



## **NHS Tayside Diabetes Managed Clinical Network Patient Information Leaflet**

### **Freestyle Libre**

Diabetes Flash Glucose Monitoring is a new method of glucose testing consisting of a sensor worn on the arm and a reader which records levels of interstitial glucose. This system allows the wearer to test their glucose levels without the need for fingerprick testing except in specific circumstances (significant illness, driving, rapidly changing glucose, hypoglycaemia, readings not consistent with clinical condition). The sensor needs to be replaced every 2 weeks.

From the 1 November 2017, Freestyle Libre glucose sensors are available for prescription on the Scottish Drug Tariff.

NHS Tayside is to await the outcome of a Scottish Health Technology Appraisal of FreeStyle Libre to help inform a policy position for its use. This position is likely to be available in mid – late summer 2018. Until that position is developed and agreed Freestyle Libre will not be available on prescription in NHS Tayside. Further information on the availability of Freestyle Libre will be made available at that time.

The Scottish Health Technologies Group is an advisory group set up to provide assistance to NHSScotland Boards when considering selected health technologies. It plans to publish a rapid review Health Technology Appraisal on Free Style Libre after consideration in June. This Health Technology Assessment will include clinical, safety and cost effectiveness evaluation.

The nationally agreed criteria are that Flash Glucose Monitoring should be considered in people with Type 1 diabetes who:

- Use intensive insulin therapy (multiple daily injections or continuous subcutaneous insulin infusion); and
- Agree to attend a locally provided Flash Glucose Monitoring education session; and
- Agree to scan glucose levels no less than six times per day; and
- Agree to share glucose data with their diabetes clinic;
- Have attended a recognised diabetes structured education programme and/or clinical team are satisfied that the person (or carer) has required knowledge/skills to self-manage diabetes.

The recommendation to commence Freestyle Libre will be made by a secondary care diabetes specialist.

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