

BLOOD GLUCOSE MONITORING SYSTEMS JOINT STATEMENT BETWEEN PRIMARY, COMMUNITY AND SECONDARY CARE

Guidance on reviewing and switching blood glucose meter systems in patients with Type 2 Diabetes

- At review confirm that it is appropriate for the patient to be monitoring their blood glucose levels. Consider stopping self-blood glucose management in the following group of patients.
 - Those on metformin ONLY or controlled by diet.
 - Those who only required short term monitoring during treatment with steroid or similar.
- When a meter is issued show the patient how to use the meter.
- It is recommended that the patient's technique is checked within 4 weeks and the range of results recorded and reviewed.
- Ensure that the frequency of monitoring is appropriate for their clinical need and review patient's monitoring technique. Ensure the patient knows how to interpret the results and when they may need to seek medical advice (e.g. in case of results suggestive of prolonged poor control, intercurrent illness or changes in medication that affect blood glucose levels).
- If switching a meter only undertake a switch in a face-to-face meeting with the patient. Explain the rationale for the switch and show the patient how to use the new meter.
- There is no requirement within the National Diabetes Prevention Programme for patients on it to be provided with blood glucose self-monitoring resources as part of their management therefore for these it should not be prescribed. Blood tests are to be performed by the relevant healthcare professional during the risk assessment process

Do NOT switch meters of the following patient groups (unless clinically indicated to do so):

- Any patient who has a diagnosis of diabetes other than non-complex Type 2 where specialist care may recommend an alternative meter based on individual patient factors.
- Pregnant women with type 2 diabetes all of whom should be under specialist care services
- Patients with significant renal impairment (i.e. CKD 5, or on haemo/peritoneal dialysis)
- Those who have difficulties in engaging with health services.

Accuracy of meters

- All currently marketed meters meet the blood glucose requirements of the ISO 2013 standards. There is no available information to suggest that some meters are more accurate than others at the hypoglycaemic range.
- Accuracy of meter readings is a known function of patient technique. Some of the patient factors which affect results are as follows: hand washing, sample size, using the same site on the finger multiple times at the same time, alternate site testing may give different results.

Recommended meter choices

- All meters using sub £10 test strips can be offered to patients - those who already have a meter using sub £10 test strips should only be switched if there is a clinical need.
- Specialist care services will give rationale when recommending a different meter choice.
- The following meters are those issued by the two acute Hertfordshire NHS Trusts and by Hertfordshire Community NHS Trust who have extensive clinical experience in using these meters:
 - Glucomen Areo
 - WaveSense Jazz
 - One Touch Select Plus
 - My Life Pura
- For visually impaired/ blind patients –GlucoRxNexus Voice (talking meter)
- For visually impaired with dexterity problems - Accu-Chek mobile, Accu-Chek Performa Nano

For details of all sub £10 test strips <https://www.nhsbsa.nhs.uk/pharmacies-gp-practices-and-appliance-contractors/drug-tariff> (See Part IXR of current month version of Drug Tariff)

If a patient requires a meter which will test for ketones contact local acute or community specialist diabetes service for advice.

Self-Monitoring of Blood Glucose (SMBG): Selecting an appropriate test strip for people with non-complex type 2 diabetes

Diet and lifestyle controlled diabetes, control with metformin and/or gliptin (DPP4 inhibitor) and/or gliflozin (SGLT-2 inhibitors) and/or a GLP-1 agonist and/or pioglitazone OR newly diagnosed

These patients will not routinely require SMBG. If there are exceptional circumstances SMBG for initial period (4 weeks) then review

SMBG recommended when there is a significant risk of hypoglycaemia (patients treatment regime includes sulfonylurea/glinide) or for short periods during illness or medication changes and for car drivers where relevant.

Insulin therapy alone or in combination therapy

Pregnant Type 2 (and those that develop GDM)

SMBG recommended in all patients

Offer patient a choice of any test strip sub £10 and compatible meter
The following meters are those issued by the two acute Hertfordshire NHS Trusts and by Hertfordshire Community NHS Trust who have extensive clinical experience in using them

Glucomen Areo



Glucomen Areo sensor test strips

WaveSense Jazz



WaveSense Jazz test strips

MyLife Pura



MyLife Pura Test strips

One Touch Select Plus



One Touch Select Plus test strips

For further details about meters and obtaining meter supplies see the specific company website

All patients that drive a vehicle and are currently treated with medication that carries a risk of hypoglycaemia need to be made aware of DVLA recommendation

<https://www.gov.uk/government/publications/assessing-fitness-to-drive-a-guide-for-medical-professionals>