

Nottinghamshire Area Prescribing Committee

Interim position statement on Freestyle Libre® for glucose monitoring

Clinicians in Nottinghamshire are working collaboratively to identify the patient groups most likely to benefit from FreeStyle Libre. However the current evidence base for the routine prescribing of Freestyle Libre® has been undertaken and the following interim recommendations for ALL clinicians have been made:

- The use of Freestyle Libre® for all patients with type 1 and type 2 diabetes is **NOT** recommended.
- FreeStyle Libre® has not been demonstrated to be cost-effective and in the absence of a positive recommendation from a full technology appraisal (TA), produced and published by the National Institute for Health and Care Excellence (NICE), is not recommended for routine funding in primary care.
- This recommendation will be reviewed in the light of new evidence to support the cost effective use of FreeStyle Libre®.
- Clinicians should **NOT** prescribe FreeStyle Libre® sensors on the NHS until local funding arrangements are agreed.
- FreeStyle Libre readers will not be prescribable on the NHS.

FreeStyle Libre® is a flash glucose monitoring (Flash GM) system which monitors glucose levels using interstitial fluid levels rather than capillary blood glucose from finger prick testing.

NICE has not issued guidance on the use of FreeStyle Libre; it issued a 'Medtech innovation briefing' which summarised the costs, evidence base and perceived benefits, however, it did not include a recommendation.

Other considerations:

- More data is needed to assess the cost-effectiveness of FreeStyle Libre®. There is currently limited evidence to confirm that use of the device will result in better controlled diabetes, an improvement in patient oriented outcomes such as a reduction in complications due to poorly controlled diabetes, hospitalisation rates or ambulance/GP call out rates, improvement in overall long-term diabetes control or quality of life. More data is also required to confirm effectiveness of this technology in less well controlled diabetes.
- A finger-prick test using a blood glucose meter is still required during times of rapidly changing glucose levels or to meet current DVLA requirements.
- Current NICE clinical guidance in relation to type 1 diabetes, recommends that finger pricking and capillary blood should be used routinely for the monitoring of glucose.
- The Freestyle Libre® does not have an audible alarm to alert users to potential problems.

References

- NICE Medtech Innovation Briefing. Freestyle Libre for glucose monitoring. July 2017. Available at: <https://www.nice.org.uk/advice/mib110> Accessed <27.09.17>
- East of England Priorities Advisory Committee. Freestyle Libre® Glucose Monitoring System. September 2017.
- NICE. Type 1 diabetes in adults: diagnosis and management. NICE NG17. July 2016. Available at: <https://www.nice.org.uk/guidance/ng17> Accessed <03/10/17>
- Adapted from Barnsley APC Position Statement