

Information on Hybrid Close Loop (HCL) for People with Type 1 Diabetes

Frequently Asked Questions

This leaflet provides information for people with Type 1 diabetes and their carers/families about Hybrid Close Loop System (HCL), a new way of managing diabetes.

Q: What is a Hybrid Closed Loop (HCL)?

A: A HCL system uses an insulin pump and a continuous glucose monitor (CGM) that 'talk to each other'. It does this through a computer program on your phone or inside the pump. It is called "hybrid" because while it automates a lot of the process, the user still needs to enter information like amount of carbohydrates before meals and adjust certain settings.

Some people call HCL an artificial pancreas because it can do some of the work for you to help manage your blood sugar levels.

Q: Will all people with Type 1 diabetes have access to HCL system?

A: No, not everyone with Type 1 diabetes will get HCL. Under the new recommendations, HCL has been recommended for adults living with type 1 diabetes who have an HbA1c of 58 mmol/mol (7.5%) or higher, or have disabling hypoglycaemia (when hypoglycaemic episodes occur frequently or without warning so that the person is constantly anxious about another episode occurring, which has a negative impact on their quality of life) despite best possible management with at least one of the following:

- An insulin pump.
- Continuous glucose monitoring (CGM, i.e., Dexcom)
- Intermittently scanned continuous glucose monitoring (Flash, i.e., Libre)

HCL has also been recommended for:

- Children and young people (under 18 years old) living with type 1 diabetes.
- People living with type 1 diabetes who are pregnant or planning to become pregnant.

Q: I've heard that NICE (National Institute for Health and Care Excellence) have approved the HCL system for some patients living with type 1 diabetes, how will I know if I will be eligible?

A: NICE recommends HCL system for some people with type 1 diabetes if they are struggling to control their blood sugar and if other methods have not worked. Your clinical risk and personal situation will be considered and if your diabetes specialist thinks the HCL system may help you, they will discuss it with you during a routine appointment. Please see the link to resources below for more information.

Q: How long will I have to wait to be offered HCL if I'm eligible?

A: It could be a few years before the HCL system is made available to all the people who are eligible. This is because it will take time to support people to start and use HCL system safely, so we can't do this for everyone at the same time.

Our aim is to provide fair access for all. Following the National Implementation Plan, those groups of people who would benefit the most from better control, including Children, Young People and Pregnant women will have access to the technology first.

Q: Do I need to contact my specialist or Diabetes team?

A: If you are already seeing a Specialist Nurse or a Consultant, they will already be aware of you and your medical history. They will discuss your eligibility with you at your next appointment. If you receive diabetes care from your GP practice, ask to be referred to a Diabetes Specialist at your next annual review. The Specialist will review and discuss your overall management plan with you. There may be other options available to help you manage and improve your blood glucose, before deciding whether you would benefit from HCL technology.

Q: Why will it take 5 years to introduce the NICE recommendation?

A: NICE have agreed a five year implementation period. This is to:

- Allow time for specialist staff to be fully trained to use the equipment and to gain the necessary skills and knowledge to support those people using HCL.
- Ensure that staff have enough time to safely start people on HCL and provide the necessary support while people are learning how to use HCL.

It is envisaged that adopting this type of phased approach will ensure there will be equitable and fair access to the technology.

Q: Which pumps or HCL will you be offering?

A: All the HCL pumps which are licensed for use in England are available on the NHS. Your Diabetes Specialist will discuss the available options with you, to jointly agree on which one would be best for you.

Q: I have been contacted by the company that supplies diabetes devices (CGM or pump). They told me I could have HCL and to contact my diabetes specialist team, what should I do?

A: You do not need to do anything. At your next review your clinical team will discuss if HCL would benefit you, and if it does, the NHS will provide the necessary equipment.

Do not agree to buy any equipment directly from the company without checking with your clinical team first as you should not be paying for CGM or pump therapy. If the company contacts you again, ask them to stop calling, and ask them to contact the NHS England National Team.

Q: Where can I find out more about HCL?

A: You can find out more on the:

- Diabetes UK website - [Click here](#) or visit Diabetes.uk. For more information on Hybrid Closed Loop Systems.



- Diabetes UK for more information on the NICE Announcement and Hybrid Closed Loop. [Click here](#).



- The National Institute for Health and Care Excellence (NICE) provides national guidance and advice to improve health and social care. NICE is an executive non-departmental public body, sponsored by the Department of Health and Social Care. NICE website – [Click here](#) or visit NICE.org.uk/guidance.



- JDRF UK. Hybrid Closed Loop Technology. [Click here](#)



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