

Prescribing Arrangements for Flash Glucose Monitoring Across North and North East Lincolnshire CCG Areas

Flash Glucose Monitoring (currently in the UK; Freestyle Libre) is a new way of monitoring glucose levels. A sensor is placed on the upper arm for 14 days, measuring interstitial glucose. The sensor is scanned with a reader providing current glucose reading, a trace for the previous eight hours, and importantly trend direction arrows depicting whether glucose levels are going up, down or stable. As of April 2019, Flash Glucose Monitoring is available for prescribing in North and North East Lincolnshire CCG areas for patients whom meet the following criteria:

1. People with Type 1 diabetes OR with any form of diabetes on haemodialysis and on insulin treatment *who, in either of the above, are clinically indicated as requiring intensive monitoring >8 times daily, as demonstrated on a meter download/review over the past 3 months* OR with diabetes associated with cystic fibrosis on insulin treatment
2. Pregnant women with Type 1 Diabetes - 12 months in total inclusive of post-delivery period.
3. People with Type 1 diabetes unable to routinely self-monitor blood glucose due to disability who require carers to support glucose monitoring and insulin management.
4. People with Type 1 diabetes for whom the specialist diabetes MDT determines have occupational (e.g. working in insufficiently hygienic conditions to safely facilitate finger-prick testing) or psychosocial circumstances that warrant a 6-month trial of Libre with appropriate adjunct support.
5. Previous self-funders of Flash Glucose Monitors with Type 1 diabetes where those with clinical responsibility for their diabetes care are satisfied that their clinical history suggests that they would have satisfied one or more of these criteria prior to them commencing use of Flash Glucose Monitoring had these criteria been in place prior to April 2019 AND has shown improvement in HbA1c since self-funding.
6. For those with Type 1 diabetes and recurrent severe hypoglycaemia or impaired awareness of hypoglycaemia, NICE suggests that Continuous Glucose Monitoring with an alarm is the standard. Other evidence-based alternatives with NICE guidance or NICE TA support are pump therapy, psychological support, structured education, islet transplantation and whole pancreas transplantation. However, if the person with diabetes and their clinician consider that a Flash Glucose Monitoring system would be more appropriate for the individual's specific situation, then this can be considered.

Other requirements:

1. Education on Flash Glucose Monitoring has been provided.
2. Agree to scan glucose levels no less than 8 times per day and use the sensor >70% of the time.
3. Agree to regular reviews with the local clinical team.
4. Previous attendance, or due consideration given to future attendance, at a Type 1 diabetes structured education programme (DAFNE or equivalent if available locally).

The specialist service is responsible for assessing patients who meet the criteria and if appropriate initiating Flash Glucose Monitoring. The specialist service is responsible for providing sufficient sensors for the first 28 days. The patient's GP should then be provided with the relevant information to allow them to prescribe subsequent sensors.

A 6 month review will be undertaken by the specialist team to assess the need for continuation of Flash Glucose Monitoring. The outcome of the review should be communicated to the GP to allow for continuation or discontinuation of prescribing of Flash Glucose Monitoring. The continued prescribing (post the initial 6 months) would be contingent upon evidence of agreeing with the above conditions and that on-going use of the Flash Glucose Monitoring is demonstrably improving an individual's diabetes self-management. For example, improvement of HbA1c or Time In Range; improvement in symptoms such as DKA or hypoglycaemia; or improvement in psycho-social wellbeing.

Summary of Responsibilities

Specialist Responsibilities

- Select appropriate patients for Flash Glucose Monitoring as per the agreed NHSE criteria.
- Counsel/ educate patients on the use of Flash Glucose Monitoring.
- Supply sufficient sensors for initial 28 days of use.
- Ensure arrangements in place for safe disposal of the initial sensors.
- Provide the patient's GP with sufficient, timely, information to take over the prescribing of Flash Glucose Monitoring.
- Implement and maintain a mechanism for undertaking regular reviews of Flash Glucose Monitoring as agreed with the patient and communicate the outcomes to the GP.
- Undertake a 6 month review to assess the need for long term continuation and communicate outcome to GP.

GP Responsibilities

- Inform the specialist team if not able to take over the prescribing as soon as possible.
- Prescribe devices for Flash Glucose Monitoring e.g. Freestyle Libre Sensors on FP10 after initial 28 day period.
- Ensure arrangements in place for safe disposal of sensors long terms.