

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 where a Blueteq form is required – 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 List 1 where they are specified as being available on FP10 and devices in List 2 can be prescribed in primary care using FP10—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).

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 pan-London implementation document for access to Continuous Glucose Monitoring for adults with type 1 diabetes criteria ¹ <i>Click here to access the pan-London pathway (version 7.1, updated Aug 2023)</i>		
INDICATIONS	Yes	No
1. People with problematic hypoglycaemia defined as: <ul style="list-style-type: none"> • 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	<input type="checkbox"/>	<input type="checkbox"/>
2. Pregnant women with T1DM - 12 months in total inclusive of post-delivery period (List 1 or List 2)	<input type="checkbox"/>	<input type="checkbox"/>
3. CSII system <ul style="list-style-type: none"> • Offer CGM that is compatible with CSII system being used (List 1) 	<input type="checkbox"/>	<input type="checkbox"/>
4. Data sharing with relatives/carers/friends <ul style="list-style-type: none"> • Offer CGM with additional data-sharing feature (List 1 or List 2) 	<input type="checkbox"/>	<input type="checkbox"/>

<p>5. 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.</p> <ul style="list-style-type: none"> • Offer a device that meets the following criteria: <ul style="list-style-type: none"> ○ 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. <p>Examples of these rtCGM devices can be found in List 1 or 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.</p>	<input type="checkbox"/>	<input type="checkbox"/>
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Lists of devices: please indicate which one has been issued/to be prescribed

List 1 – SPECIALIST ONLY (where a Blueteq form is required) - **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. Please note prescribing should be in line with the [NEL Blood Glucose Test Strips Guideline](#)

- 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**)
- Medtronic Simplera Sync (minimum 200 blood glucose test strips and lancets **per annum**)
- Medtrum TouchCare Nano (minimum 200 blood glucose test strips and lancets **per annum**)

List 1 and 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 **per annum**)
- Dexcom ONE*: 10-day sensor, 90-day transmitter (minimum 200 blood glucose test strips and lancets **per annum**)
- Dexcom ONE +: 10-day sensor, no separate transmitter required (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**)
- Abbott FreeStyle Libre 2 Plus: 15-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

*** NOTE: no new patients should be started on these CGM devices**

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

Prescribing information for primary care (applicable for devices from List 1 and List 2)

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 are any concerns regarding the use of CGM monitoring. The patient will continue to require a supply of blood glucose test strips, as per the North East London implementation document for continuous glucose sensors for adults with type 1 diabetes ([Medicines Guidelines – Diabetes – North East London](#)). **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

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)	<input type="checkbox"/>	<input type="checkbox"/>

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 the 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 sending this document to primary care	Patient responsibilities
<ul style="list-style-type: none"> CGM device prescribed in accordance with the NEL implementation pathway for adults with type 1 diabetes Provide the 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 	<ul style="list-style-type: none"> 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

- 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 \(england.nhs.uk\)](#)
- [NHS England — London » Diabetes](#)
- 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](#)
- 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 \(england.nhs.uk\)](#)
- 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>
- GlucoRx AiDEX Hub <https://www.glucorx.co.uk/glucorx-AiDEX-hub/>
- Dexcom ONE <https://uk.provider.dexcom.com/products/dexcom-one/training-and-resources?UNLID=504640407202355162430>
- FreeStyle Libre <https://www.FreeStylelibre.co.uk/libre/help/tutorials.html>
- Eden training modules <https://www.edendiabetes.com/news-blog/2024/8/7/updates-and-new-modules-added-to-implementing-glucose-sensing-in-primary-care>