

# DTN-UK Flash Glucose Monitoring Education Programme

**Dr Emma Wilmot**

MB ChB BSc (hons) PhD FRCP

Consultant Diabetologist, University Hospitals of Derby and Burton  
Chair, ABCD Diabetes Technology Network UK

Supported by a restricted educational grant from Abbott



# Dr Emma Wilmot

- Chair, Diabetes Technology Network UK
- Consultant Diabetologist, University Hospitals of Derby and Burton, England UK
- Honorary Assistant Professor (consultant), University of Nottingham
- DAFNE executive board member

## Disclosures:

Previous recipient of speaker fees & educational grants from Abbott Diabetes Care, Boehringer Ingelheim, Dexcom, Diasend, Eli Lilly, Medtronic, Novo Nordisk, Roche, Sanofi Aventis

# Education modules

- Developed by DTN-UK with input from user representatives
- Designed for use people living with Type 1 diabetes & health care professionals
- Aim to provide knowledge and insights to help you make the most of the FreeStyle Libre system



The FreeStyle Libre reader



The FreeStyle Libre sensor



Association of British Clinical Diabetologists



collaborate • evolve • support

# What's all the fuss about?

- Glucose sensor, worn on the arm for 14 days
- Alternative to 4-10 painful fingerstick blood checks per day
- FreeStyle Libre flash glucose monitor was made available NHS drug tariff November 2017



