

**PATIENT ENQUIRY ADVICE****Flash glucose monitoring (Freestyle Libre®) in Herefordshire**

Freestyle Libre® is a flash glucose monitoring system that may be used by people with diabetes to reduce the need to test their blood glucose by a finger prick.

National guidance published by NHS England on 7<sup>th</sup> March 2019 outlined the requirements and clinical criteria for use of flash glucose monitoring, (specifically Freestyle Libre®) for the 2019/20 financial year.

The Herefordshire CCG arrangements are based on the national guidance. Key aspects of this policy are:

1. Consideration of appropriate patients will be undertaken at annual diabetes review.
2. Only patients who meet the referral criteria will be referred to diabetes specialist teams
3. Diabetes specialist services are responsible for assessing eligibility for flash glucose monitoring in accordance with the national clinical criteria.
4. Diabetes specialist services will also be responsible for providing information training and support, initiating use, supplying sensors and assessing eligibility for continuation.

These arrangements mean:

- Patients will not be able to access flash glucose monitoring sensors immediately from their general practice on 1st April 2019.
- General practice will not issue any prescriptions for sensors during this initial 4 to 6 month period.

Patients may also be directed to the national guidance available here: <https://www.england.nhs.uk/2019/03/nhs-england-publishes-guidance-on-flash-glucose-monitors-for-type-1-diabetes-patients/>

<b>Questions and Answers</b>	
<b>Question</b>	<b>Answer</b>
1. I have previously self-funded flash glucose monitoring and want to get my prescriptions from my GP on or after 1 <sup>st</sup> April?	Patients who have previously self-funded will need to follow the same process as all other patients as outlined above. This means they will be considered for referral at their next annual review. Further details are available in the policy on the CCG website.

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2. Shall I go to my GP and ask for an earlier appointment for assessment of flash glucose monitoring?	No, patients should not do this unless they are having problems with their diabetes management. They will be considered at their next scheduled annual review.
3. Why do I have to wait for an annual review?	The national guidelines have recommended this approach in order that local services are able to manage the number of patients referred over a 12 month period.
4. Why can't I get a prescription on 1 <sup>st</sup> April?	The local arrangements involve consideration at annual review. For patients who meet the referral and national clinical criteria (as above) there is a requirement for significant specialist education and support for use of flash glucose monitoring over a 4 to 6 month period, with patients entering into a patient contract. This means it is not possible to offer patients immediate prescription of flash glucose monitoring.
5. Why can't my GP initiate flash glucose monitoring? or Why do I have to go to specialist services to initiate flash glucose monitoring?	Flash glucose monitoring is a new technology and requires considerable expertise during the initiation phase. This not only requires considerable time but also involves downloading and interpreting large quantities of information generated by flash glucose monitoring. Across the UK initiation of flash glucose monitoring is undertaken by specialist diabetes teams and not by general practice.
6. My consultant has said that my GP should prescribe flash glucose monitoring for me?	Your GP will need to follow the process above and ensure that you meet the requirements for referral with subsequent assessment of eligibility by diabetes specialist teams (as outlined above). If your consultant is not within Herefordshire, your GP will only consider requests from diabetes specialists and will require a letter confirming that you: <ul style="list-style-type: none"> <li>i. meet the national clinical criteria for use</li> <li>ii. have had flash glucose monitoring initiated by a specialist service with adequate training and support over the first few months</li> <li>iii. have been assessed as suitable for ongoing use (usually at 4 to 6 months)</li> </ul>
7. My GP practice has said I am not suitable for flash glucose monitoring?	We are not able to comment on individual clinical circumstances. General practice is required to follow local clinical policy and apply it to individual clinical circumstances. The Herefordshire policies are based on the national criteria and are therefore consistent with all other areas of the country.