

To: Operations and Information Directorate
NHS England
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CCG Accountable Officers
CCG Clinical Leaders
Directors of Commissioning Operations

cc: Regional Medical Directors

21 October 2019

Improving tech, treatment and care for people with Type 1 diabetes
Publishing Approval Reference 001166

Dear Colleague

In April this year, NHS England and NHS Improvement published guidance to confirm the NHS' commitment to improving care of people with Type 1 diabetes and signal an end to the variation in availability to the life changing technology of flash glucose monitors.

So far, data in Q1 shows that over 175,000 sensors have been prescribed helping nearly 30,000 patients to access this pioneering new technology.

We urge you to remind relevant staff of this guidance so that we can ensure everyone who is entitled to receive these monitors, can do.

Those who qualify to access flash glucose monitors include:

- People with type 1 diabetes who need intensive monitoring (more than 8 times every day).
- People with diabetes associated with Cystic Fibrosis on insulin.
- Pregnant women with Type 1 diabetes for 12 months in total.
- People with Type 1 diabetes unable to routinely self-monitor blood glucose due to disability.
- People with Type 1 diabetes for whom the specialist diabetes MDT determines have occupational or psychosocial circumstances that warrant a 6-month trial with appropriate support.

Eligibility is normally determined in the diabetes review when patients have the opportunity to speak to their clinician about their care. Depending on local arrangements this review may be with either a specialist diabetes team or GP. NHS England and NHS Improvement will reimburse local health groups for costs of the wearable sensors up to a minimal threshold of 20% of their Type 1 population.

We would also like to take this time to remind you of the relevant NICE guidelines setting out the importance of access to blood glucose test strips. We would expect to see a reduction in the use of strips for patients in receipt of flash glucose monitors, however they - and other people with Type 1 diabetes - should still be able to access them when required. For people without flash, NICE recommends strip usage of at least 4 and up to 10 times/day.

We encourage CCGs to continue to work with local clinicians to ensure appropriate numbers of test strips are made available. For more information see NICE guideline NG17: <https://www.nice.org.uk/guidance/ng17>.

We would also like to draw attention to the NICE guidelines on use of insulin pumps and continuous glucose monitoring systems, to optimise access when clinically indicated, and to try to minimize variation in access across the country. See the following NICE guidelines for more information: Technology Appraisal: <https://www.nice.org.uk/guidance/ta151>, NICE guideline NG17: <https://www.nice.org.uk/guidance/ng17> and NICE guideline NG18: <https://www.nice.org.uk/guidance/ng18>.

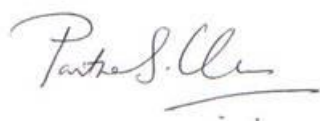
Finally, we wanted to inform you that we are currently working with Local Health Economies to scope and take forward the NHS Long Term Plan commitment to offer continuous glucose monitors to all pregnant women with Type 1 diabetes. Delivery will begin from April 2020. Further, more comprehensive information on this will be provided shortly.

All of this activity will help to achieve better health outcomes for people with Type 1 diabetes and help them to manage their own condition more effectively. Thank you for your continued support in delivering these important programmes.

We will continue to review evidence as new technology develops.

Further details on the NHS Diabetes Programme can be found at <https://www.england.nhs.uk/diabetes/>.

Yours faithfully

A handwritten signature in black ink, appearing to read 'Partha Kar', with a horizontal line underneath.

Professor Partha Kar MBBS MD FRCP
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