**NHS North East London**

**Barts Health NHS Trust**

**Homerton Healthcare NHS Foundation Trust**

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

### Initiation/transfer of prescribing of continuous glucose monitors (CGM) for adults with insulin-treated type 2 diabetes in North East London

The use of CGM will be initiated and monitored by specialist diabetes teams or appropriately CGM-trained primary care specialist type 2 diabetes professionals. This document should be completed by initiating diabetes specialists (secondary and primary care-based) for all patients initiated on CGM. A copy of this document should be provided to the patient/carer.

**CGM devices from List 1** – these devices are available on FP10 and prescribing can be initiated by CGM-trained specialists in secondary or primary care and continued in primary care following initiation.

**When initiating by secondary care specialist** – the initial 2 months of sensors and transmitters (if applicable) must be prescribed by secondary care.

* 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).

**SECTION A: to be completed by the initiating clinician (applies to both secondary and primary care initiating specialists)**

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

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

|  |  |  |
| --- | --- | --- |
| **Select the relevant indication for Continuous Glucose Monitors as per criteria for the ‘North East London (NEL) implementation document for continuous glucose sensors for people with insulin-treated type 2 diabetes over the age of 18 years’**  *Click* [*here*](https://primarycare.northeastlondon.icb.nhs.uk/home/meds/medicines-guidelines-diabetes/) *to access the NEL implementation document* | | |
| **INDICATIONS** | **Yes** | **No** |
| 1. If any of the following apply:  * They have recurrent hypoglycaemia or severe hypoglycaemia * They have impaired hypoglycaemia awareness * They have a condition or disability (including a learning disability or cognitive impairment) that means they cannot self-monitor their blood glucose by capillary blood glucose monitoring but could use an isCGM device (or have it scanned for them) * They would otherwise be advised to self-measure at least 8 times a day |  |  |
| 1. Pregnant women who are on insulin therapy but do not have type 1 diabetes, if:  * They have problematic severe hypoglycaemia (with or without impaired awareness of hypoglycaemia) **or** * They have unstable blood glucose levels that are causing concern despite efforts to optimise glycaemic control |  |  |
| 1. Adults with insulin-treated type 2 diabetes who would otherwise need help from a care worker or healthcare professional to monitor their blood glucose |  |  |
| **Lists of devices: please indicate which one has been issued/to be prescribed** | | |
| **List 1 (rtCGM):** available on FP10 (please **select** as appropriate)  Abbott FreeStyle Libre 2: 14-day sensor, no transmitter required (minimum 200 CBG\* 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)**    Abbott FreeStyle Libre 2 Plus: 15-day sensor, no transmitter required (minimum 200 CBG\* 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)**    GlucoRX AiDEX: 14-day sensor, 4-year transmitter (minimum 200 CBG test strips and lancets per annum)  Dexcom ONE: 10-day sensor, 90-day transmitter (minimum 200 CBG test strips and lancets per annum)  Dexcom ONE+: 10-day sensor (minimum 200 CBG test strips and lancets per annum) | | |

isCGM: Intermittently scanned continuous glucose monitoring

rtCGM: Real time continuous glucose monitoring

CBG: Capillary blood glucose

**Quantities of transmitters and sensors required**

|  |  |  |
| --- | --- | --- |
| **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 |
| **Dexcom ONE+** | Not required | * 1 x sensor pack – supply 3 packs every 30 days |
| **FreeStyle Libre 2** | Not required | * 1 x sensor pack – supply 2 packs every 28 days |
| **FreeStyle Libre 2 Plus** | Not required | * 1 x sensor pack – supply 2 packs every 30 days |

**REQUIREMENTS**

|  |  |  |
| --- | --- | --- |
| **PATIENT EDUCATION (please select – only proceed if answered Yes)** | **Yes** | **No** |
| CGM education has been provided (online or in person). |  |  |

**CONSIDER**

|  |
| --- |
| **PATIENT EDUCATION** |
| If the patient has not previously attended a structured education programme for Type 2 diabetes, please consider a referral. Please see <https://www.healthyliving.nhs.uk/> |

**SECTION B: to be completed only if initiated by secondary care specialist, see section C if initiating in primary care**

**Prescribing information for primary care (when treatment initiated by secondary care specialist)**

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. **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.**

**CLINICIAN (SPECIALIST) SIGNATURE**

|  |  |
| --- | --- |
| **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**

|  |  |
| --- | --- |
| **Specialist clinic – the following terms must be met before issuing 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 T1DM 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 |

**SECTION C: to be completed only if initiated by primary care specialist**

**CLINICIAN (SPECIALIST) SIGNATURE**

|  |  |
| --- | --- |
| **Specialist undertaking assessment, please ensure that the transfer of prescribing document is completed and saved to the patient’s medical record for reference.**  ***A copy to be given to the patient/carer for their records.*** | |
| **Date** |  |
| **Print name** |  |
| **Position** |  |

**AREAS OF RESPONSIBILITY**

|  |  |
| --- | --- |
| **Primary care specialist – the following terms must be met before sending this document to primary care** | **Patient responsibilities** |
| * CGM device prescribed in accordance with the NEL implementation document for adults with type 2 diabetes * Provide patient with training and information, and ensure they are competent to use the CGM device prescribed | * Share CGM data with the specialist clinician managing the condition * Have previously attended or given due consideration to attending a type 2 diabetes structured education programme * To attend annual appointments thereafter * Engage with your health care professionals to support your care * Inform the GP practice if they have any problems in the use of CGM monitoring |

**References and supporting information**

1. Implementation document for continuous glucose sensors for adults with insulin-treated type 2 diabetes in North East London Available at: <https://primarycare.northeastlondon.icb.nhs.uk/home/meds/medicines-guidelines-diabetes/>
2. GlucoRx AiDEX Hub [https://www.glucorx.co.uk/glucorx-AiDEX-hub/](https://www.glucorx.co.uk/glucorx-aidex-hub/)
3. Dexcom ONE <https://uk.provider.dexcom.com/products/dexcom-one/training-and-resources?UNLID=504640407202355162430>
4. FreeStyle Libre <https://pro.freestyle.abbott/uk-en/home/primary-care.html>
5. 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)
6. <https://cpd.diabetes.org.uk/diabetes-technology>