

Effective Prescribing and Performance Group

Policy Statement:	EPPG 22 FreeStyle Libre® Flash Glucose Monitoring System for patients with Type 1 or Type 2 diabetes
Policy No:	EPPG 22
Date of Issue:	April 2018
Review Date:	April 2019

Background

Freestyle Libre® is a flash glucose monitoring system which monitors glucose levels using interstitial fluid levels rather than capillary blood glucose from self blood glucose monitoring “finger prick testing”.

It consists of a handheld reader and a sensor, which is sited on the back of the arm. When the reader is passed over the sensor, the reader shows a reading based on interstitial fluid glucose levels. The sensor lasts for up to 14 days then needs to be replaced.

The reader can show a trace for the last eight hours and displays an arrow showing the direction the glucose reading is heading. Flash glucose monitoring is not the same as continuous glucose monitoring (CGM).

A finger prick test using a blood glucose meter (Self Blood Glucose Monitoring or SBGM) is still required during times of rapidly changing glucose levels when interstitial fluid glucose levels may not accurately reflect blood glucose levels (ie acute illness such as Influenza, diarrhoea and vomiting), if hypoglycaemia or impending hypoglycaemia is reported, or the symptoms do not match the system readings.

Freestyle Libre® users will still need to perform finger-prick blood tests prior to and during driving to meet current DVLA requirements, as FreeStyle Libre®, like CGM, measures interstitial fluid levels and not capillary blood glucose levels.

Relevant NICE Guidance

NICE MedTech Innovation Briefing (July 2017)

<https://www.nice.org.uk/advice/mib110>

“A key uncertainty around the evidence is that the randomised controlled trial of people with type 1 diabetes included only adults whose diabetes was well controlled.

The resource impact is uncertain, and depends upon the extent to which improved glucose control through the adoption of FreeStyle Libre® translates into fewer complications, reduced emergency admissions and less use of glucose test strips.”

Formulary Status

Not on Frimley Health APC Formulary at present (April 2017)

PbR Status

Inclusive of tariff

Commissioning Decision

NHS Bracknell and Ascot CCG, NHS Slough CCG and NHS Windsor, Ascot and Maidenhead CCG (now known East Berkshire CCG) **declined** to adopt draft policy recommendations from Thames Valley Priorities Committee and Frimley ICS Diabetes Clinical Group. Therefore Flash Glucose Monitoring (FreeStyle Libre®) will not be available on NHS FP10 prescription to patients and that will be non-formulary for East Berkshire CCG.

“Working together to deliver excellent and sustainable healthcare”

The CCGs considered the evidence and recommendations from various local Thames Valley Clinical Priorities Committee and Frimley ICS Diabetes Clinical Group, alongside the significant financial pressure to the CCGs that Freestyle Libre® could present. The CCGs decision-making committee expressed concern about the limited evidence base to demonstrate the clinical and cost-effectiveness of the product.

Patient experience and quality of life improvements experienced by patients using the product were noted.

After careful consideration the CCGs concluded that Flash Glucose Monitoring (FreeStyle Libre®) is not recommended for prescribing because of limited data on proven clinical benefit and that there is no current evidence of value for money for the local health economy at this current time.

East Berkshire CCG will continue to review any forthcoming evidence that becomes available in the future, and will reassess the decision in light of any relevant new positive evidence. This product currently does not represent a clinically effective or cost-effective treatment option for the NHS.

References:	With thanks to Dorset CCG and NHS Horsham and NHS Crawley on which this statement is based
Date taken to East Berkshire CCGs EPPG:	April 2018
Date Ratified by the Quality and Constitutional Standards Committee on Behalf of East Berkshire CCG	May 2018