Self-Monitored Glucose Target Guidelines - ADULT

Target Population- Adult Clinical Frailty Score (CFS) Diabetes Considerations	A1c Target (%)	Glucose Value (mmol/L)
Functional Independent (CFS 1-3) • Type 2 diabetes (not on insulin or secretagogue) reduce risk of Chronic Kidney Disease	Equal to or less than 6.5%	
Functional Independent (CFS 1-3) • Type 1 or Type 2 diabetes (on insulin or secretagogue)	Equal to or less than 7.0%	Before meal /Fasting: 4.0-7.0 *(4.0-5.5 if safe)* 2 hr post meal: 5.0-10.0 *(5.0-8.0 if safe)*
• Recurrent severe hypoglycemia or hypoglycemia unawareness	7.1% to 8.5%	Before meal /Fasting: 6.0-9.0 2 hr post meal: less than 14.0
Functionally dependent (CFS 4-5) • On Insulin or secretagogue	7.1% to 8.5%	Before meal /Fasting: 5.0-8.0 2 hr post meal: less than 12.0
• **NOT** on insulin or secretagogue	Less than 8.0%	Before meal /Fasting: 5.0-8.0 2 hr post meal: less than 12.0
Frail and/or with Dementia (CFS 6-8) • On Insulin or secretagogue	7.1-8.5%	Before meal /Fasting: 6.0-9.0 2 hr post meal: less than 14.0
• **NOT** on insulin or secretagogue	Less than 8.5%	Before meal /Fasting: 6.0-9.0 2 hr post meal: less than 14.0
End-of-Life or Terminally Ill (CFS 9)	Not recommended	Individualized targets Avoid symptomatic hypoglycemia and hyperglycemia
Pre-conception & Pregnancy • Preconception	If safe: Less than or equal to 7.0 *OR* Less than or equal to 6.5%*	Before meal /Fasting: 4.0-7.0 *(4.0-5.5 if safe)* 2 hr post meal: 5.0-10.0 *(5.0-8.0 if safe)*
• Pregnant, Pre-existing diabetes	Less than or equal to 6.5% *OR* Less than or equal to 6.1%*	Before meal /Fasting: 3.7 - 5.2 1 hr post meal: less than 7.8 2 hr post meal: less than 6.7
• Pregnant, Gestational Diabetes	--	Before meal/Fasting: less than 5.3 1 hr post meal: less than 7.8 2 hr post meal: less than 6.7

Reference: Diabetes Canada Clinical Practice Guidelines Expert Committee. *Diabetes Canada 2018 Clinical Practice Guidelines for the Prevention and Management of Diabetes in Canada*. Can J Diabetes. 2018;42(Suppl 1):S1-S325.

*if safe and appropriate