FreeStyle Libre® - Flash Glucose Monitoring System

London Regional Medicines Optimisation Committee members recommended the NHSE London Diabetes Clinical Networks, working in collaboration with the NHS London Procurement Partnership (LPP) produce a pan-London clinical consensus for the use of FreeStyle Libre® in the NHS for London. The resultant policy and implementation guidance was approved for use in Merton and Wandsworth CCGs by the respective medicines management committees and the Local Delivery Unit Executive Management Team on June 20th 2018

Decision

Merton and Wandsworth CCG recommends that FreeStyle Libre device is considered for patients with type 1 diabetes who meet the following agreed criteria:

- On Multiple Daily Injections (MDI) – 4 or more doses of insulin a day or insulin pump therapy who test frequently. The intention is to reduce blood glucose test strips by at least 8 strips a day for adults (7 test strips in children aged 0-19 years). If this is not achieved by 6 months, prescribing may be discontinued, and this will be discussed and agreed with the patient at initiation.

- With HbA1c ≥8.5% (69.4 mmol/mol) or disabling hypoglycaemia who would be eligible for insulin pump therapy as per NICE TA151 (plus additional notes on those who can be considered for continuous glucose monitoring as per NG17 and NG18). The intention is to reduce HbA1c by 0.6% (6.6 mmol/mol) and/or reduce severe hypoglycaemic episodes by 75%, as detailed in TA151. If this is not achieved then consideration of other locally available and appropriate technologies should be revisited. Expected outcomes should be discussed and agreed with the patient at initiation.

- On multiple daily injections or insulin pump therapy where conventional monitoring is not possible with Self-Monitoring Blood Glucose (SMBG) testing. The intention is to ensure appropriate monitoring of glucose levels is possible for the patient. The definition of appropriate monitoring is dependent on the individual and should be defined and noted following discussion between the specialist and the patient at the initial consultation.

Examples where FreeStyle Libre is not currently recommended for prescribing include:

- District nursing where regular care is needed for other interventions (e.g. insulin injections) at the same or greater frequency than monitoring is required
- Residential or Nursing Home services where staff regularly see and care for patients throughout the day

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Author: Rajiv Dhir, Deputy Chief Pharmacist, Wandsworth CCG
Approved Merton Medicines Management Committee 13 July 2018
FreeStyle Libre is intended to be used as an alternative to routine blood glucose monitoring for people aged 4 or over.

London Regional Medicines Optimisation Committee (RMOC) members recommended the London Diabetes Clinical Network, working in collaboration with the NHS London Procurement (LPP) to produce a pan-London clinical consensus for the use of FreeStyle Libre® in the NHS for London.

Flowchart for Managing Requests for FreeStyle Libre® - Flash Glucose Monitoring System

- The FreeStyle Libre system consists of a sensor worn on the upper arm that measures interstitial glucose every minute and a reader device that is scanned over the sensor to get a result. It can produce a near continuous record of glucose measurements which can be accessed on demand.
- Sensor and reader to be provided initially by NHS specialist team for a 2 month period i.e. 4 sensors.
- Specialist team will provide training in the use of FreeStyle Libre® to patients.
- Prescribing to be transferred to primary care at month 3 to 6 after initiation.

FreeStyle Libre is only commissioned for the following patient groups** who meet one or more of the following criteria:

1. Patients on MDI or insulin pump therapy who test frequently (intention to reduce by at least 8 strips per day (7 strips in children aged 0-19 years)
2. Those with HbA1c ≥ 8.5% (69.4mmol/mol) or disabling hypoglycaemia who would be eligible for insulin pump therapy as per NICE TA 151
3. Patients on Multiple Daily Injections (MDI) or insulin pump therapy where conventional monitoring is not possible with Self-Monitoring of Blood Glucose (SMBG)

- Patient/ carer need to complete a patient/ prescriber agreement form to ensure that all parties are clear regarding aims of treatment & targets to be achieved/maintained.
- From month 3 to month 6 following initiation, GPs will continue prescribing, only following receipt of an NHS specialist clinic request and completed patient/ prescriber agreement form from secondary care.
- From Month 3, GP should prescribe 2 sensors per month only on an acute prescription.
- After no more than 6 months, a definitive decision regarding ongoing prescribing of FreeStyle Libre® should be made by the NHS diabetes specialist team.
- The NHS will fund 26 sensors per year (1 sensor every 2 weeks) per patient.
- If a sensor is faulty the patients should contact the Abbott Customer Careline, 0800 170 1177 to obtain replacement sensors.
- Do not prescribe sensors to replace faulty ones.

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Key Points

- The decision to start FreeStyle Libre system will only be made by the NHS diabetes specialist team on a 6 month trial basis
- GPs/primary care prescribers should not initiate FreeStyle Libre
- GPs/primary care prescribers should only continue prescribing the sensors if they have a signed patient agreement form and clear written communication from the NHS diabetes specialist team
- It is not anticipated that patients will require more than 26 sensors to be prescribed within a given year. It is recommended that no more than 2 sensors (1 month supply) are prescribed at a time
- It is expected that demand/frequency of supply of adjunct blood glucose testing strips will be reduced
- In the event of a patient not under the NHS diabetes specialist service and potentially meeting initiation criteria, a referral should be made to the relevant NHS diabetes specialist service

Self-funding FreeStyle Libre

- There are a number of patients registered with a GP Practice in Wandsworth who have already purchased and are using FreeStyle Libre - (self-funding). Patients who have obtained FreeStyle Libre through clinical trials or private treatment, or who have been self-funding, must demonstrate that they satisfied the prescribing criteria when they commenced the use of FreeStyle Libre as well as meeting the continuation criteria, to receive it on NHS prescription. They will need to be assessed and reviewed by the NHS diabetes specialist team at their next planned specialist appointment
- Patients who are self-funding FreeStyle libre and do not meet the criteria for initiation or continuation will not be entitled to NHS prescriptions within Wandsworth CCG. They may consider continuing to purchase the ongoing sensors privately
- It is important to ensure that patients are made aware that prescribing decisions will not be based on what has already been purchased, but what has been agreed for local NHS funding

Training

- Training materials are available to healthcare professionals in Primary care to support continuation of prescribing of FreeStyle Libre and understanding the device as part of overall diabetes management (e.g. for discussion in annual reviews). Tutorial videos are available [https://www.freestylelibre.co.uk/libre/help/tutorials.html](https://www.freestylelibre.co.uk/libre/help/tutorials.html) and presentation [http://www.londonscn.nhs.uk/wp-content/uploads/2018/05/dia-FreeStyle-Libre-training-pack-for-HCP-and-patients-052018.pdf](http://www.londonscn.nhs.uk/wp-content/uploads/2018/05/dia-FreeStyle-Libre-training-pack-for-HCP-and-patients-052018.pdf)

Further Information

Further information and paperwork associated with this policy is available through:

- Endocrine section of Wandsworth CCG Prescribing Guideline website [http://www.wandsworthccg.nhs.uk/aboutus/Pages/Prescribing-Guidelines.aspx](http://www.wandsworthccg.nhs.uk/aboutus/Pages/Prescribing-Guidelines.aspx)

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