## 

**Barts Health NHS Trust**

**Homerton Healthcare NHS Foundation Trust**

**Barking, Havering and Redbridge University Hospitals NHS Trust**

### Initiation and transfer of prescribing of continuous glucose monitors (CGM) for adults living with type 1 diabetes in North East London

The use of CGM will be initiated and monitored by specialist diabetes teams. This transfer of prescribing document should be completed by specialist diabetes teams for all patients initiated on CGM. A copy of this document should be provided to the patient/carer.

**CGM devices from List 1** – transfer of prescribing document to be sent to primary care ‘for information only’. These devices are not available on FP10 therefore prescribing should remain with the specialist teams.

**CGM devices from Lists 2 and 3** – these devices are available on FP10 and prescribing can be continued in primary care following initiation by the specialist diabetes teams.

* Specialist to prescribe the initial 2 months of sensors and transmitters.
* Following the 2-month period, if the person with diabetes has not indicated adverse effects then prescribing of the sensors and transmitters can be continued in primary care.
* Specialist to ensure that the transfer of prescribing document is completed and sent to primary care in a timely manner to prevent any delays in patient getting their continued supply in primary care (e.g. send transfer of prescribing document after 1 month of CGM initiation).

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| **Patient details** | |
| **Surname** |  |
| **Forename** |  |
| **DOB** |  |
| **NHS no** |  |
| **Gender** |  |
| **Address (inc postcode)** |  |
| **Tel/mobile no** |  |

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| **GP practice details** | |
| **Surgery name** |  |
| **Address (inc postcode)** |  |
| **Tel no** |  |
| **Email** |  |

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| **Select the relevant indication for Continuous Glucose Monitors as per pan-London implementation document for access to Continuous Glucose Monitoring for adults with type 1 diabetes criteria1**  *Click* [*here*](https://www.england.nhs.uk/london/wp-content/uploads/sites/8/2023/08/London-type-1-diabetes-CGM-access-written-pathway-LCEG-updated-August-2023.pdf) *to access the pan-London pathway (version 7.1, updated Aug 2023)* | | |
| **INDICATIONS** | **Yes** | **No** |
| 1. People with problematic hypoglycaemia defined as:  * One or more episodes of severe hypoglycaemia in preceding 12 months and/or * Impaired hypoglycaemia awareness (Gold score ≥ 4) and/or * More than one episode of asymptomatic hypoglycaemia per week * Fear of hypoglycaemia   Offer rtCGM system that has mandatory fixed and predictive low glucose alert feature **(List 1)** |  |  |
| 1. Pregnant women with T1DM - 12 months in total inclusive of post-delivery period **(List 1 or List 2)** |  |  |
| 1. CSII system  * Offer rtCGM that is compatible with CSII system being used **(List 1)** |  |  |
| 1. Data sharing with relatives/carers/friends  * Offer rtCGM with additional data-sharing feature on **(List 1 or List 2)** * or isCGM with additional data-sharing feature on **(List 3)** |  |  |
| 1. All individuals with type 1 diabetes who do not fall into the clinical categories outlined in section 1. This will include self-funders and those living with a learning disability.  * Offer a choice of isCGM or rtCGM – individual preference of scanning or real-time data display * If individual prefers isCGM, offer a device from **(List 3)** * If individual prefers rtCGM, offer a device that meets the following criteria:   + Optional high and low glucose alerts.   + The rtCGM system does not need to have connectivity/compatibility to a hybrid closed loop or CSII system.   + The rtCGM system allows individual to view their own rtCGM data and share data with healthcare professionals, but does not feature a relative, friend or carer data sharing system.   + The rtCGM system is available on FP10.   Examples of these rtCGM devices can be found in **(List 2)**. Consider the relative cost of the device and the individual’s experience of rtCGM devices that require adjunctive capillary blood glucose testing versus those that do not. |  |  |
| **Lists of devices: please indicate which one has been issued/to be prescribed**  *Click* [*here*](https://www.england.nhs.uk/london/wp-content/uploads/sites/8/2023/08/London-type-1-diabetes-CGM-access-Device-list-updated-August-2023.pdf) *to access the pan-London device list (version 6.1, updated Aug 2023)* | | |
| **List 1 –** **SPECIALIST ONLY** (NOT FOR FP10: Primary Care for information only)  Please **select** device supplied: additional blood glucose test strips and lancets will need to be issued and can be on FP10  Abbott FreeStyle Libre 3 (minimum 200 blood glucose test strips and lancets per annum)  DEXCOM G6 (minimum 200 blood glucose test strips and lancets per annum)  DEXCOM G7 (minimum 200 blood glucose test strips and lancets per annum)  Medtronic Guardian 3 (minimum 200 blood glucose test strips and lancets per annum + 2 calibrations per day)  Medtronic Guardian 4 (minimum 200 blood glucose test strips and lancets per annum)  Medtrum TouchCare Nano (minimum 200 blood glucose test strips and lancets per annum) | | |
| **List 2 (rtCGM):** available on FP10 (Please **select** as appropriate)  GlucoRX AiDEX: 14-day sensor, 4-year transmitter (minimum 200 blood glucose test strips and lancets annum)  Dexcom ONE: 10-day sensor, 90-day transmitter (minimum 200 blood glucose test strips and lancets per annum)  Abbott FreeStyle Libre 2: 14-day sensor, no transmitter required (minimum 200 blood glucose test strips and lancets per annum)  **Note device reclassified as rtCGM for those using device via a smartphone** | | |
| **List 3 (isCGM):** available on FP10 (please **select** as appropriate)  Abbott FreeStyle Libre 2: 14-day sensor, no transmitter required (minimum 200 blood glucose test strips and lancets per annum)  **Note device is classified as isCGM for those using device via a FreeStyle Libre 2 Reader device (non-smartphone**  **users)** | | |

isCGM: Intermittently scanned continuous glucose monitoring

rtCGM: Real time continuous glucose monitoring

**Quantities of transmitters and sensors required**

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| **Device** | **Transmitter** | **Sensor** |
| **GlucoRX AiDEX** | 1 transmitter lasts 4 years – already supplied at initiation | * 1 x sensor pack – supply 2 packs every 28 days |
| **Dexcom ONE** | 1 transmitter to be supplied every 90 days | * 1 x sensor pack – supply 3 packs every 30 days * 3 x sensors pack – supply 1 pack every 30 days |
| **FreeStyle Libre 2** | Not required | * 1 x sensor pack – supply 2 packs every 28 days |

