

Flash blood glucose monitoring (Freestyle Libre) improves glycemic control and reduces hospital admissions for diabetic ketoacidosis and severe hypoglycemia in community dwelling people with type 1 diabetes receiving limited specialist care



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Introduction

Flash blood glucose monitoring (Freestyle Libre) is an established method of interstitial glucose monitoring level to improve glycemic control in diabetes.

AIM

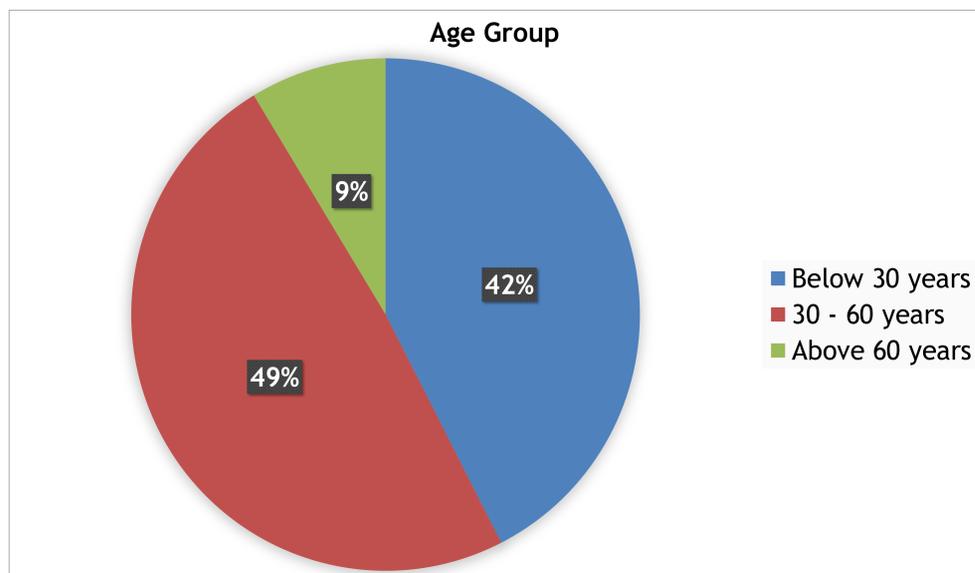
We performed a retrospective analysis to determine the hospital admission rates for 2019 due to DKA and hypoglycemia group patients with T1DM who had been using freestyle Libre glucose monitoring system.

METHOD

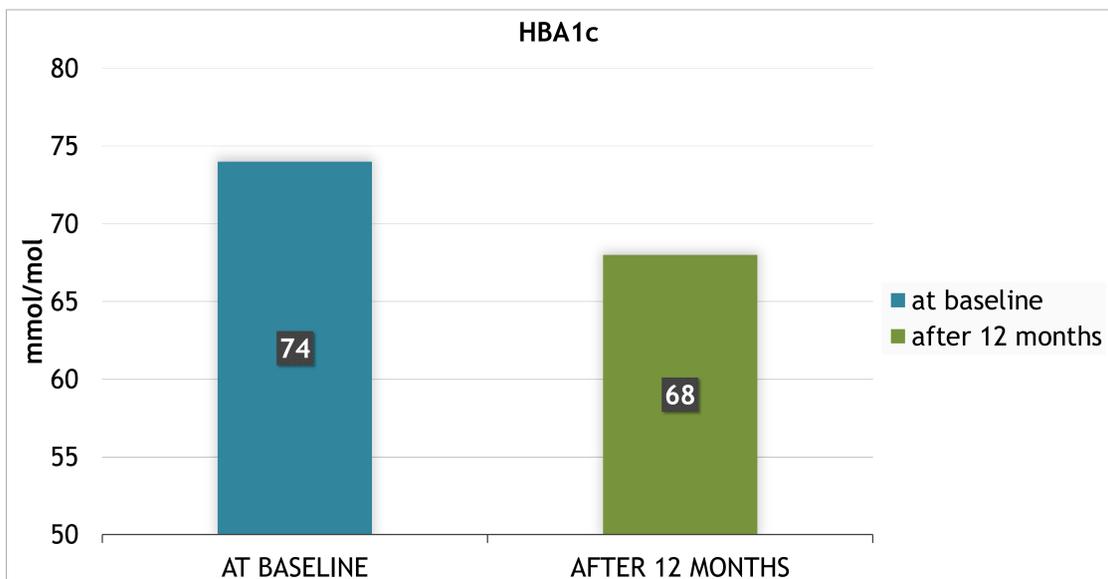
Case records of 346 patients (94% with type 1 diabetes), users of freestyle libre and registered to GP practices in South Wales were evaluated.

