Andre Emanuilov Manov

University of North Texas Health Science Center, USA

Improvement of Glucose Control after successful introduction of Continuous Glucose Monitoring (CGM) in internal medicine residency continuity community clinic- retrospective, longitudinal one group study

In our study we retrospectively looked at patients in which as a standard of care Continuous Glucose Monitoring (CGM) with Dexcom G6 Device was started in Internal Medicine Residency Continuity Community clinic in Mountain View Hospital, Las Vegas, Nevada in 10-patients with Type- II diabetes mellitus uncontrolled on 3-4 injections of Insulin per day-Multiple Injections of Insulin per day (MDI) who were Self- monitoring their blood glucose 4- times a day (SMBG). The CGM was initiated by Internal Medicine Residents, adjustment of the Insulin dose was done by them under the supervision of Board-Certified Endocrinologist. The goal was to show improvement of patients HbA1c measured by glucose management Indicator. The HbA1c was reduced in 3- months after introduction of the CGM from 10.0% to 7.87%. Time in range we achieved was 65% with the goal based on patients age and comorbid conditions between 50 and 70%. Based on the average age of the patient of 51- years this is compatible with the goals using CGM.

The main objective of our study was that it was possible to show improvement of glucose control measured by changes in HbA1c after introduction of CGM in most difficult to treat patients with Type -II Diabetes Mellitus by Internal Medicine Residents under the supervision of Endocrine specialist. This can be adopted by other Internal Medicine Residency Programs in USA.

Key Words: Diabetes mellitus type- II, Continuous glucose monitoring (CGM), HbA1C, Glucose management indicator (GMI), Internal Medicine Residents, Board Certified.

Biography

Andre Emanuilov Manov was a ABIM Board Certified in Internal Medicine, Endocrinology. 50 publications Peer reviewed Journals in Area of Endocrinology and Internal medicine in the USA, England, France and Bulgaria. Worked as Assistant, Associate and Full Professor to the students from University of North Texas Health Science Center/UNTHSC/ from 2011-2018 in John Peter Smith Hospital, Fort Worth, TX. I was a Course director in Endocrinology at a level of Professor for 2-nd year medical Students in UNTHSC-2017-2018. Professor in TCU and UNTHSC School of medicine since 2016. He was Associate Program Director of Internal medicine in Sunrise health GME Consortium 05/ 01/2020-05/01/2021, Mountain View Hospital, Las Vegas Nevada, USA and now he was core Faculty in Internal medicine in the same Program. From 05/01/2021- he become Transitional Year Residency Program Director in the same Hospital and GME program. I am Professor of Medicine in Touro and Reno Universities of Nevada since 08/2020. I am Director of Internal Medicine Residency clinic and teaching Internal medicine residents from the Sunrise health GME consortium as a core Faculty and Transitional Year Residents from the same consortium in Internal medicine and Endocrinology. He Discovered for first time the adhesion molecule CD44 on snap frozen sections and thyroid cells overexpression in Grave's disease and Thyroid nodules in 1991.

Received: May 11, 2022; **Accepted**: May 13, 2022; **Published**: June 13, 2022