

Prescribing Update

Diabetes Technology Update

NHS Cambridgeshire & Peterborough (Integrated Care Board), supported by the Cambridgeshire and Peterborough Joint Prescribing Group, has reviewed the recommendations of NICE in relation to the availability of diabetes monitoring technology on the NHS and has supported the following recommendations from 1 November 2022:

- *Individuals with Type 1 Diabetes: Freestyle Libre 2 (Intermittent Scanning Glucose Monitoring) and Dexcom One (Continuous Glucose Monitoring System) have been reclassified as **GREEN** on the formulary (suitable for initiation in Primary or Secondary Care) and can be prescribed to all patients with Type 1 diabetes.*
- *Individuals with Type 2 Diabetes: Freestyle Libre 2 and Dexcom One have been reclassified as **GREEN** on the formulary for Type 2 diabetes patients who are on multiple daily insulin injections with any of the following:*
 - *Severe hypoglycaemia or impaired hypoglycaemic awareness*
 - *Condition or disability that means they are unable to self-monitor*
 - *Is living with a learning disability*
 - *Renal failure on dialysis*
 - *Cystic fibrosis*
 - *Where they require help from a care worker or health care professional to monitor their blood glucose.*

Children living with diabetes may need a continuous glucose monitor which allows a 3rd party (i.e., parent or guardian) to monitor the patients glucose levels in real time. Where this is required, this will be provided by our Specialist Paediatric Diabetes Teams. Our Specialist Paediatric Diabetes Teams will contact these patients and their families directly to advise on how this technology will be made available to them. We request that patients wait to be contacted if they believe they are eligible.

There may be individual patients with Type 1 diabetes who have complex clinical needs and where a continuous glucose monitoring system with additional functions may be required. Where this is the case local Specialist Diabetes Teams will advise Primary Care. Secondary Care will be responsible for prescribing these systems.

For patients already using NHS funded diabetes technology, this will continue to be provided and monitored at the patient's next routine appointment, as usual.

- **Health Care Professional Resources** are available for both Freestyle Libre 2 and Dexcom One:
 - *Freestyle Libre: [FreeStyle Libre Flash Glucose Monitoring System \(freestylediabetes.co.uk\)](https://freestylediabetes.co.uk)*
 - *Dexcom One: [Training and Resources | Dexcom Healthcare Professionals](#)*
 - *To support with implementation of this diabetes technology a training event during November will shortly be advertised through the Training Hub.*
- **Patient Resources** are available for both Freestyle Libre 2 and Dexcom One:
 - *Freestyle Libre: <https://freestylediabetes.co.uk/freestyle-libre/tutorial>*
 - *Dexcom One: [Learn Dexcom ONE | Dexcom](#)*
 - *Patients can choose to share their data with Primary Care or their Diabetes Specialist Team via Libre Link or Dexcom Clarity (a sharing code will need to be provided to the patient)*

- **Blood Glucose Testing Strips:** Where a patient is prescribed either Freestyle Libre 2 sensors or Dexcom One sensor or is provided with a continuous glucose monitor via their specialist diabetes team, their monthly prescription for blood glucose testing strips should be reduced to a maximum of 50 test strips per month. Some patients may require less than 50 strips per month and can be prescribed these less frequently.

- **Prescribing:**
 - **Patients to collect Dexcom ONE starter kit from GP practice or in secondary care.** The transmitter within this starter kit lasts the first 3 months and the sensor 10 days.
 - Practices will receive a supply of 6 starter kits early next week. Details of how to obtain further starter kits will be included with the initial supply.
 - **Dexcom One sensor:** Sensor should be replaced every 10 days (1 sensor costs £25): **Prescribe THREE sensors every 30 days.**
 - **Freestyle Libre 2 sensor:** Sensor should be replaced every 14 days (1 sensor costs £35): **Prescribe TWO sensors every 28 days.** No starter kit required for Freestyle Libre.
 - Practices may wish to consider prescribing using eRD to assist access for patients.

- **Dispensing/Ordering for Freestyle Libre 2 sensors:**
 - Manufacturer has confirmed that they have sufficient supply to meet increased demand.
 - Freestyle Libre 2 sensor is ordered via dedicated portal direct from the manufacturer, Abbott: www.freestylelibrepharmacyportal.co.uk. Orders are fulfilled by Abbott's distribution partner Polar Speed (UPS).
 - Readers are available for patients without a compatible smartphone and can be ordered locally and supplied to hospital teams or practices for distribution to patients via our Secondary Care Territory Manager Maria Haines (maria.haines@abbott.com) or for Primary Care TM Drew Bearfield (drew.bearfield@abbott.com).
 - Patients currently using Freestyle Libre upgrading to Freestyle Libre 2 can upgrade their Freestyle Libre Reader with a Freestyle Libre 2 reader using this link www.Freestylelibre.co.uk/replacement

- **Dispensing/Ordering for Dexcom One**
 - Manufacturer has confirmed that they have sufficient supply to meet increased demand.
 - Dexcom One sensors are ordered by pharmacies via Alliance.
 - Dexcom One, 1pk, pip code 421-4714
 - Dexcom One, 3pk, pip code 421-4722
 - Replacement transmitters are available for pharmacies to order free of charge for their patients from Alliance Healthcare (PIP 421-4730). The transmitter needs replacement every three months so pharmacies are advised to keep a supply in stock.
 - See Manufacturer FAQs @ <https://uk.provider.dexcom.com/support/dexcom-one-pharmacy-faq>

