



FreeStyle Libre Update (FSL)

Background

FreeStyle Libre (FSL) is a flash glucose monitoring system that measures glucose levels in people with diabetes using a sensor applied to the skin. FreeStyle Libre is an alternative to finger-prick blood glucose testing, and can produce a near-continuous record of measurements which can be accessed on demand. Readings are taken by scanning the sensor with a FreeStyle Libre reader or some mobile phones.

Whilst FSL has been available for a couple of years on 1st November 2017 the sensors were added to the 'Drug Tariff', meaning it could be prescribed on the NHS. Due to FSL costing ~£70/month, as opposed to Blood Glucose Testing Strips costing £6-16/50 strips, and there being ~3,000 people with type 1 patients in Northants, it was initially classified as Double RED (IFR) in Northamptonshire so that local commissioning arrangements could be considered.

Availability in Northamptonshire

NHS England's Regional Medicines Optimisation Committees (RMOC) have recommended that FSL should be available as an **option** to the following cohorts of patients

- Those who undertake intensive monitoring >8 times daily
- Those who meet the current NICE criteria for insulin pump therapy
- Those who have recently developed impaired awareness of hypoglycaemia.
- Frequent admissions (>2 per year) with DKA or hypoglycaemia.
- Those who require third parties to carry out monitoring and where conventional blood testing is not possible.

Corby CCG and Nene CCG have agreed that FSL should be available as an option to these same cohorts of patients so long as they are fully engaged i.e. prepared to undertake the initial training and willing and able to utilise the results from sensor to improve their care. It was also agreed that FSL will be available to existing patients who have been self-funding FSL if they meet or it is judged they would have met these criteria.

How will patients access FSL?

If clinicians in primary care have patients that meet the RMOC criteria and it is considered that they will benefit from, FSL then they should be referred to the MDT in order that they can undergo the necessary training. Please refer patients using the MDT referral form <http://www.pathfinder-rf.northants.nhs.uk/media/3798708/freestyle-libre-advice-letter-may-2018.pdf> and state in the "reason for referral" box that the patient is to "be considered for FSL" and the RMOC cohort that they fit. The MDT will then enter the patient onto the next available FSL training course. Once the patient has completed this course, the MDT will send a shared care letter attached to the patient's GP practice requesting that they start prescribing FSL. The patient will then be followed up at 3 and 6 months by the MDT to ensure that they are deriving benefit.

Note – The MDT will place patients on next available FSL training course; the date of the next available course will depend on demand and capacity.