

## FreeStyle Libre<sup>®</sup> - FAQs for General Practice

### What is FreeStyle Libre<sup>®</sup>?



The FreeStyle Libre<sup>®</sup> flash glucose monitoring system is a device for the self-monitoring of glucose levels for people **with Type 1 diabetes aged 4 years and over**. Unlike traditional finger-prick devices, FreeStyle Libre<sup>®</sup> measures the glucose level in the interstitial fluid, via a sensor that sits just under the skin.

It can provide a near-continuous record, which is produced by scanning the sensor with the reader-device, as and when required.

### Is this a replacement for finger-prick blood glucose testing?

It is not a complete substitute for blood glucose testing. Finger-prick measurements are required in certain circumstances, including:

- during times of rapidly changing glucose levels when interstitial fluid glucose levels may not accurately reflect blood glucose levels
- to meet Driving and Vehicle Licensing Authority (DVLA) requirements for some groups of patients
- when scanned glucose results do not correspond with the user's symptoms
- where the reader indicates a low glucose reading

### Are there any training resources on FreeStyle Libre<sup>®</sup> for GP Practice staff?

Please refer to <https://freestylediabetes.co.uk/health-care-professionals/education> for training resources for healthcare professionals.

### Can I initiate FreeStyle Libre<sup>®</sup> prescribing?

**No**, initiation of patients on FreeStyle Libre<sup>®</sup> will be done by diabetes specialist teams **ONLY** using the following criteria:

- ✓ **Indication 1:** People with Type 1 diabetes\*
- ✓ **Indication 2:** People with any form of diabetes on hemodialysis **AND** on insulin\*  
(\* who are clinically indicated as requiring intensive monitoring >8 times per day; as demonstrated on a meter download/review over the last 3mths.)
- ✓ **Indication 3:** People with diabetes associated with cystic fibrosis on insulin treatment.
- ✓ **Indication 4:** Pregnant women with type 1 diabetes; for a maximum of 12 months including the post-partum period.
- ✓ **Indication 5:** People with Type 1 diabetes unable to routinely self-monitor blood glucose levels due to disability that requires carers to support glucose monitoring and insulin management.

- ✓ **Indication 6:** People with Type 1 diabetes for whom the specialist MDT team determines has occupational or psychosocial circumstances that warrant a 6 month trial of Libre with adjunct support.
- ✓ **Indication 7:** Previous self-funders of Flash Glucose Monitoring with Type 1 diabetes where those with clinical responsibility for their care are satisfied that their clinical history suggests that they would have satisfied one or more of the criteria prior to them commencing use of Flash Glucose Monitoring **AND** has shown improvement in HbA1c since self-funding.
- ✓ **Indication 8:** For those with Type 1 diabetes and recurrent severe hypoglycaemia or impaired awareness of hypoglycaemia, NICE suggests that Continuous Glucose Monitoring (CGM) with an alarm is the standard. However, if the person with diabetes and their clinician consider that Flash Glucose Monitoring would be more appropriate for the individual's specific situation, then this can be considered.

### Do I need to refer patients for FreeStyle Libre<sup>®</sup> initiation who are already under a local diabetes specialist service?

**No.** Patients meeting these criteria can discuss FreeStyle Libre<sup>®</sup> at their next routine follow up appointment with their diabetes specialist service. Diabetes services are not expected to offer additional appointments to discuss suitability of FreeStyle Libre<sup>®</sup>.

Only Patients with Type 1 diabetes who are not under the care of a diabetes specialist service will need to be referred if the patient meets one of the above criteria for FreeStyle Libre<sup>®</sup>.

### Do I need to refer patients who were previously initiated on FreeStyle Libre<sup>®</sup> by Primary Care?

**No.** Any patient previously prescribed FreeStyle Libre<sup>®</sup> within a Primary Care setting will be audited by the Medicines Optimisation Team to ensure that they meet the eligibility criteria. Please note that you will be asked to discontinue prescribing for any patient not meeting the criteria.

### How will CCGs be assured that diabetes specialist services are initiating patients in line with the guidance?

Diabetes specialist services across Staffordshire are required to submit an electronic Blueteq form to the CCG for all patients that have FreeStyle Libre<sup>®</sup> recommended for them. This allows the CCGs to monitor uptake of FreeStyle Libre<sup>®</sup> in line with the guidance.

### Will the diabetes specialist service prescribe FreeStyle Libre<sup>®</sup>?

Patients initiated on FreeStyle Libre<sup>®</sup> will receive 1 sensor and a reader from the diabetes specialist service.

Patients **currently self-funding** FreeStyle Libre<sup>®</sup>, who meet eligibility criteria, will need to be seen by the diabetes specialist services and follow the same pathway as new patients.

### When should I prescribe FreeStyle Libre<sup>®</sup>?

You should prescribe FreeStyle Libre<sup>®</sup> **after** you have received the relevant request form from the local diabetes specialist service:

- **Initiation Letter:** request to GP to issue acute prescriptions for up to a maximum of 6 months.

- **Continuation Letter:** request to GP to issue long term repeat prescriptions for FreeStyle Libre®.

**NOTE:** If after 6mths you do not receive a continuation letter from the diabetes specialist service please revert back to prescribing test strips. Patients should be directed to the diabetes specialist service for queries relating to ongoing prescribing.

### How many sensors should I prescribe per month?

One sensor will last for 14 days - you should prescribe 2 sensors per 28 days.

### What if a sensor is faulty?

Patients should be directed to Abbott Care Line Tel: 0800 170 1177 to obtain a replacement for sensors that are faulty; under **no** circumstances should a replacement prescription be issued.

### How should I deal with patients who do not meet the eligibility criteria?

The CCGs will **ONLY** fund patients meeting the eligibility criteria set out by NHS England.

Patients who do not meet the eligibility criteria set out by NHS England and wish to self-fund can purchase the product. Further information is available from Abbott via the following link: <https://www.freestylelibre.co.uk/libre/products.html>