NHS Suffolk and North East Essex Integrated Care Board

Continuous Glucose Monitoring (CGM) in Adults with Type 2 diabetes in Primary Care

Patient on multiple daily insulin injections (≥2 injections/ day ***note 1**)

no → Continue with current form of glucose monitoring or option to self-fund

yes

SAFETY CRITERIA to be met *note 2:

- Recurrent hypoglycaemia (glucose <3.5mmol/L) impacting on QOL
- Severe hypoglycaemia
- Impaired hypoglycaemia awareness
- Learning Disability /observed dexterity/barrier to fingerpick

no → Does not qualify for CGM

yes

IMPROVED CONTROL CRITERIA to be met:

- Patient would otherwise be advised to test 8x per day
- HbA1c not to target (>52mmol/mol)

no → Does not qualify for CGM

Libre 2 Plus should be considered as the first choice for CGM. Dexcom One Plus can be considered if the patient would benefit from alternative site placement/specific features of the Dexcom One, or has ongoing issues with Libre

NOTES:

1. Multiple daily injections = Two or more daily insulin injections of any variety of insulins
2. Recurrent hypoglycaemia = frequent moderate hypoglycaemia 3.5 mmol/l>3x per week.
3. Severe hypoglycaemia = hypoglycaemia requiring assistance from another person or health professional to treat
4. Impaired hypo awareness: reduced ability to perceive the onset of hypoglycaemia, i.e. fewer or diminished warning signs
5. Disability - condition or disability (including a learning disability or cognitive impairment) that means they cannot self-monitor their blood glucose by capillary blood glucose monitoring but could use a flash device (or have it scanned for them). Patient must be coded as such within the notes.
6. Definitions:
   - isCGM = intermittently scanned continuous glucose monitoring (CGM) or 'flash' glucose monitoring.
   - rtCGM = real time CGM
   - QOL = Quality of life.
7. See criteria for 1st line CGM on Q+A

Initiate patient on CGM*note 7

- Patient & /Carer to be provided basic education on the use of device by clinical team and link to more detailed education via device provider.
- To include but not limited to:
  - How to apply sensor, scanning, setting up alarms, difference between finger prick glucose vs. CGM & to use finger prick glucose if any doubt about accuracy, links to online resources, connection to remote viewing systems e.g. libre view, how to utilise device to improve control, basic interpretation of ambulatory glucose profiles, number of sensors to expect each month, when sensors can be stopped which will include frequency of wearing the device and data sharing with clinicians
- Patient agrees to wear the device at least 70% of the time and share the data with clinical team and proactively engage with optimisation advice- otherwise risk of discontinuing sensors on prescription.
- Ensure patient has a formulary standard glucose meter which is less than 2 years old
- Reduce glucose test strips quantity to max of 50 strips/ month, follow DVLA advice for group 2 drivers.

Review patient at 3 months to ensure they are benefitting from the technology and provide clinical advice to support optimisation. Then review every 6 to 12

Improve Control Criteria De-Escalation

- Only continue technology if the technology supports the achievement of improved overall glucose control.
- De-escalate CGM if basal bolus or multiple insulin regimen is discontinued
- Continue in patients requiring for **safety criteria**

Safety Criteria De-prescribing

- Continue the use of libre where the patient continues to demonstrate clinical and or QoL benefit and whilst insulin continues
- De- prescribe CGM if the patient or carers become incapable of using the device or device proven inaccurate

Contact your specialist teams in the usual way for patient specific advice/ guidance

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FreeStyle Libre 2 System Patient Journey – Live Online Training

Primary care practices have multiple options available for their patients including:

1. Live Online training (Group start by device manufacturer)
2. In person training at suitable venue (Group start by device manufacturer)
3. Patient Self-Learning (available on device manufacturer website)
4. In-Person Training at own GP Practice with HCP from practice
5. In person one-to-one training by device manufacturer

Person with type 2 Diabetes (PWT2D) identified and reviewed for suitability for technology

Provide PWT2D with details on how to attend FSL2 training & share data

1. Patient is provided with link and / QR code within FSL2 patient invite letter
2. Patient decides on a suitable date and time from the selection of virtual training sessions
3. Patient will receive confirmation email with a link to order a starter (and reader if required) to their home.

