom & Control IQ Start

The Journey



18th Feb 2023 – Reverted back to Libre with Tandem



Intermittently tried Dexcom during holidays but wouldn't remain on it



March 2024 – Peer Support with some success

Charlotte

Personality

- Charlotte was very quiet and shy
- Didn't want anyone knowing about the diabetes
- Hated any alarms etc. that might bring attention
- Attended family therapy at diagnosis and then again 2024

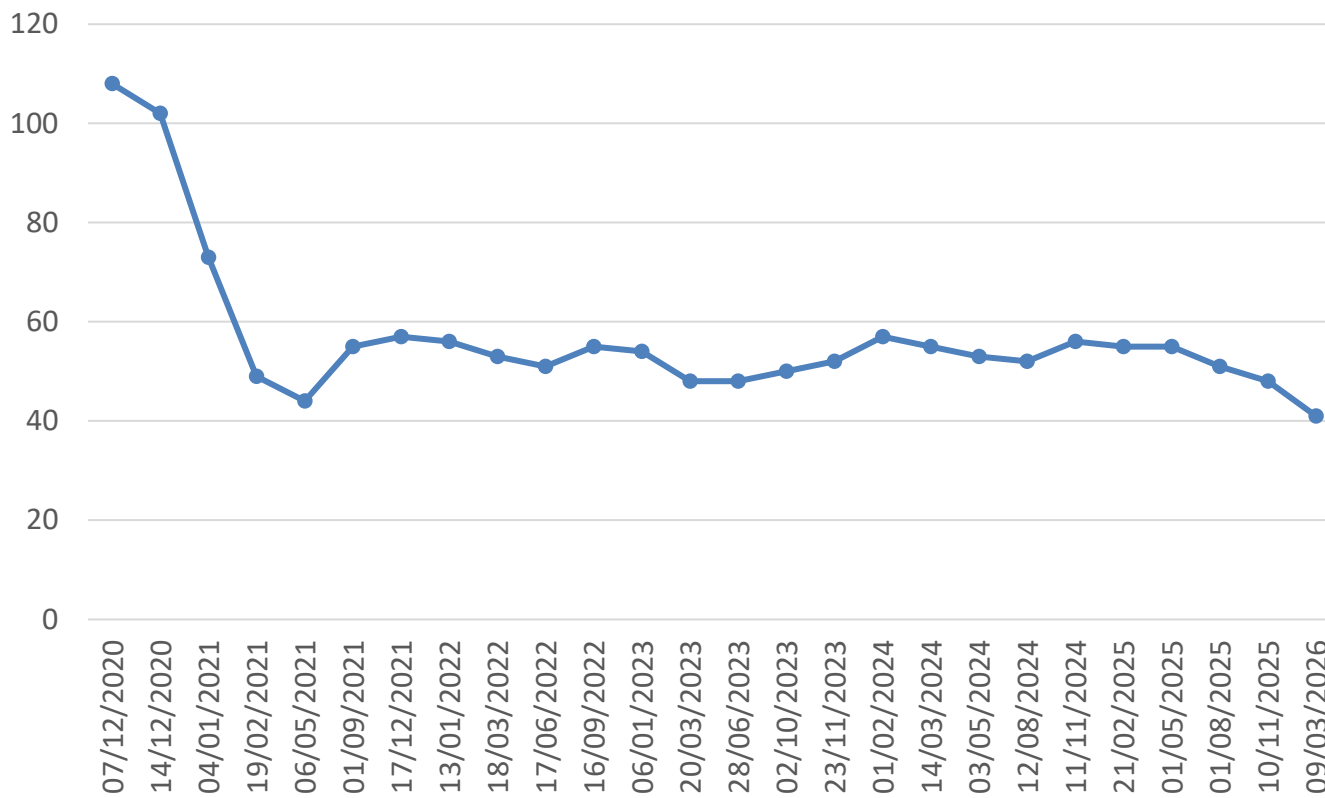
Support

Diabetes knowledge

- Charlotte has a good understanding
- Split family – parental support sometimes lacking
- Expectation on Charlotte to manage things herself
- Attended clinic and nurse led clinic regularly
- Mum uploaded the pump for review between clinics

