

FreeStyle Libre® primary care information sheet

What is FreeStyle Libre®?

The FreeStyle Libre® flash glucose monitoring system is a device for the self-monitoring of glucose levels. Unlike traditional finger-prick devices (that measure the glucose level in the blood), Libre® measures the glucose level in the interstitial fluid, via a sensor that sits just under the skin. It updates readings every minute and stores data every 15 minutes. FreeStyle Libre® is licensed for adults and children above the age of 4.

Is this a replacement for fingerpick blood glucose testing?

As Libre® measures interstitial glucose, it is not a complete substitute for blood glucose testing. Blood glucose measurements are required in certain circumstances, including:

- during times of rapidly changing glucose levels e.g. exercise,
- to meet Driving and Vehicle Licensing Authority requirements,
- when the FreeStyle Libre® reader results do not correspond with the user's symptoms e.g. patient feels hypoglycaemic but the FreeStyle Libre® reader is showing a higher glucose reading

Patients will continue to require prescriptions for blood glucose testing strips on prescription for the situations highlighted above; the expected amount will be detailed on the initiation documentation. Please note that if FreeStyle Libre® has been prescribed for users of high numbers of test strips, it is expected that number will fall over the first few months.

How does a patient get a reading?

The patient swipes the reader over the sensor to get a glucose reading. It can provide a near-continuous record

With a scan of the reader over the sensor, patients can see their current glucose reading, their 8-hour glucose history and a trend arrow showing the direction and rate of change of their glucose levels. Patients can scan as often as they want, even through clothing if they want the near continuous record they can every 8 hours.

What do continuing prescribers need to do?

Initiation should be carried out by the specialist diabetes team. Primary care practitioners will be notified of the initiation of FreeStyle Libre® and expected patient outcomes via a completed patient-prescriber agreement form and request for short-term (acute) prescribing.

The first two months of prescriptions will come from secondary care, but after this, acute prescriptions may be needed until a decision has been made about repeat prescribing. Sensors last 14 days and therefore patients need two per month. Sensors that fall off/malfunction should not be replaced on prescription – Abbott should be contacted directly by the patient and they will send out a replacement. Please note that patients may need certain additional items in order to dispose of the device correctly – see disposal guidance. If the patient has any issues with the device or requires further guidance, please do refer them back to the initiating team (details will be on the initiation paperwork).

Once the patient has started using FreeStyle Libre® then usage and outcome reviews will be conducted by the initiating clinician. If continuation is agreed, a long-term (repeat) prescribing request form will be sent to the GP practice. This should be completed and returned to the specialist team.

Transfer of prescribing will be accompanied by clear monitoring responsibilities and information on ongoing review; this will be detailed in the request for long-term prescribing.

For further information on primary care prescribing please refer to the Implementation of FreeStyle Libre® prescribing guidance for the NHS in London.

The FreeStyle Libre Sensor



The FreeStyle Libre Reader



How is the FreeStyle Libre® sensor applied on the body?

The FreeStyle Libre sensor is applied to the back of the upper arm with a disposable applicator. When the sensor is applied, a 5mm sterile filament is inserted just under the skin, and held in place with a small adhesive pad. The sensor lasts for up to 14 days. There is an app patients can use with their smartphone to take readings



Patient swiping over the sensor to take a reading

Where can I get more information?

Short video tutorials on how to set up the device and apply the sensor can be found by clicking on the following link <https://www.freestylelibre.co.uk/libre/help/tutorials.html>

More in-depth training materials and the full **London implementation guidance** can be found by clicking on the following link <http://www.londonscn.nhs.uk/networks/cardiovascular/diabetes/freestyle-libre/>