PWT2D attends the live training session to learn the following:

- How to Apply the Sensor
- How to Scan/view readings
- Setting Alarms
- Using the reports
- Troubleshooting

PWT2D can also join the practices LibreView Clinic by using the Share Your Glucose Data Leaflet (Available on SNEE ICB website). They will receive an email confirming their attendance to the live training sessions

Add FreeStyle Libre 2 Plus Sensor to the patient repeat script
PIP CODE: 428-0194
2 Sensors / 30 days (1 Sensor lasts 15 days)

Points to consider when reviewing patients in practice

- Diabetes primary care practitioner to provide basic insulin adjustment advice based on glucometric data (via LibreView or data from patients own handset/ app).
- Consider referring complex type 2 patients to specialists as per the usual referral criteria or discuss these patients at your next practice visit (NEE practices).
- If any primary care clinicians would like further upskilling in insulin adjustments, please contact your specialist teams or discuss at your next practice visit (NEE practices). Online training and mentorship clinics are available.
- Discuss discontinuation if poor patient engagement and/or no improvement in clinical outcome. Ensure appropriate finger stick glucose monitoring measures are in place. Follow the above clinical pathway

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Dexcom ONE Plus Patient Journey (for patients who require this for alternative site application or swimming at level >1 metre - ≤ 2.4 metres), please follow https://uk-educationhub.dexcom.com and direct patients to the The Dexcom ONE+ CGM (Continuous Glucose Montoring) system | Dexcom . See below for more resources.

Notes

Accompanying Documents

- UK Primary Care Onboarding Initiation Letter
- FSL2 Plus + Dexcom ONE Plus Patient Invite Letters
- FSL2 Plus + Dexcom ONE Plus Share Your Glucose Data Leaflets

Before Patient Journey

- The practice has been sent the UK Primary Care Onboarding Initiation letter and are aware of the options available.
- An introductory training session has been provided.
- The practice has set up its LibreView/ Dexcom Clarity Clinic to remotely support patients once initiated.

Ongoing Patient support

- Live Refresher training sessions are available
- Abbott support resources:
    - FreeStyle Libre Academy Training Module with Tips, Tools and Training to help PWD and HCPs https://pro.freestyle.abbott/uk-en/home.html
    - Dedicated Customer Care Line
      Telephone – 0800 170 1177
      Mon-Fri 8:00am-8:00pm
      Sat 9:00am-5.00pm
    - Customer Care Email
      adchelpuk@abbott.com
    - HCP Support
        - Dedicated Primary Care Manager:
          Toby Davidson 07786 800395
        - toby.davidson@abbott.com
- Dexcom support resources:
    - Dexcom Education hub: https://uk-educationhub.dexcom.com
    - Dexcom self-directed learning website: https://www.dexcom.com/en-GB/learn
    - Dexcom technical support team
      Telephone – 0800 031 5763
      Mon - Fri 08:00 – 18:00
      Sat- Sun 09:00 – 16:30
    - HCP Support
        - Dedicated Dexcom One rep
          Jill Gee 07442 400253
        - jill.gee@dexcom.com
- HCP Clinical education delivered by a Diabetes Specialist Nurse/Technology lead available.

Final

	FreeStyle Libre 2 Plus	Dexcom One+	FreeStyle Libre 3
			
Primary care initiation	Yes, first line	Yes, when alternative site such as abdomen is required for application or is needed for swimming ≥1 metre to ≤2.4metres	No, primary care continuation only
Real-time CGM	Yes*	Yes	Yes
Sensor life	15 Days	10 days	14 Days
Sensor warm up time	60 minutes	30 minutes	60 minutes
Separate transmitter	No	No	No
Smartphone app	LibreLink	Dexcom One+	Libre 3
Reader available	Yes	Yes	Yes
Capillary glucose calibration	No	No***	No
High & low alarms	Yes	Yes	Yes
Predictive alarms	No	No	Yes HCL use only
Stand alone use	Yes	Yes	Yes
Pump/Hybrid closed loop compatibility	Omnipod 5	No	YpsoPump
Bluetooth Range	6 meters	6 meters	10 metres
Smart pen data connection	NovoPen 6 NovoPen Echo	NovoPen 6 NovoPen Echo^	No
Data share HCP	LibreView	Clarity	LibreView
Data share friends/family app	LibreLinkUp (up to 20 followers)	Dexcom Follow (up to 10 followers)	LibreLinkUp (up to 20 followers)
UK approved wearable sites	Upper arm	Abdomen Upper arm Buttocks+	Upper arm

*Using Librelink app on smartphone. 'Scanning' still required if using reader device
**Different version of Simplera sensor required

***Not required for normal use, but available as an option

^Via Glooko