

9th January 2019

8c.

Freestyle Libre flash glucose monitoring system

Ward(s) - All

Portfolios:

Executive Summary:

FreeStyle Libre flash glucose monitoring system is designed to replace routine blood glucose testing for people aged 4 or over, including pregnant women, with Type 1 or Type 2 diabetes, who have multiple daily injections (MDI) of insulin or who use insulin pumps and are self – managing their diabetes.

The CCG and Walsall Healthcare Trust are currently planning the implementation of this service for Walsall patients.

Report

Back ground

FreeStyle Libre flash glucose monitoring system is designed to replace routine blood glucose testing for people aged 4 or over, including pregnant women, with Type 1 or Type 2 diabetes, who have multiple daily injections (MDI) of insulin or who use insulin pumps and are self – managing their diabetes.

Increased monitoring frequency leads to improved HbA1c and glucose management however Self-Monitoring of Blood Glucose (SMBG), the current standard of care for glucose monitoring, has limitations. SMBG may miss extreme highs and lows as well as nocturnal episodes of hypoglycaemia.

NICE guidance supports the need for glucose monitoring however adherence is poor due to barriers. Guidelines state 4-10 tests per day but 68% of patients fail to adhere to SMBG recommendations. Patient perceived barriers are discomfort, anxiety, incomplete data, social stigma and difficulty interpreting results.

Freestyle Libre is painless and convenient to use, and provides the patient with a 24-hour glycaemic profile that can be viewed on the reader, phone apps, or on LibreView free of charge software package. Data insights can be used to improve self-management, and shared with the specialist team on LibreView. This visibility of remote cloud-based data enables the specialist team to monitor the patient's system utilisation and time in range, and early intervention can be made by telephone should an opportunity to improve time in range become apparent.

NHS England guidance

NHS England issued a national guideline for usage of Freestyle Libre on 1st November 2017. The guideline identifies groups of patients with Type 1 diabetes who should be offered a 6-month evaluation of Freestyle Libre, to assess the benefit and enable continuation if improvement criteria are met. These five criteria are cost neutral or a cost avoidance for the health economy. It is currently proposed that providers for Walsall CCG to follow this guideline.

The Guidance

It is recommended that Freestyle Libre® should only be used for people with Type 1 diabetes, aged four and above, attending specialist Type 1 care using multiple daily injections or insulin pump therapy, who have been assessed by the specialist clinician and deemed to meet one or more of the following:

1. Patients who undertake intensive monitoring >8 times daily
2. Those who meet the current NICE criteria for insulin pump therapy (HbA1c >8.5% (69.4mmol/mol) or disabling hypoglycemia as described in NICE TA151) where a successful trial of FreeStyle Libre® may avoid the need for pump therapy.
3. Those who have recently developed impaired awareness of hypoglycaemia. It is noted that for persistent hypoglycaemia unawareness, NICE recommend continuous glucose monitoring with alarms and Freestyle Libre does currently not have that function.
4. Frequent admissions (>2 per year) with DKA or hypoglycaemia.
5. Those who require third parties to carry out monitoring and where conventional blood testing is not possible.

In addition, all patients (or carers) must be willing to undertake training in the use of Freestyle Libre® and commit to ongoing regular follow-up and monitoring (including remote follow-up where this is offered). Adjunct blood testing strips should be prescribed according to locally agreed best value guidelines with an expectation that demand/frequency of supply will be reduced.

Next steps

Walsall Healthcare Trust has made an application to the Joint Medicines Management Committee to begin the use of Freestyle Libre flash glucose monitoring system. Subject to the CCG's internal governance we anticipate that this development will be implemented by 1st April 2019.

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