

## Background information on Self Monitoring of Blood Glucose (SMBG)

- 23% of the prescription costs for Diabetes for 2015-16 (£1.6m out of total £7.3m) was on testing equipment - reducing this cost in a clinically appropriate way will release NHS funds for further treatment and care of diabetes (e.g. medication and nursing time)
- The costs can be reduced with no clinical impact by using the most cost effective equipment available
- The level of SMBG will vary according to the treatment regime and target glycaemic control set for the patient
- Consider **active review** of patients with Type 2 diabetes where SMBG is not routinely recommended (see testing guidelines for Type 2 Diabetes below)
- At treatment initiation, or when treatment is altered, the frequency may need to be increased
- Patients should be taught how to INTERPRET and ACTION results
- **Patient education is vital - SMBG is only as good as the way it is used**
- Prescribe shield/autocover needles and lancets ONLY for those patients who genuinely need them

## First Choice of Monitoring Equipment Consumables (cost effective choices)

Meters (provided free)	*Test Strips (≤£10 for 50)	*Lancets (≤£6 for 200)	*Needles (≤£6 for 100) (Universal compatibility)
 <ul style="list-style-type: none"> <li>• GlucoRx Nexus (standard)</li> <li>• GlucoRx Mini (smaller)</li> <li>• GlucoRx Voice (visually impaired)</li> <li>• or</li> <li>• Accu-check Performa Nano</li> <li>• or</li> <li>• Contour Meter Black</li> </ul>	 <ul style="list-style-type: none"> <li>• GlucoRx Nexus (£9.95 for 50)</li> <li>• or</li> <li>• Performa Accu-check (£9.95 for 50)</li> <li>• or</li> <li>• Contour (£9.95 for 50)</li> </ul>	 <ul style="list-style-type: none"> <li>• GlucoRx (£5.50 for 200)</li> <li>• or</li> <li>• Accu-check Fastclix (£5.90 for 204)</li> </ul>	 <ul style="list-style-type: none"> <li>• GlucoRx FinePoint (£5.96 for 100)</li> <li>• or</li> <li>• BD Viva 4mm /32g, 5 &amp; 8mm/31g sizes only (£5.36 for 90)</li> </ul>

**\*Note: No requirement to change if other brands of cost effective consumables are already prescribed i.e. test strips ≤£10 for 50, lancets ≤£6 for 200, Needles ≤£6 for 100**

**Type 1 Diabetes patients usually have more exhaustive testing needs, therefore individualised decisions should be made with regards to choice of meter and quantity of strips supplied**

- Some groups of patients have specific prescribing requirements (see below)

		Price per pack
Patients using EXPERT meter provided by secondary care (carb counting / insulin bolus advice)	Aviva Test Strips	£15.96
Patients using INSULINX meter provided by secondary care (carb counting / insulin bolus advice)	Freestyle Lite Test Strips	£15.97
Patients with severe dexterity problems who cannot use test strips	Mobile Cassette	£16.24

Type 2 Treatment for Type 2 Diabetes ONLY	Glucose Testing (SMBG) frequency	Boxes/month
Patient should be reviewed on an individual basis taking into account their specific factors		
<b>Diet and Exercise alone</b>	<b>Not routinely recommended</b> , HbA <sub>1c</sub> testing should be adequate: 1 – 2 per year	0
<b>Metformin</b> <b>Pioglitazone</b>	<b>NOTE: GLP1 initiation</b> may require testing for first 3 months (supplied by DSN) but should <b>not</b> be on repeat prescription	
<b>DPP-4 inhibitor</b> (gliptins) <b>GLP1</b> (e.g. lixisenatide)		
<b>SGLT2 inhibitor</b> (gliflozins)		
<b>Sulfonylureas</b> (e.g. Gliclazide)	<b>Initially:</b> At least twice daily at different times	1 in first month
<b>Rapid acting insulin secretagogue</b> (glinides)	<b>Maintenance:</b> 3 times/week at different times	1 every 4 months
• <b>Insulin</b> Once Daily	1 - 2 times per day	1
	Twice Daily	2
	Basal Bolus	3

## Medication Used in the Treatment of Diabetes (only those on local formularies shown)

Biguanides	Sulfonylureas	Glitazones (Thiazolidinediones)	DPP-4 inhibitors (Gliptins)	GLP-1 receptor agonists	Rapid acting insulin secretagogues	SGLT2-inhibitors (Gliflozins)
Metformin	Gliclazide Glibenclamide Tolbutamide Glimepiride	Pioglitazone	Alogliptin Linagliptin Sitagliptin Saxagliptin	Lixisenatide Liraglutide Dulaglutide Exenatide	Repaglinide	Empagliflozin Canagliflozin Dapagliflozin

## Additional monitoring required for the following criteria

- Impaired hypo awareness
- Frequent hypos
- Exercise
- Change of medication/therapy
- Pre-conception and pregnancy (Performa Accu-check, meter and first supply provided by Antenatal Clinic if necessary)
- Patients co-prescribed steroids (depends on type of steroid - check with diabetes team)
- Patients with persistent hyperglycaemia over 24-48hrs (pre >6 & post >9)
- Driving (see below)
- Intercurrent illness
- Periods of fasting
- Lifestyle changes

## Driving information

- DVLA information is available here: <https://www.gov.uk/diabetes-driving>
- and here: <http://www.dft.gov.uk/dvla/medical.aspx>
- Diabetes UK Driving guidance available here: [www.diabetes.org.uk](http://www.diabetes.org.uk)

## References and Resources

- NICE Clinical Guideline NG28 : <http://www.nice.org.uk/Guidance/ng28>

## GlucorX (for free supply of meters, replacement batteries etc)

- Health Care Professionals only : Jessica Birch ✉ [jessica@glucorx.co.uk](mailto:jessica@glucorx.co.uk) ☎ 07867 454 260
- Patients: Customer Services ☎ 01483 770195 🌐 [www.glucorx.co.uk](http://www.glucorx.co.uk) (educational videos etc.)

## Diabetes Nurse Specialist Teams

Locality	Base	E-mail	Telephone	Mobile
BaNES	RUH	<a href="mailto:sally.wylie@nhs.net">sally.wylie@nhs.net</a>	01225 824173	07703 973383
BaNES – Diabetes Facilitator	RUH	<a href="mailto:g.kebbell@nhs.net">g.kebbell@nhs.net</a>	01225 825976	07703 973417
Wiltshire West	Trowbridge	<a href="mailto:lesley.amer@gwh.nhs.uk">lesley.amer@gwh.nhs.uk</a>	01225 711443	07827 253709
Wiltshire North	Chippenham	<a href="mailto:nicolahillier@nhs.net">nicolahillier@nhs.net</a>	01249 456483	07813 037866
Wiltshire South	Salisbury	<a href="mailto:mandy.roberts@salisbury.nhs.uk">mandy.roberts@salisbury.nhs.uk</a>	01722 425176	07827 283953
Swindon	GWH	<a href="mailto:Melanie.curtis@gwh.nhs.uk">Melanie.curtis@gwh.nhs.uk</a>	01793 604308	