



3 July 2019

A commissioning policy for flash glucose monitoring approved for West Yorkshire and Harrogate

On 7 March 2019, NHS England issued [new guidance for Clinical Commissioning Groups \(CCGs\) around the funding of flash glucose monitoring](#) for some people with type 1 diabetes.

Flash glucose monitoring is a new way of checking the glucose levels of people with type 1 diabetes. This condition occurs when the body can't produce enough of a hormone called insulin which controls blood glucose (sugar). This causes the level of glucose in the blood to fluctuate. If the level of glucose in the blood becomes too high, this can result in nausea, vomiting or even loss of consciousness. When blood sugar levels are too low this is called hypoglycaemia which can be life threatening. People with type 1 diabetes need daily injections of insulin to keep their blood glucose levels under control and their blood sugar needs to be monitored regularly to assess when an intervention is necessary.

Flash glucose monitoring requires two devices, a small sensor and the monitor itself. The sensor is inserted just under the skin on the upper arm where it remains for 14 days. It measures glucose levels in the interstitial fluid which is the thin layer of fluid that surrounds the body's cells.

This method of monitoring gives the person with diabetes a much clearer picture of their glucose levels throughout the day and overnight compared to the traditional 'snap shot' finger prick blood test. It gives the current glucose reading and indicates if glucose levels are stable, or if they are going up or down, enabling the user to make an informed decision about any action they need to take.





Flash glucose monitoring is not suitable for all people with type 1 diabetes so NHS England has specified who it is suitable for in its document 'Flash Glucose Monitoring: National Arrangements for Funding of Relevant Diabetes Patients'. It is estimated that the criteria applies to about 20% of people with the condition.

This single policy for flash glucose monitoring was approved by the Partnership's [Joint Committee](#) on Tuesday 2 July 2019 and will be implemented by all nine CCGs in West Yorkshire and Harrogate.

It's important to note that the Joint Committee also approved a slight difference in the commissioning policy for NHS Leeds CCG and NHS Harrogate and Rural District CCG. In Leeds and Harrogate, flash glucose monitoring is currently available for some women with diabetes who are planning to become pregnant and for some additional women with diabetes during pregnancy.

The Joint Committee agreed that Leeds and Harrogate can maintain their existing policy position on the basis that they are evaluating the impact of this over the next 12 months and depending upon the outcome of that, either they will move their position back to that of others, or the others will move to theirs.

Dr James Thomas, Clinical Lead for the Improving Planned Care Programme, said:

"As with all our standardised commissioning policies, this single policy for flash glucose monitoring is based on clinical evidence, expert guidance and best practice. The work in Leeds and Harrogate and Rural District will give us the opportunity to consider both approaches and ultimately decide on the best option for people with diabetes across West Yorkshire and Harrogate."

You can view the flash glucose monitoring commissioning policy on the Partnership's website [here](#).