The FreeStyle Libre reader



The FreeStyle Libre sensor



Association of British Clinical Diabetologists



collaborate • evolve • support



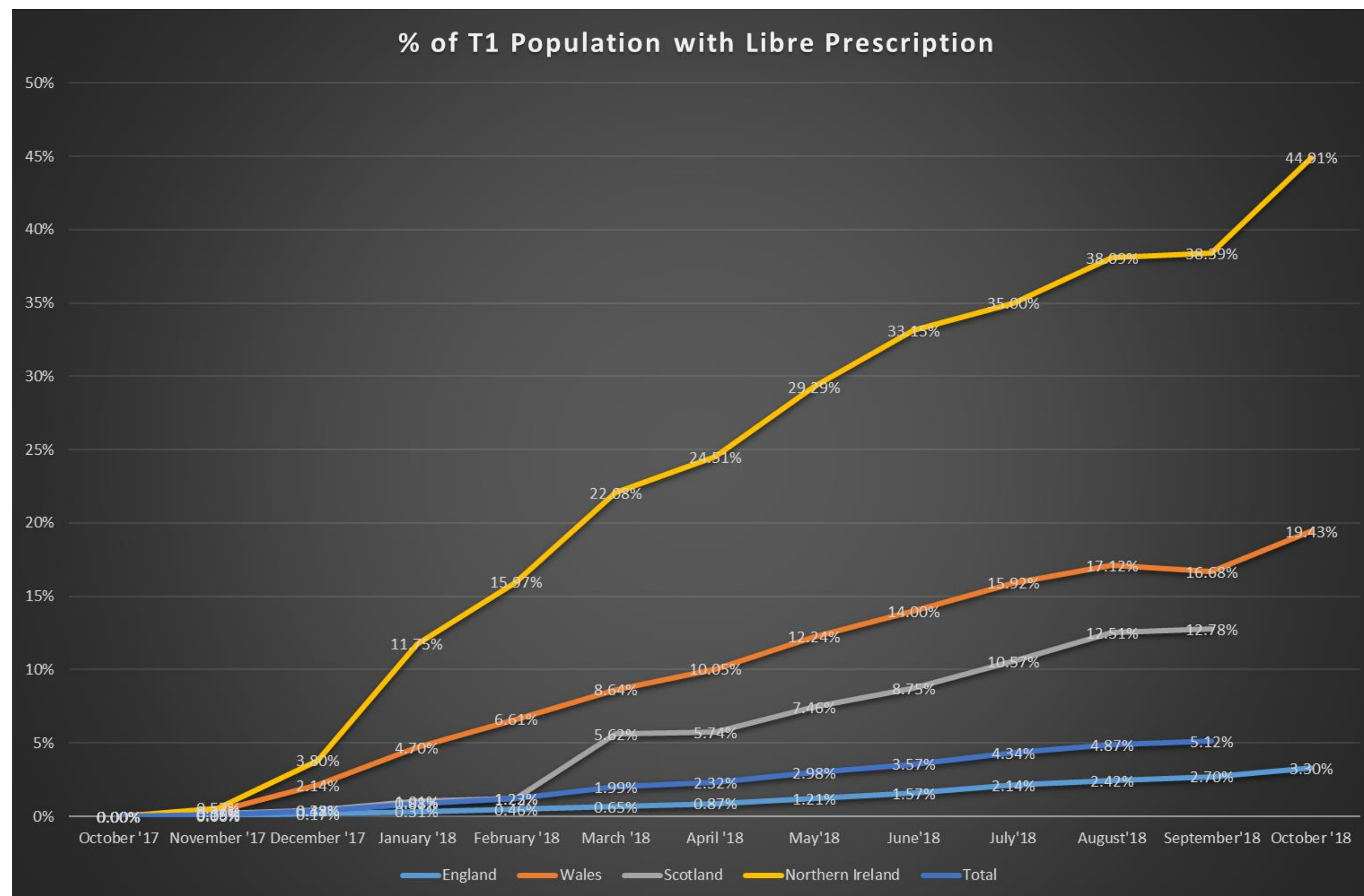
# UK use of FreeStyle Libre

NI – 44

Wales – 19

Scotland – 13

England - 3



With thanks to Nick Cahm for the data

# What does the evidence show?

- Clinical trials show it:
  - Is a safe alternative to blood glucose monitoring
  - Reduces hypoglycaemia
- Real world data suggest it can reduce HbA1c too



The FreeStyle Libre reader



The FreeStyle Libre sensor

Bolinder J, Antuna R, Geelhoed-Duijvestijn P, et al. *Lancet* 2016; 388: 2254-2263  
Leelarathna L, Wilmot EG. *Diabet Med.* 2018 Apr;35(4):472-482

# Menu: all available online

1. **Introduction** – Dr Emma Wilmot, Derby
2. **Mike's experience of FreeStyle Libre** – Mike Kendall, DTN-UK representative
3. **Getting started with FreeStyle Libre** – Dr Peter Hammond, Harrogate
4. **Interpreting daily traces** - Geraldine Gallen, DSN, London
5. **Basal insulin** - Dr Emma Wilmot, Derby
  - with insulin pens, insulin pumps
6. **Carbohydrates** – Nicola Taylor, Dietitian, Derby
  - introduction, advanced
7. **Bolus insulin** – Dr Jackie Elliott, Sheffield
  - with insulin pens, insulin pumps
8. **Reviewing my data: what does it all mean?** – Dr Fraser Gibb, Edinburgh
9. **The diabetes rollercoaster** – Dr Emma Wilmot & Nick Rycroft, Derby
10. **Exercise strategies** – Dr Parth Narendran, Birmingham & Dr Rob Andrews, Exeter
11. **Hypoglycaemia** - Dr Pratik Choudhary, London
12. **Understanding arrows** – Dr Pratik Choudhary, London
13. **Glycaemic Variability** – Dr Iain Cranston, Portsmouth



# How it works

- Download and listen to the modules in your own time
- Download the slides
- Participate in the FreeStyle Libre quiz



# Be aware

- The advice given in these modules may not apply to all
- If you have any questions please speak to your local diabetes team

# Acknowledgements

Dr Peter Hammond, Harrogate

Geraldine Gallen, DSN, London

Nicola Taylor, Dietitian, Derby

Dr Jackie Elliott, Sheffield

Dr Fraser Gibb, Edinburgh

Dr Iain Cranston, Portsmouth

Dr Pratik Choudhary, London

Dr Parth Narendran, Birmingham

Dr Rob Andrews, Exeter

Prof Simon Heller, Sheffield

Mike Kendall, DTN user representative

Nick Rycroft, Derby Type 1 diabetes group

Shaun Carpenter, Derby Type 1 diabetes group

Nick Cahm, for provision of data on UK Libre uptake



Association of British Clinical Diabetologists

