

**South East London Area Prescribing Committee
FreeStyle Libre® Flash Glucose Monitoring system –
Position Statement**

| | |
|-----------------------------|--|
| Reference: | PS-012 |
| Intervention: | FreeStyle Libre® Flash Glucose Monitoring system |
| Date of Decision: | November 2018 |
| Date of Issue: | November 2018 |
| Recommendation: | <p>AMBER 3 Recommended for prescribing for the three patient groups listed below in South East London from <u>January 2019</u>.</p> <p>Assessment of NHS eligibility for FreeStyle Libre® Flash Glucose Monitoring system will be completed by the diabetes specialist teams through existing routine out-patient appointments. This includes people currently self-funding their own FreeStyle Libre® Flash Glucose Monitoring system.</p> <p>Initiation and prescribing for eligible patients will be the responsibility of specialist services for first 6 months before transfer of prescribing to primary care if criteria are met. People who are currently self-funding their own FreeStyle Libre® Flash Glucose Monitoring system may be transferred to primary care earlier than 6 months, if criteria are met.</p> |
| Further Information: | <p>The three distinct groups of patients with Type 1 Diabetes for whom the use of FreeStyle Libre® is accepted in SEL are as follows:</p> <ol style="list-style-type: none"> 1. People with Type 1 diabetes on multiple daily injections or insulin pump therapy who test frequently (≥8 times a day). 2. People with Type 1 diabetes with HbA1c >8.5% (69.4mmol/mol) or disabling hypoglycaemia who would be eligible for insulin pump therapy as per NICE Technology Appraisal Guidance 151 (plus additional notes on those who can be considered for continuous glucose monitoring as per NICE Guideline 17 and NICE Guideline 18). 3. People with Type 1 diabetes on multiple daily injections or insulin pump therapy where conventional monitoring is not possible with self-monitoring of blood glucose tests. <p>After a period of 3-6 months, the specialist diabetes team will review the use of FreeStyle Libre® with the patient. FreeStyle Libre® will only be continued if patients meet agreed targets after this 3-6 month period. These targets differ for each of the groups above and can be discussed with the specialist diabetes team. The specialist diabetes team will also review the use of FreeStyle Libre® at every clinic appointment to make sure it is still suitable.</p> <p>The South East London Area Prescribing Committee has considered the following guidance in this recommendation and this recommendation is in agreement with the key points and distinct groups/treatment areas:</p> <ul style="list-style-type: none"> • Regional Medicines Optimisation Committee (RMOC): https://www.sps.nhs.uk/articles/regional-medicines-optimisation-committee-freestyle-libre-position-statement/ • NHS England London Diabetes Clinical Network and NHS London Procurement Partnership released implementation guidance for the prescribing of FreeStyle Libre® in London: http://www.londonscn.nhs.uk/networks/cardiovascular/diabetes/freestyle-libre/ |

