

Appendix 2 - Continuous Glucose Monitors (CGM) - Frequently asked questions for Patients/Carers

1. Which adults with diabetes will be eligible for a CGM in NHS Grampian?

A CGM can be recommended for adult patients by the diabetes specialist service to be prescribed by your GP practice where one of the following primary eligibility criteria is met:

- Type 1 diabetes,
- Secondary diabetes which is treated with insulin (e.g. monogenic diabetes, cystic fibrosis related diabetes, post pancreatic resection),
- Type 2 diabetes on basal bolus insulin regimen (defined as a basal insulin injection(s) plus quick acting insulin for meals),
- Type 2 diabetes on multiple daily injections (defined as two or more insulin injections per day) plus any of the following additional criteria:
 - Recurrent hypoglycaemia or severe hypoglycaemia, or
 - Impaired hypoglycaemia awareness, or
 - A condition or disability which means that they cannot self-monitor their blood glucose by capillary blood glucose but can use a CGM device (or have it scanned for them).

Where one of the above primary eligibility criteria has been met patients must then also meet all of the following criteria prior to the diabetes specialist service making a recommendation to your GP practice to prescribe a CGM:

- Be attending specialist diabetes clinics for diabetes care (in NHS Grampian this can mean attending clinics in Dr Gray's, Aberdeen Royal Infirmary, Aberdeen Health Village, Kincardine Community Hospital or Fraserburgh Hospital), and
- Have completed appropriate training as directed by the diabetes specialist service relating to how to use insulin therapy and the CGM system safely and effectively, and
- Agrees to share CGM data with the diabetes specialist service.

Where primary eligibility criteria is not met, or the patient cannot commit to the subsequent prerequisites, a CGM will not be recommended and therefore should not be prescribed.

2. Which children with diabetes will be eligible for a CGM in NHS Grampian?

All children with diabetes are encouraged, when appropriate, to move to CGM on completion of their new patient education pathway. Children with diabetes should not be initiated on a CGM without prior recommendation from the diabetes specialist service.

- FreeStyle Libre® 2 plus is currently licensed for children aged 2 years or above
- Dexcom ONE+® is licensed for children aged 2 years or above.

Where a child has been deemed suitable for a CGM, the child and/or carer must also

meet all of the following criteria prior to the diabetes specialist service making a recommendation to their GP practice to prescribe:

- Be attending diabetes specialist service clinics for diabetes care (Royal Aberdeen Children's hospital or Dr Gray's hospital), and
- Have completed training as directed by the diabetes specialist service relating to how to use insulin therapy and the CGM system safely and effectively, and
- Agrees to share CGM data with the diabetes specialist service.

3. What are the expectations and ongoing responsibilities of patients/carers who have been approved for a CGM?

Patients/carers should:

- Ensure all CGM data is available for each 24-hour period and use the information to optimise glucose levels.
- Share CGM data with the diabetes specialist service.
- Accept that continued availability of a CGM on prescription will depend on the ongoing effective use of the technology to improve self-management as assessed by the diabetes specialist service.
- Agree to switch capillary (fingertip) blood glucose and ketone monitoring products to the most cost effective choices (noting that the NHS Grampian preferred products may change over time).
- Agree to the discontinuation of CGM if the criteria for continuation are no longer met.

4. Are CGMs accepted by the DVLA?

This is dependent on the type of driver's license:

[Group 1 \(e.g. "normal" car licence\)](#)

- CGM may be used for monitoring glucose at times relevant to driving Group 1 vehicles.
- Users of these systems must carry finger prick capillary glucose testing equipment for driving purposes as there are times when a confirmatory finger prick blood glucose level is required.
- If using CGM, blood glucose levels must be confirmed with a finger prick blood glucose reading in the following circumstances:
 - when the glucose level is 4.0 mmol/L or below,
 - when symptoms of hypoglycaemia are being experienced, or
 - when the CGM gives a reading that is not consistent with the symptoms being experienced (for example, symptoms of hypoglycaemia and the system reading does not indicate this)

[Group 2 \(e.g. bus or lorry licences\)](#)

- There is a legal requirement for Group 2 drivers to monitor their blood glucose for the purpose of Group 2 driving.

- CGM is not permitted for the purposes of Group 2 driving and licensing.
- Group 2 drivers who use CGMs must continue to monitor finger prick capillary blood glucose levels

For further information please refer to the [gov.uk](https://www.gov.uk) website which contains the most up to date guidance.

5. Under what circumstances might CGM prescribing be stopped once started?

The diabetes specialist service may consider discontinuation if any one of the following occurs. This would normally be discussed with the patient/carer prior to action being taken:

- Failure to attend follow up appointments,
- Failure to share CGM data with their diabetes specialist service team,
- Failure to engage with the diabetes specialist service team to optimise issues with glycaemic control,
- Evidence of greater harm than benefit on clinical and psychological health (e.g. increased frequency of hypos, increased psychological morbidity).

6. How do I get CGM on prescription?

- GP practices will only provide prescriptions for a CGM on the recommendation of the diabetes specialist service.
- Once a patient has been assessed (by the diabetes specialist service) as meeting the criteria for initiation, a letter recommending CGM prescription will be sent to their GP practice.
- Quantities of sensors ordered should not exceed what is required, this is monitored centrally within NHS Grampian and where excessive quantities are identified GP practices will be alerted. The table below provides details of annual quantities of CGM's and transmitters, the frequency of prescribing will be determined by individual GP practices e.g. monthly or bi-monthly prescriptions.

CGM	Duration of use	Annual quantities
FreeStyle Libre® 2 plus	15 days	25 sensors
Dexcom ONE+®	10 days	37 sensors

7. Can a CGM be prescribed by my GP practice if I have previously accessed via private prescription or self-funded purchase?

It is recognised that a number of people with diabetes will have initiated a CGM privately (i.e. paid the cost of the CGM via private prescription or self-funding). No patient can be transferred to NHS prescribing of CGMs unless they have been assessed by the appropriate diabetes specialist team and meet all of the NHS Grampian criteria for initiation (see question 1 and 2).

8. I believe I meet the criteria and I am eligible for a CGM. How do I obtain a device?

Your GP practice will not prescribe a CGM without prior recommendation by the diabetes specialist service and confirmation of prerequisites having being met (see details above).

9. Which CGM devices are currently available on prescription in NHS Grampian?

- Currently Freestyle Libre® 2 plus and Dexcom ONE+® are the only CGMs recommended for prescribing within NHS Grampian. Previously used CGMs include Freestyle Libre® 2 and Dexcom® One which will remain available for a short period of time. Other CGM's are not supported within NHS Grampian at this time.
- Freestyle Libre® 3 in specific circumstances where patient uses insulin pump.
- The diabetes specialist service, in collaboration with the patient/carer, are responsible for deciding what CGM is most appropriate for the patient.
- These recommendations may change in the future as other CGM's become available.