

## Walsall Clinical Commissioning Group Medicines Management Committee

### FreeStyle Libre Prescribing Position Statement May 2019

#### Background

FreeStyle Libre is a continuous blood glucose monitoring system that works using sensor based technology. It allows for blood glucose readings without the need for finger pricking for blood samples. It has 2 components, one of which is the sensor which is applied to the upper arm, this needs to be replaced fortnightly. The second component involves scanning a reader or smartphone over the sensor to record a blood glucose level. People have shown to scan an average of 13 times a day.

Local areas have recently received notification of funding from NHS England for patients meeting the specified criteria (discussed below). This technology is now available for patients who meet the criteria set by NHS England guidance from April 2019.

#### Guidance for clinicians on prescribing

- Patients who are eligible will be:
  - identified at their next appointment by their diabetes consultant or specialist nurse
  - offered an evaluation period to see if it will improve the time they can maintain target levels
  - offered FreeStyle Libre on prescription if they are eligible according to RMOC and NHS England guidance
- FreeStyle Libre **will not be initiated in primary care** by GPs, clinical pharmacists or practice nurses, but the **prescribing will be continued in primary care following specialist initiation**
- Practices will be informed by the specialists through clinic letters and patients will have reviews to ensure continuation is still appropriate
- Patients will be supplied with an initial supply of 2 weeks following assessment in line with specified NHS England criteria
- Patients will be trained on how to use FreeStyle Libre through training sessions arranged by Walsall Healthcare Trust

#### Guidance for supply

FreeStyle Libre is only available directly from Abbott by ordering on the FreeStyle Libre Pharmacy Portal, and it is necessary for Pharmacies to register before placing an order.

The process is quick and simple and, for any pharmacies that have not yet registered or who ask for the information, the link can be accessed

from: <https://www.freestylelibrepharmacyportal.co.uk/Login>

The FreeStyle Libre Academy is open to all, including Pharmacists who might wish to learn more about device usage and data interpretation <https://progress.freestylediabetes.co.uk/>

It is important for Community Pharmacies and Practice Staff to know that there is a **process in place for handling faulty sensors and readers.**

**The patients should contact the Abbott Customer care line directly where they will be offered advice and a replacement device (for example, in the instance of a faulty device or if it has fallen off the arm):**

- Telephone - 0800 170 1177 (Mon-Fri 8:00am - 8:00pm)
- Email – [adchelpuk@abbott.com](mailto:adchelpuk@abbott.com)

**Criteria for patients:**

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 that 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 (online or in person)
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)

**Note:** Continuing prescription for long-term use of Flash Glucose Monitoring-post 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.

**For further information, see further available guidance:**

- Pathway for Managing Requests for FreeStyle Libre Glucose Monitoring System
- FreeStyle Libre FAQs

**References**

NHS England (March 2019). *Flash Glucose Monitoring: National arrangements for funding of relevant diabetes patients*. Available: <https://www.england.nhs.uk/wp-content/uploads/2019/03/flash-glucose-monitoring-national-arrangements-funding-v1.1.pdf>. Last accessed 10/5/2019