HbA1c Data

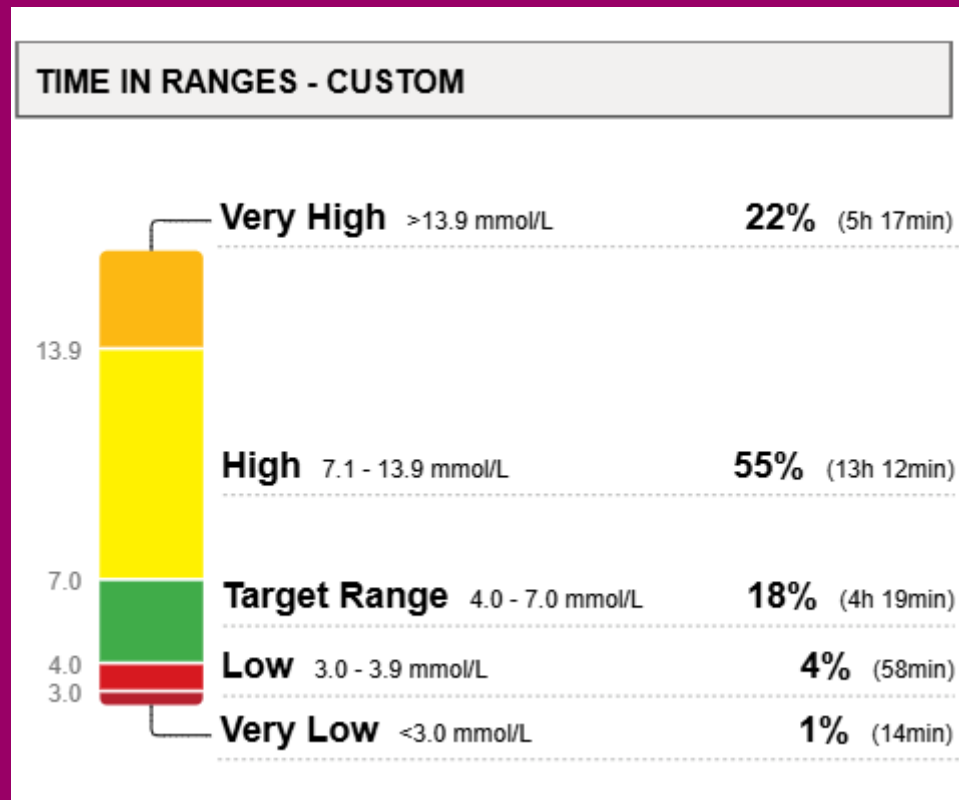
HbA1c History

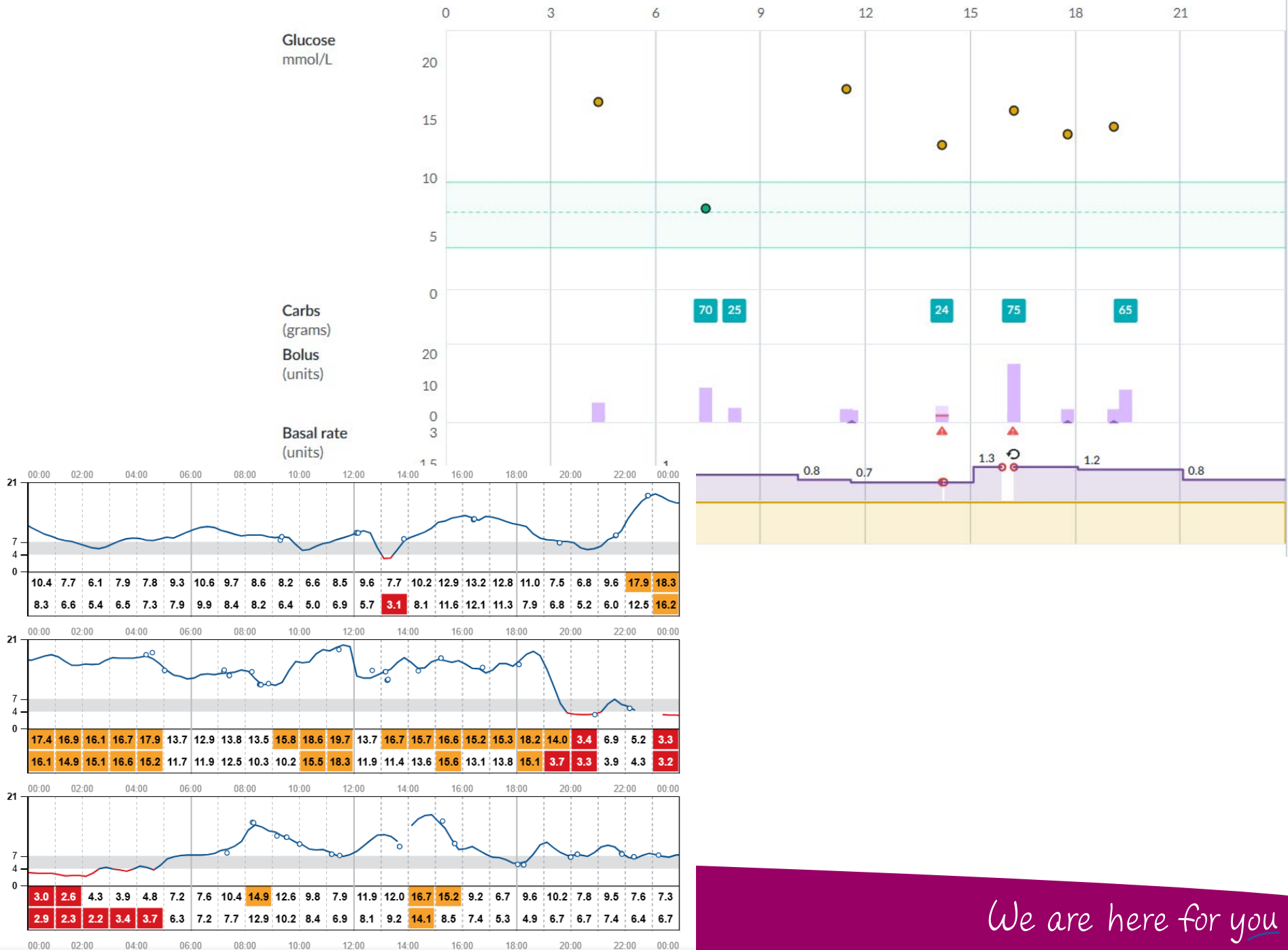


Pump Renewal

- Attended our group tech showcase December 2025
- Chose to remain on a Tandem t:slim x2 pump as standalone with Libre
- Adamant she did not want a Dexcom which would have increased alarms – Urgent Low

The Data:





A Whole Team Approach

- Team and Tech Panel discussion
 - All agreed the need to either try a HCL system or Smart Pens