| Supporting Resources | <p>The following resources have been developed to support implementation of flash glucose monitoring across South East London in a consistent way and will be added to the SEL Area Prescribing Committee webpage:</p> <ul style="list-style-type: none"> (i) Pathway and guidance for use of flash glucose monitoring (ii) Recommended training competencies and resources (iii) FreeStyle Libre® Primary care information sheet (iv) Additional information for community pharmacies about FreeStyle Libre® (v) Flash Glucose monitoring – statement about eligibility on the NHS in South East London (vi) Frequently asked questions (vii) Safe disposal guidance (viii) Notification of initiation and patient-prescriber agreement for FreeStyle Libre® (ix) Request for long term prescribing of FreeStyle Libre® for people with type 1 diabetes | | | | | | | | | | | | | | | | | | | | | |
|---|---|---|---------|-----------|----------|--------------------------------|--|--|---------|--------|-----------|---------|-----------|----------|--------------------------------|---------|---------|---------|---------|---------|---------|----------|
| Background | <ul style="list-style-type: none"> i. The FreeStyle Libre® flash glucose monitoring system is a device for the self-monitoring of glucose levels. Unlike traditional finger-prick devices (that measure the glucose level in the blood), FreeStyle Libre® measures the glucose level in the interstitial fluid, via a sensor that sits just under the skin. ii. It can provide a near-continuous record, which is produced by the patient scanning the sensor with their reader-device, as and when required. iii. It will not provide warnings or alarms about low or high glucose levels and finger-prick blood glucose measurements are required in certain circumstances e.g. before and during driving (as required by the Driver and Vehicle Licensing Agency, DVLA), if (impending) hypoglycaemia or when interstitial fluid glucose levels may not accurately reflect blood glucose levels. iv. Additional education and training is necessary for any healthcare professionals or patients who wish to use this system. v. FreeStyle Libre® has been listed in the Drug Tariff from 1st November 2017. vi. NICE has not issued guidance on the use of FreeStyle Libre®; it issued a ‘Medtech Innovation Briefing’ which summarised the costs, evidence base and perceived benefits, but concludes that the resource impact is uncertain. It does not include recommendations on whether it should be prescribed. | | | | | | | | | | | | | | | | | | | | | |
| Cost Impact for agreed patient group | <p>The summary below sets out the assumed quarterly estimation of cost (based on a two year phasing). Crudely, it would suggest this is likely to be just under £1m each year, across the 6 SEL CCGs. There have been a number of assumptions and estimations in this data and potential savings in capillary blood glucose testing strip costs have been estimated by CCGs but are not included in this data. The estimated costs presented below are only for eligible people with Type 1 diabetes registered with a GP in South East London whose care is managed by diabetes services in South East London.</p> <table border="1" data-bbox="480 1518 1430 1659"> <thead> <tr> <th colspan="7">Average Estimated Quarterly Cost by South East London borough</th> </tr> <tr> <th>Bromley</th> <th>Bexley</th> <th>Greenwich</th> <th>Lambeth</th> <th>Southwark</th> <th>Lewisham</th> <th>Total average cost per quarter</th> </tr> </thead> <tbody> <tr> <td>£58,788</td> <td>£32,353</td> <td>£41,950</td> <td>£33,353</td> <td>£29,834</td> <td>£46,959</td> <td>£243,238</td> </tr> </tbody> </table> | Average Estimated Quarterly Cost by South East London borough | | | | | | | Bromley | Bexley | Greenwich | Lambeth | Southwark | Lewisham | Total average cost per quarter | £58,788 | £32,353 | £41,950 | £33,353 | £29,834 | £46,959 | £243,238 |
| Average Estimated Quarterly Cost by South East London borough | | | | | | | | | | | | | | | | | | | | | | |
| Bromley | Bexley | Greenwich | Lambeth | Southwark | Lewisham | Total average cost per quarter | | | | | | | | | | | | | | | | |
| £58,788 | £32,353 | £41,950 | £33,353 | £29,834 | £46,959 | £243,238 | | | | | | | | | | | | | | | | |

| | |
|---|---|
| Usage Monitoring & Impact Assessment | Acute Trusts <ul style="list-style-type: none"> • Ensure this advice is cascaded to relevant teams within the organisation and that use of FreeStyle Libre® is implemented in line with local guidance (including training and transfer of prescribing). • Participation in London wide/National FreeStyle® Libre audit • Provide quarterly monitoring and audit data to the Area Prescribing Committee |
| | Clinical Commissioning Groups (CCG) <ul style="list-style-type: none"> • To ensure local primary care prescribers and commissioned diabetes services are aware of this recommendation. • Monitor impact data at least quarterly • Monitor exception reports from GPs if inappropriate prescribing requests are made in primary care. |
| Key references: | <ol style="list-style-type: none"> 1. NHS London Procurement Partnership, Medicines Optimisation Workstream - Responsible Diabetes Prescribing Group: Current advice on the prescribing of FreeStyle Libre® in London. October 2017 2. National Institute for Health and Care Excellence (NICE). MIB110: FreeStyle Libre® for glucose monitoring. (2017). Available at: https://www.nice.org.uk/advice/mib110/chapter/Summary. (last accessed: 14.11.18) 3. Regional Medicines Optimisation Committee FreeStyle Libre® Position Statement : https://www.sps.nhs.uk/articles/regional-medicines-optimisation-committee-freestyle-libre-position-statement/ (last accessed 14.11.18) 4. NHS England London Diabetes Clinical Network and NHS London Procurement Partnership implementation guidance, available at: http://www.londonscn.nhs.uk/networks/cardiovascular/diabetes/freestyle-libre/ (last accessed 14.11.18) |

NOTES:

- a) Area Prescribing Committee recommendations, position statements and minutes are available publicly via the [APC webpages](#).
- b) This Area Prescribing Committee position statement has been made on the cost effectiveness, patient outcome and safety data available at the time. The position statement will be subject to review if new data becomes available, costs are higher than expected or new NICE guidelines or technology appraisals are issued.
- c) **Not to be used for commercial or marketing purposes. Strictly for use within the NHS.**