**Prescribing information for primary care (applicable for devices from List 2 and List 3)**

The specialist service will prescribe the transmitter(s) and sensors for the first 2 months and request that repeat prescribing continues in primary care. Please follow the specialist’s advice on any changes in treatment and liaise with the specialist if there any concerns regarding the use of CGM monitoring. The patient will continue to require a supply of blood glucose test strips, as per the London Type 1 CGM device [guidance](https://www.england.nhs.uk/london/wp-content/uploads/sites/8/2023/08/London-type-1-diabetes-CGM-access-Device-list-updated-August-2023.pdf). **Primary care to update patient’s medication record and ensure that they do not continue to supply the sensor (and transmitter) for any CGM devices that have been replaced by the current device.**

**REQUIREMENTS**

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| **PATIENT EDUCATION (please select – only proceed if answered Yes)** | **Yes** | **No** |
| CGM education has been provided (online or in person).  The patient has previously attended, or due consideration given to future attendance, at a type 1 diabetes structured education programme (DAFNE or equivalent) |  |  |

**CLINICIAN (SPECIALIST) SIGNATURE**

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| **Specialist undertaking assessment, please ensure that the transfer of prescribing document is completed and sent to primary care in a timely manner to prevent any delays in patient getting their continued supply in primary care (e.g. send document after 1 month of CGM initiation).**  ***A copy should be retained in the patient record and a further copy given to the patient/carer for their records.*** | |
| **Date** |  |
| **Print name** |  |
| **Position** |  |
| **Clinic name and address** |  |
| **Contact email** (e.g. generic email for queries) |  |

**AREAS OF RESPONSIBILITY**

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| **Specialist clinic – the following terms must be met before sending this document to primary care** | **Patient responsibilities** |
| * CGM device prescribed in accordance with the NEL implementation pathway for adults with type 1 diabetes * Provide patient with training and information, and ensure they are competent to use the CGM device prescribed * Provide device, and sensors sufficient for the first 2 months * Send the transfer of prescribing document and any other relevant information to primary care | * Share CGM data with the specialist team/clinician managing the condition * Have previously attended or given due consideration to attending a type 1 diabetes structured education programme * To attend annual appointments thereafter. * Engage with your health care professionals to support your care * Inform the specialist clinic if they have any problems in the use of CGM monitoring |

**References and supporting information**

1. Pan-London implementation document for continuous glucose sensors for adults with type 1 diabetes. [London-type-1-diabetes-CGM-access-written-pathway-LCEG-updated-August-2023.pdf (england.nhs.uk)](https://www.england.nhs.uk/london/wp-content/uploads/sites/8/2023/08/London-type-1-diabetes-CGM-access-written-pathway-LCEG-updated-August-2023.pdf)
2. [NHS England — London » Diabetes](https://www.england.nhs.uk/london/london-clinical-networks/our-networks/diabetes/)
3. Type 1 diabetes in adults: diagnosis and management; NICE guideline [NG17]Published: 26 August 2015 Last updated: 17 August 2022 [Recommendations | Type 1 diabetes in adults: diagnosis and management | Guidance | NICE](https://www.nice.org.uk/guidance/ng17/chapter/Recommendations)
4. A pan-London implementation document for continuous glucose sensors for adults with type 1 diabetes: device list. [London-type-1-diabetes-CGM-access-Device-list-updated-August-2023.pdf (england.nhs.uk)](https://www.england.nhs.uk/london/wp-content/uploads/sites/8/2023/08/London-type-1-diabetes-CGM-access-Device-list-updated-August-2023.pdf)
5. Flow chart: <https://www.england.nhs.uk/london/wp-content/uploads/sites/8/2023/08/London-type-1-diabetes-CGM-access-flowchart-LCEG-updated-August-2023.pdf>
6. GlucoRx AiDEX Hub [https://www.glucorx.co.uk/glucorx-AiDEX-hub/](https://www.glucorx.co.uk/glucorx-aidex-hub/)
7. Dexcom ONE <https://uk.provider.dexcom.com/products/dexcom-one/training-and-resources?UNLID=504640407202355162430>
8. FreeStyle Libre [https://www.FreeStylelibre.co.uk/libre/help/tutorials.html](https://www.freestylelibre.co.uk/libre/help/tutorials.html)
9. Eden training modules (for FreeStyle Libre) [https://www.edendiabetes.com/news-blog/new-flash-glucose-monitoring-elearning](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.edendiabetes.com%2Fnews-blog%2Fnew-flash-glucose-monitoring-elearning&data=05%7C01%7Cbola.sotubo%40nhs.net%7Ccb8cb8897af04b203c9608db50c5dbdd%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638192583378465253%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=Ghhp18Eio5%2BA9VPdJx0e61KOwUa3OgVB%2FMwabWNpQVI%3D&reserved=0)

**Approved by:** North East London Formulary and Pathways Group (11/2023)

**Ratified by:** North East London Integrated Prescribing and Medicines Optimisation Committee (11/2023)

**Review date:** 12/2024