- All options given to mum and Charlotte through in-depth email
- Invited to nurse led clinic to discuss face to face with Charlotte
- Charlotte agreed to try Omnipod5 with Libre2 plus

New Beginnings

Omnipod5 with Libre2 Plus – 14th April 2026

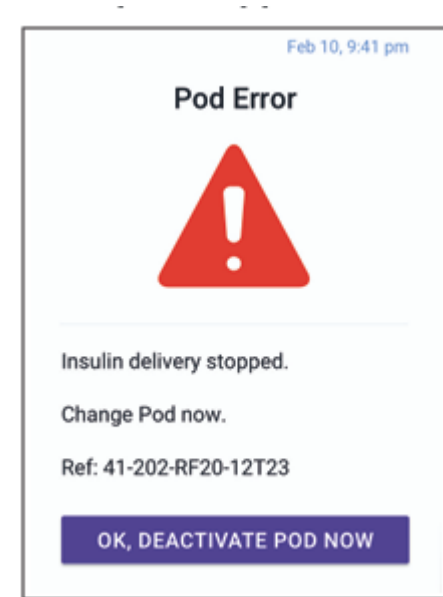
- 1:1 pump start with Charlotte and mum
- Done on a day that Charlotte chose around six form timetable etc.
- Back to basics with the settings
- ALL alarms turned off....or so I'd thought!

