Patchworks: Freestyle Libre data interpretation training for Type 1 Diabetes

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The Freestyle Libre flash glucose monitoring system is now available with NHS funding to selected patients depending on criteria set out by their CCG. This will see a substantial increase in the usage of this device and with it will come a huge amount more data to be analysed in addition to the usual glycaemic control checks consisting of HbA1c and finger prick blood glucose monitoring. In order to get the most out of the Freestyle Libre device those using it need to understand how the system works and how to analyse the data it supplies them with. We created Patchworks, a patient-centred course which will be rolled out as part of a modular education programme for people with Type 1 Diabetes, which will teach patients how to interpret and analyse data from the Freestyle Libre. The course was designed with a large amount of input from patients with Type 1 Diabetes, including from those who attended a focus group to help with the design of the course. Patchworks includes teaching on the physiology behind flash glucose monitoring, treatment of hypoglycaemia, how to respond to trend arrows and interpretation of the Ambulatory Glucose Profile (AGP) using the patients' own AGP uploads. The course piloted on 23rd January 2018 and full roll out will take place in the next few months. Future plans include potentially having patients leading sessions to educate their peers.