

Recommended competencies for Initiating Clinicians

The following competencies have been agreed by clinical leads in the NHS England London Diabetes Clinical Network.

Initiating clinicians should be able to:

- **Describe how the device works and explain this adequately to a patient who is not currently using FreeStyle Libre®.**
 - Understand and can explain what flash glucose monitoring is and that FreeStyle Libre® uses flash glucose monitoring to give interstitial glucose readings
 - Explain how the patient will be able to get their glucose reading when using the device with the sensor
 - Appreciating that there may be a difference between observed glucose readings from FreeStyle Libre® and traditional capillary blood glucose monitoring due to lag time and therefore during times of rapid change to blood glucose levels such as after eating, exercising
 - Understand data from the system to support patients with analysis of downloaded data and with adjustment of insulin doses based on glucose trends and arrows

- **Set up a patient to use the device**
 - Understands and can explain the process of setting up the device
 - Understands how a patient can apply the sensor
 - Can explain to a patient how to pair the sensor with the device
 - Can explain to the patient how they can use the device to get blood glucose readings

- **Understand and describes the process for patients to follow if the sensor falls off or if the device malfunctions.**
 - When to replace the sensor with a new one
 - What to do with the fallen off/defective sensor
 - Understand that the patient should continue monitoring their blood glucose levels by using capillary blood glucose monitoring if the device malfunctions

- **Understand and describe the process of safe disposal to patients.**
 - How to dispose of the sensor in a sharps bin
 - How to dispose of the reader in designated electronic bins

- **Be able to manage skin reactions caused from reactions to the sensor.**
 - When to stop using the sensor because of reactions
 - What medication can be used to treat a reaction

- **Understand when to test capillary glucose and be able to explain this to patients**
 - During certain circumstances it may be necessary to test capillary glucose:

- During times of rapidly changing glucose and/or low reading
- When scanned glucose results do not correspond with the user's symptoms
- To meet Driving and Vehicle Licensing Agency requirements
- When using bolus calculators that require capillary blood glucose readings
- Capillary blood glucose monitoring should continue for insulin dosing at mealtimes for children