RESULTS

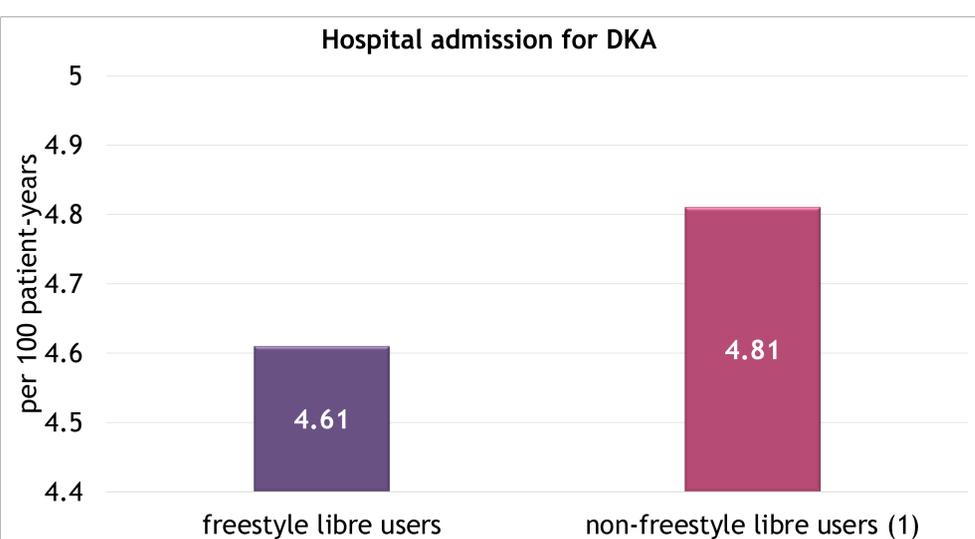
Demographics



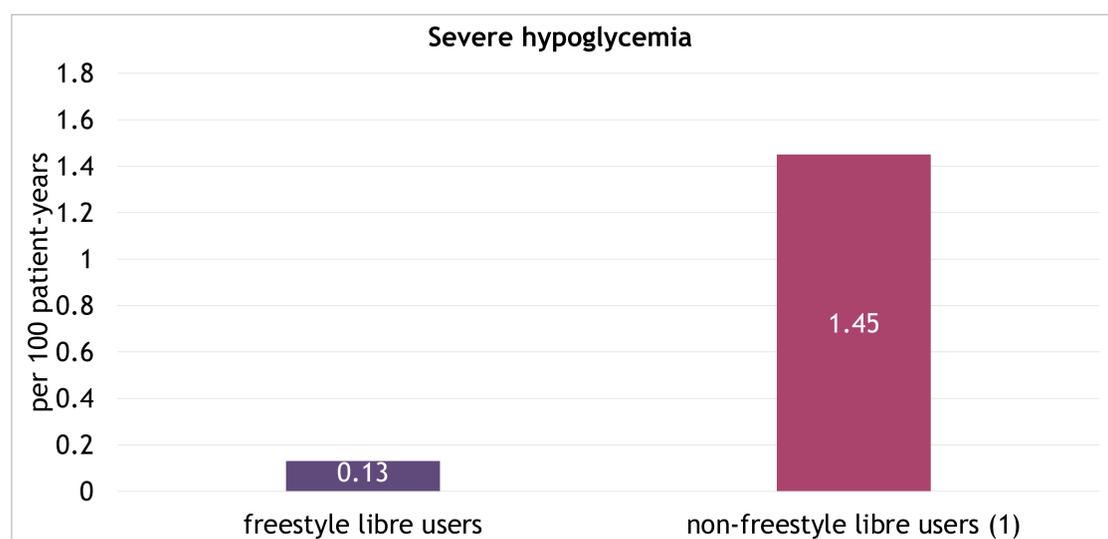
Changes in HbA1c at baseline and 12 months after freestyle libre sensor



Hospital admission for DKA in type 1 diabetes with freestyle libre sensor vs non-freestyle libre users



Severe hypoglycemia in type 1 diabetes with freestyle libre sensor vs non-freestyle libre users



CONCLUSIONS

Flash blood glucose monitoring (freestyle libre) significantly improves glycemic control and is associated with lower hospital admission rates for DKA and severe hypoglycemia in adult patients with type 1 diabetes.

REFERENCE

(1) Karges B et al. Hospital admission for diabetic ketoacidosis or severe hypoglycemia in 31, 330 young patients with type 1 diabetes. Eur J Endocrinol 2015; 173: 341-350