Policy statement:	Flash Glucose Scanning
Status:	Specialist initiated then recommended for prescribing in Primary Care. Specialist review at 6 months and annually thereafter

Flash Glucose Scanning systems monitor blood glucose levels using interstitial fluid levels rather than capillary blood glucose from finger prick testing. It consists of a handheld reader and a sensor, which is sited on the back of the arm. When the reader unit is passed over the sensor, the reader shows a reading based on interstitial fluid glucose levels. The sensor lasts for up to 14 days and then needs to be replaced. The reader can show a trace for the last 8 hours and displays an arrow showing the direction the glucose reading is heading.

Flash Glucose Scanning is not the same as continuous glucose monitoring (CGM).

At present there is only one product where prescribing on the NHS is supported- Freestyle Libre®. The following policy therefore applies only to this product and funding for any other flash glucose scanning products is not currently supported.

West Essex CCG commission use of Freestyle Libre® on a restricted basis, and only for people with diabetes, aged 4 and above, attending specialist care using multiple daily injections or insulin pump therapy, who have been assessed by the specialist clinician and deemed to meet one or more of the following criteria:

- People with Type 1 diabetes who require intensive monitoring >8 times daily, as demonstrated on a meter download/review over the past 3 months
- Patients with Type 1 or Type 2 diabetes on haemodialysis requiring self-monitoring blood glucose testing >8 times daily
- Diabetes associated with cystic fibrosis on insulin treatment
- Pregnant woman with Type 1 this will only be funded for 12 months in total inclusive of post-delivery period
- People with Type 1 diabetes who the specialist diabetes multi-disciplinary team determines have occupational (e.g. working in insufficiently hygienic conditions to safely facilitate finger-prick testing) or psychosocial circumstances that warrant a 6 month trial of Freestyle Libre® with appropriate adjunct support.
- People with Type 1 unable to routinely self-monitor blood glucose at home due to severe mental or physical disability. Evidence must be provided that they require carers to directly support glucose monitoring and insulin management, and that these carers struggle to manage simple blood glucose monitoring.
- Patients with Type 1 diabetes previously self-funding Flash Glucose Scanning where those with clinical responsibility for their diabetes care are satisfied that their clinical history suggests that they would have satisfied one or more of these criteria prior to them commencing use of Flash Glucose Scanning had these criteria been in place prior to April 2019
  AND
  has shown improvement in HbA1c since self-funding.

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- For those with Type 1 diabetes and recurrent severe hypoglycemia or impaired awareness of hypoglycemia, NICE suggests that Continuous Glucose Monitoring with an alarm is the standard. Other evidence-based alternatives with NICE guidance or NICE TA support are pump therapy, psychological support, structured education, islet transplantation and whole pancreas transplantation. However, if the person with diabetes and their clinician consider that a Flash Glucose Monitoring system would be more appropriate for the individual's specific situation, then this can be considered.

Additional requirements
In addition all patients (or carers) must be willing to:

- undertake training in the use of Freestyle Libre®
- agree to scan glucose levels no less than 8 times a day and use the sensor and for > 70% time
- agree to regular reviews with the local clinical team
- consider future attendance, at a Type 1 diabetes structured education programme (DAFNE or equivalent) Previously completed appropriate courses will be recognised.

The decision to start Freestyle Libre® will only be made by the diabetes specialist team and will initially be for a 6 month trial period.

Use will only be continued at the discretion of the diabetes specialist if there is sustained benefit in patient outcomes whilst they are using the device in one or more of the following:

- Reduction in severe / non-severe hypoglycaemia episodes
- Reduction in HbA1c of 0.5%/5mmol/mol or more within 6 months
- Agreed reduction in use of self-monitoring blood glucose test strips
- Reduction in episodes of DKA
- Reductions in admission to hospital
- In severe disability to ensure clear benefit to the carer support for the patient
- An improvement in psychosocial wellbeing

If there has not been sufficient improvement in one or more of the above areas over a 6 month period then the use of Freestyle Libre® under NHS prescription will be discontinued and an alternative method of monitoring should be used.

Patients not meeting the above criteria will only be funded where there are exceptional clinical circumstances.

Further information on applying for funding in exceptional clinical circumstances can be found by clicking the link below.

Individual Funding request Terms of Reference and SOP

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