NHS
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Clinical Commissioning Group

Policy on the Prescription of Freestyle Libre

Date approved: 11 June 2018

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Introduction

A six month trial of the FreeStyle Libre is routinely commissioned for patients with type 1 diabetes attending specialist secondary care clinics for their diabetes, and who have been assessed by their specialist to meet one of the criteria outlined below. This would be continued if the patient demonstrates the applicable continuation criteria at a six month clinic assessment.

This trial process needs to be fully explained to the patient at the commencement of the trial.

Criteria

1. Patients who, as the result of a clinical need, are self-monitoring their blood glucose eight times or more per day.

   Continuation criteria: Performing eight or more scans a day and collecting 70% of daily data, and does not miss two consecutive specialist follow up appointments.

2. Patients who meet the following National Institute for Health and Care Excellence (NICE) criteria for insulin pump therapy. Either:

   2a. Have an HbA1c in excess of 8.5% (69 mmol/mol) on multiple daily injection insulin therapy despite a high level of care.

   Continuation criteria: An HbA1c reduction of 0.5% and does not miss two consecutive specialist follow up appointments. Or:

   2b. Attempts to achieve target HbA1c levels with multiple daily insulin injections results in the patient experiencing disabling hypoglycaemia. For the purpose of this guidance, disabling hypoglycaemia is defined as the repeated and unpredictable occurrence of hypoglycaemia that results in persistent anxiety about recurrence and is associated with a significant adverse effect on quality of life.

   Continuation criteria: A reduction in hypoglycaemia frequency by more than one episode per week, and does not miss two consecutive specialist follow up appointments.

3. Patients who are incapable of self-management of their diabetes due to their physical or mental health needs, and therefore require third party assistance to carry out glucose monitoring.

   Continuation criteria: Performing four or more scans a day and collecting 70% of daily data, and does not miss two consecutive specialist follow up appointments.

As the FreeStyle Libre has been commercially available prior to this commissioning policy, patients who have been self-funding or have received the FreeStyle Libre as part of a research project would be eligible for funding only if they met one of the current criteria at the time they started using the device, and attained the appropriate continuation criteria after six months.

The specialist hospital diabetes' services will provide the device and the first sensor (which should last the patients for two weeks), together with any necessary training and instruction the patient needs. The General Practitioner (GP) will then provide repeat prescriptions for the sensors up until the end of the six month trial period. In order for uninterrupted supply of sensors, specialists should write to GPs promptly to request ongoing supply for the duration of the trial. This letter should also detail the specific initiation criteria and continuation criteria to be met, and provide any relevant baseline measures against which benefit will be measured.

Specialists (including diabetes nurse specialists) are expected to review the patient and by six months, assess the patient against the continuation criteria. Where the continuation criteria are met and the specialist and patient agree that continuation of FreeStyle Libre is appropriate, the specialist will need to communicate this to the GP to ensure that prescribing continues.

Where the continuation criteria are not met, the specialist must explain this to the patient, explicitly informing them that use of the device is to be discontinued and discuss alternative options. The specialist must also confirm in writing to both the patient and the GP that the specific continuation criteria were not met, and so the use of the Freestyle Libre device has been discontinued.