

Abbott FreeStyle Libre® Flash Glucose Monitoring System

1st April 2019

INTRODUCTION

The **FreeStyle Libre®** Flash Glucose Monitor has two parts:

1. A sensor that is attached to the surface of your skin that includes a small needle-like attachment that sits just underneath the skin and measures glucose levels.
2. A wireless monitoring device that you pass over the sensor to display your glucose level.

Each time you pass the monitoring device over the sensor, glucose level readings for the last eight hours will be transferred to the device.

The Flash Glucose Monitoring device also comes with software so you can analyse your results and see patterns in your glucose levels.[1]

3. The sensors need to be replaced every 14 days.

The sensor does not measure your blood glucose level. Instead, it measures the amount of glucose in the fluid that surrounds your body cells (called “interstitial fluid”).

Glucose levels in the interstitial fluid can lag-behind glucose levels in your blood by up to 5 minutes. This lag time is longest if your blood glucose level is changing rapidly, e.g. after eating or if you are exercising. For this reason, you need to do a **blood** glucose check (finger prick) if you’re thinking of changing your treatment (e.g. taking more insulin or treating an episode of low blood sugar).[1]

NATIONAL ARRANGEMENTS

On 7th March 2019 NHS England announced the national arrangements for funding and criteria for the use of Freestyle Libre® Flash Glucose Monitoring in Type 1 diabetes to be available from 1st April 2019. This can be found on the NHS England website following the link below:

<https://www.england.nhs.uk/publication/flash-glucose-monitoring-national-arrangements-for-funding-of-relevant-diabetes-patients/>

Bristol, North Somerset and South Gloucestershire CCG continue to work closely with local hospital and community diabetes teams to support the introduction and prescribing of Freestyle Libre® in line with national arrangements.



ACCESSING FREESTYLE LIBRE ACROSS BNSSG

Consideration of whether a person may be appropriate for Freestyle Libre® and satisfies the NHS England criteria will be undertaken by your hospital diabetes team. This will take place at your next routine appointment in hospital as part of your annual diabetes review or a review that takes place as a result of other changes in your diabetes needs. This is applicable to all patients who express an interest in being assessed for Freestyle Libre® whether you are currently self-funding or not. NHSE have clearly stated that assessment for Freestyle Libre® is part of your routine care. Therefore requests by telephone or to access urgent appointments are not possible.

A very small number of patients with Type 1 diabetes are looked after entirely by their community diabetes specialist team. In this case, the community diabetes specialist team will undertake the assessment for Freestyle Libre® at your next routine contact with them and they will advise accordingly.

Those patients meeting the criteria will receive the Freestyle Libre® device and one sensor from the hospital. Further supplies of sensors will be prescribed by your GP. You will need to give a minimum of 2 weeks to allow time for communication from the hospital to your GP and for your GP to generate a prescription for you. 'Finger prick' tests will still be required at times; your usual blood glucose meter test strips will remain as usual. You should not request the FreeStyle Optium® Test Strips as this is not necessary.

FURTHER INFORMATION

If you require further information please contact BNSSG Customer Services Team:

Website: <https://bnssgccg.nhs.uk/contact-us/patient-advice-and-liaison-service-pals/>

Tel: 0117 900 2655 or 0800 073 0907

Email: bnssg.customerservice@nhs.net

Write to:

Customer Services Team
NHS Bristol, North Somerset and South Gloucestershire CCG
South Plaza,
Marlborough Street,
Bristol,
BS1 3NX



FREESTYLE LIBRE® AND TEST STRIP USE FOR DRIVING

On 14th February 2019 the DVLA (Driver and Vehicle Licensing Agency) updated their guidelines to make testing requirements simpler for drivers with insulin treated diabetes. This means that drivers may now choose to use finger prick glucose testing and continuous glucose monitoring systems such as FreeStyle Libre® and real-time continuous glucose monitoring for the purposes of driving.

For full self-monitoring requirements, please contact the DVLA directly or visit their website.

References

[1] Diabetes UK, "Flash Glucose Monitoring," [Online]. Available: <https://www.diabetes.org.uk/guide-to-diabetes/managing-your-diabetes/testing/flash-glucose-monitoring>. [Accessed 18 March 2018].

