 **1st April 2019** 

**Flash Glucose Monitoring (Freestyle Libre®)**

**Interim Prescribing Position Statement**

Dear Colleagues,

You may be aware NHS England has released new national funding arrangements and guidance for Flash Glucose monitoring on 7th March 2019.

Consequently Coventry and Rugby Clinical Commissioning Group and Warwickshire North Clinical Commissioning Group, will be changing their current policy on Flash Glucose monitoring in line with the new NHS England criteria.

NHSE funding provision is for the Freestyle Libre sensors only and not the meters.

**Initiation in Primary Care**

Primary care prescribers, who have experience in the management of people with Type 1 diabetes, will be able to initiate Freestyle Libre for their patients who fulfil NHS England criteria as documented below.

We also recommend your patients are offered local Type 1 structured education at initiation (if they have not previously attended) and agree to the patient contract in using the device.

At six months, patients will be required to attend their GP practice for a diabetes review, which includes an HbA1c blood test, to ensure that flash glucose monitoring is still appropriate as per NHSE criteria below, and that the patient has attended their education course.

It is also expected that the frequency of current blood glucose monitoring using test strips, and subsequent quantities prescribed, will significantly reduce, and prescriptions adjusted accordingly.

**Initiation in Secondary Care**

Patients who have their initiation in secondary care will return to primary care for their ongoing prescriptions. This should align to their current prescription ordering process.

We also recommend these patients are offered local Type 1 structured education at initiation (if they have not previously attended) and agree to the patient contract in using the device.

At six months, patients will be required to attend an outpatient clinic to ensure that flash glucose monitoring is still appropriate, as per NHSE criteria below, and that the patient has attended their education course.

It is also expected that the frequency of current blood glucose monitoring using test strips, and subsequent quantities prescribed, will significantly reduce, and prescriptions adjusted accordingly.

A confirmation letter will be sent to the patient’s GP practice following the review, outlining ongoing prescribing advice.

**Current Self-Funders**

These patients will need to fulfil the NHSE criteria below to qualify for their sensors on prescription.

**Criteria for NHS England Flash Glucose Monitoring**

**https://www.england.nhs.uk/wp-content/uploads/2019/03/flash-glucose-monitoring-national-arrangements-funding.pdf**

Freestyle Libre® is recommended for people with Type 1 diabetes, aged 4 and above. Those who qualify for treatment include:

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

1. Pregnant women with Type 1 Diabetes - 12 months in total inclusive of post-delivery period
2. 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
3. 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
4. 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
5. 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, as a minimum, to attend their 6 month review with the clinical team who initiated Libre, to review continued use based upon the criteria below
4. Previous attendance, or due consideration given to future attendance, at a Type 1 diabetes structured education programme (DAFNE or equivalent if available locally)

**6 months review**

Primary and Secondary care initiated patients will require the following clinical coding recorded in their electronic records, as evidence to continue to prescribe Freestyle Libre®, 6 months following initiation:

* Reductions in severe/non-severe hypoglycaemia
* Reversal of impaired awareness of hypoglycaemia
* Episodes of diabetic ketoacidosis
* Admissions to hospital for hypoglycaemia
* Admissions to hospital for diabetic ketoacidosis
* Improvements in HbA1c
* Scanning no less than 8 times per day and are using their sensor >70% of the time
* Reductions in testing strip usage and prescription quantities
* Quality of Life changes using validated rating scales
* Commitment to regular scans and their use in self-management

If **no improvement is demonstrated** in one or more of these areas above over a 6 month trial then the use of Freestyle Libre® should be discontinued and an alternative method of monitoring should be used. Ensure all patient records demonstrate clear documentation with details reasoning for discontinuation.

These interim guidelines will be superseded by formal policy documents once developed and approved.

If you have any queries or questions regarding this guidance please contact:

Altaz Dhanani, Head of Medicines Optimisation

NHS Coventry and Rugby and NHS Warwickshire North Clinical Commissioning Groups

Parkside House, Quinton Road, Coventry, CV1 2NJ

e-mail: altaz.dhanani@coventryrugbyccg.nhs.uk Secure e-mail: altaz.dhanani@nhs.net

Tel: 024 7624 6007