Screen Alert	Description
Omnipod 5 App: 	Why it occurs: Your glucose is at or below 3.1 mmol/L (55 mg/dL), according to what your Sensor sent to the Omnipod 5 App. Pod sound: • 4-beep tone • Repeats every 5 minutes that the sensor glucose value is urgently low. Controller sound and vibration: • 3-second tone • 3-second vibration • Vibration and tone repeat every 15 minutes until acknowledged.
Lock Screen: 	What to do: ➤ Tap OK to acknowledge the alarm.

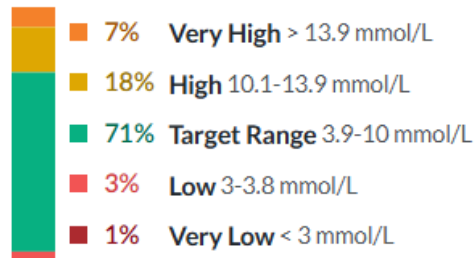
New Developments

Dexcom G7 – 8th May 2026

- Accepting of alarms
- Charlotte requested to switch to G7
- Reduced hypos and hypers



Glucose (CGM)



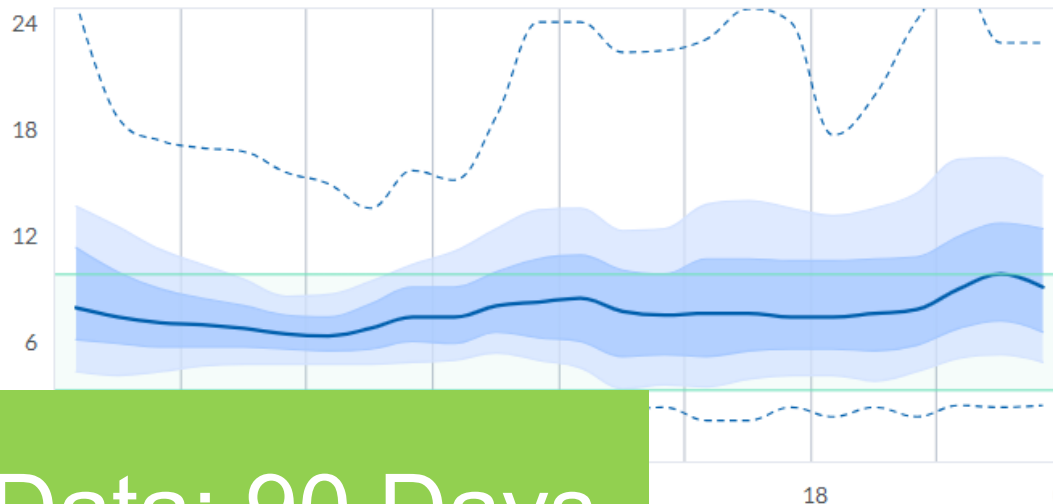
% Time CGM Active **97.7% (71.6 days)**

GMI ?	6.9% (52.4 mmol/mol)
Average	8.4 mmol/L
SD	3.3 mmol/L
CV	39.6%
Median	7.7 mmol/L
Highest	HI mmol/L
Lowest	LO mmol/L

AGP

Glucose (mmol/L)

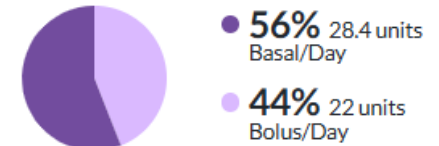
[What is AGP?](#)



Lowest - Highest

Insulin - Device ?

From Insulin Pump



Insulin/day	50.4 units
Overrides (%)	0% (1 boluses)
# Bolus/Day	4.3

System Details

Insulet Omnipod® 5 System (72d 18h)

⚡ Automated Mode	98% (71d 13h)
⚡ Automated: Limited	2% (1d 19h)
🛡 Automated: Activity	0%
⚙ Manual Mode	2% (1d 5h)

Medication ?

No medication data available

Diet ?

[View Graphs](#)

Bolus Carbs

Avg Carbs/Day	201.2 g
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The Data: 90 Days

Future Considerations

Our learning:

- Our tech showcase is great, but need more awareness of individual patients
- Giving clear expectations to families around alarms etc.
- More consideration for pump start timings

Thank you

Any Questions?