

Medicines Optimisation Position Statement

Position Statement	Continuous Glucose Monitoring (CGM) in people (adults and children) living with type 1 or type 2 diabetes.
Position Statement number:	015
Approved by Medicines Optimisation Group:	July 2023
Date of issue:	August 2023
Date of last review:	NA
Date of planned review	July 2025 years or reviewed in the light of new national guidance

Background

In March 2022, the National Institute for Health and Care Excellence (NICE) reviewed the evidence and updated recommendations on continuous glucose monitoring (CGM).^{1,2,3} Initiation of CGM devices is currently only permitted within the specialist diabetes teams and some devices can be prescribed on FP10, others are only available via the NHS Supply Chain.

Policy Statement Type 1 Diabetes - adults

CGM devices available on the Drug Tariff.

People living with type 1 diabetes in Frimley are eligible for CGM where recommended by a diabetes specialist as per NICE [NG17](#) and NICE [NG3](#).⁴
Formulary choices: Freestyle Libre® or DexcomONE®.

CGM devices not available on the Drug Tariff are procured through secondary care providers. These devices are commissioned as per [TVPC64](#).

Criteria for CGM devices not available on the Drug Tariff:

- More than 1 episode a year of severe hypoglycaemia with no obviously preventable precipitating cause.
- Complete loss of awareness of hypoglycaemia.
- Frequent (more than 2 episodes a week) asymptomatic hypoglycaemia that is causing problems with daily activities.
- Hyperglycaemia (HbA1c level of 75 mmol/mol [9%] or higher) that persists despite testing at least 10 times a day.
- Continue real-time continuous glucose monitoring only if HbA1c can be sustained at or below 53 mmol/mol (7%) and/or there has been a fall in HbA1c of 27 mmol/mol (2.5%) or more.

Policy Statement Type 1 Diabetes and Type 2 Diabetes – paediatrics

Children and young people living with type 1 or type 2 diabetes in Frimley are eligible for CGM as per NICE [NG18](#). Recommendation will be from the diabetes paediatric consultants and paediatric diabetes nursing team.

Policy Statement Type 2 Diabetes- adults

Limited funding is available for people living with type 2 diabetes in Frimley who are under the care of the diabetes specialist team and if the team recommend CGM use.

Eligibility criteria (including women living with type 2 and pregnancy)

People with type 2 diabetes who are on multiple daily insulin doses with:

- Recurrent hypoglycaemia with an impact on quality of life or severe hypoglycaemia (episodes that require assistance from another person to treat) or
- Impaired hypoglycaemia awareness or
- A condition or disability (including a learning disability) which makes self-monitoring by capillary blood glucose testing difficult or
- Required to test more than 8 times per day or
- Requires help from a care worker or healthcare professional to monitor glucose levels.
- Person is living with learning disabilities.

Formulary choices: Freestyle Libre® or DexcomONE®.

CGM devices not available on the Drug Tariff are not available to people living with type 2 diabetes.

General recommendations

1. Education on CGM has been offered and received either online or in person.
2. Agree to use the sensor >70% of the time and collect 70% of the data.
3. Agree to regular reviews with the local clinical team and ensure that the CGM data is made available for the healthcare professional to review.
4. Previous attendance, or due consideration given to future attendance, at a Type 1 diabetes structured education programme (DAFNE/ CHOICE or equivalent if available locally).

Discontinuation criteria for FGS

1. Contingent upon evidence of meeting the above conditions AND that on-going use of the CGM device.
2. The suitability of device should be assessed at each review, and consideration given to stepping down to less intensive forms of glucose monitoring if clinically appropriate.
3. Evidence of sustained improvement e.g. increase time in range, reduction in HbA1c reduction in hypoglycaemia.

Other recommendations

1. If multiple devices meet the needs and preferences of a patient the device with the lowest cost should be offered.
2. Shared decision making should be used to identify the needs of the person and offer the most appropriate device which fulfils the criteria.
3. CGM devices is supported for patients who are living with type 3c diabetes and are on insulin treatment or are living with any form of diabetes and are on haemodialysis and insulin treatment.

References:

1. NICE Guideline 17 – Type 1 diabetes in adults: Diagnosis and management.
<https://www.nice.org.uk/guidance/ng17>
2. NICE Guideline 28 – Type 2 diabetes in adults: Management
<https://www.nice.org.uk/guidance/ng28/>
3. NICE Guideline 18: Diabetes (type 1 and type 2) in children and young people: diagnosis and management
<https://www.nice.org.uk/guidance/ng18>
4. NICE Guideline 3 Diabetes in pregnancy management from preconception to the postnatal period
<https://www.nice.org.uk/guidance/ng3>