# Assessing Obstetrician and Gynecologist Awareness of Continuous Glucose Monitoring

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## Background

- Continuous Glucose Monitoring (CGM) has recently gained clearance by the Food & Drug Administration and is now recommended by the American Diabetes Association for use in managing diabetes during pregnancy.[1,2]
- This expanded indication introduces OB-GYN's as a new specialty utilizing CGM technology in patient care.
- Understanding OB-GYNs' awareness, experience, perceived benefits, and barriers to CGM adoption is essential for optimizing diabetes management during pregnancy.
- This study surveyed OB-GYNs within an Independent Provider Association(IPA) in Nassau/Suffolk County, New York, to assess their engagement with CGM and identify key facilitators and challenges to its implementation.

## Objective

•To assess OB-GYN's awareness, experience, barriers, and benefits of CGM.

## Methods

•A six-question anonymous electronic survey was distributed to 68 OB-GYNs IPA affiliates over a one-month period from November 21 to December 21,2023

•Respondents who indicated that they manage diabetes in pregnancy were further surveyed to explore their engagement with CGM technology

•These additional questions examined their awareness of CGM, frequency of managing patients utilizing CGM, perceived advantages of prescribing CGM for diabetes care during pregnancy, and key challenges to its implementation.

•Data collected was analyzed to identify trends in CGM utilization, perceived benefits, and obstacles to adoption in obstetric care.

**Table 1. Survey Respondents' Overview**

| | |
|---|---|
| Data Source | 6- Question Survey |
| Inclusion Criteria | Manages Diabetes In Pregnancy |
| Number Surveyed | 68 |
| Number Responded | 45 |
| Number of Eligible Respondents | 42 |

## Results

All 42 eligible surveyed respondents were aware of CGM Technology

**Table 2. OB-GYNs' CGM Frequency of Utilization**

| | |
|---|---|
| Very Frequently | 1 |
| Frequently | 2 |
| Sometimes | 7 |
| Rarely | 23 |
| Never | 9 |

**Figure 1. Management of Diabetes In Pregnancy**

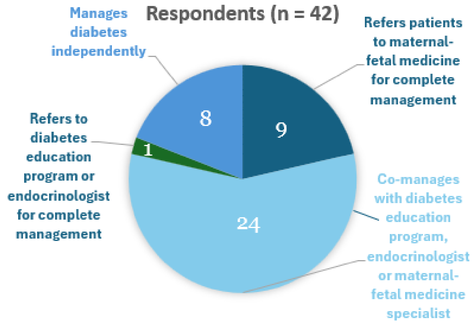



**Figure 2. Top Three Reasons For Using CGM**

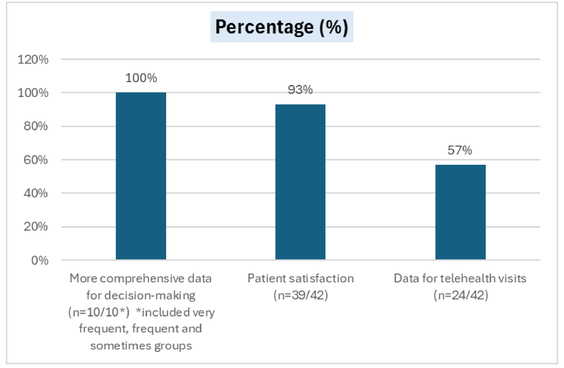
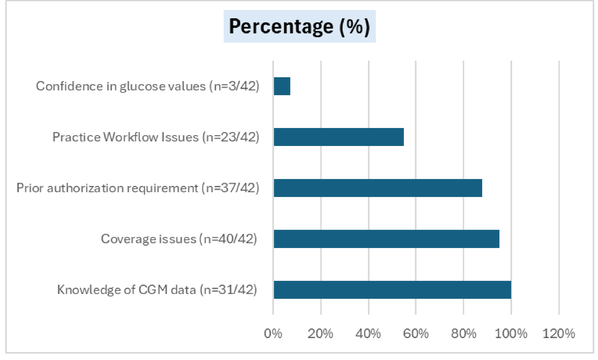



**Figure 3. Main Barriers to CGM Use**




## Discussions

OB-GYNs managing diabetes in pregnancy surveyed were widely aware of CGM. Key benefits include comprehensive data for decision-making, patient satisfaction, and telehealth optimization. Despite its advantages, barriers such as coverage limitations, prior authorization hurdles, and knowledge gaps were identified.
Study limitations include small sample size, geographic limitations, and self-reported data which may introduce bias.

## Conclusion

The findings underscore the growing role of OB-GYNs in utilizing CGM for diabetes management during pregnancy. Although CGM awareness in the surveyed cohort is widespread, its implementation in clinical practice is shaped by co-management with specialists, coverage issues and knowledge of data interpretation. The reported benefits—enhanced decision-making, patient satisfaction, and telehealth support—highlight CGM's potential to improve outcomes. However, persistent challenges related to coverage and provider knowledge indicate a need for targeted strategies to expand CGM adoption. Future efforts should focus on improving education, reducing administrative burdens, and ensuring equitable access to CGM technology in obstetric care.

## References

1. Food and Drug Administration: U.S. FDA Clears Abbott's FreeStyle Libre 2 and FreeStyle Libre 3 sensors for Integration with Automated Insulin Delivery Systems
2. Diabetes Technology: Standards of Care in Diabetes—2025. Diabetes Care, 48(Supplement_1), S146–S166. https://doi.org/10.2337/dc25-s007

## Acknowledgements

This study was funded by Abbott.

Presented at ADA Scientific Sessions June 20, 2025