Attach UR label

# Diabetes Management Plan incorporating Flash Glucose Monitoring (FLASH GM) – FreeStyle Libre & Libre 2

- FLASH GM is used in addition to, but does not completely replace, blood glucose level (BGL) checking using finger pricks.
- The FreeStyle Libre Flash Glucose Monitoring System is indicated for measuring interstitial fluid glucose levels in people (age 4 and older) with diabetes mellitus. The indication for children (age 4 - 17) is limited to those who are supervised by a caregiver who is at least 18 years of age.
- The caregiver is responsible for managing or assisting the child to manage the FreeStyle Libre FLASH GM system and also for interpreting or assisting the child to interpret FreeStyle Libre readings.
- FLASH GM reads interstitial or tissue glucose, not blood glucose. It can differ from blood glucose significantly under certain circumstances (e.g. very high or very low BGL) and there is always a time lag between finger prick BGL and the FLASH GM sensor. This lag can be up to 20 minutes. All high (>10 mmol/L) or low glucose readings (< 4 mmol/L) from the FLASH GM sensor must be checked with a finger prick BGL. Accuracy relies on calibrations using BG checks.
- A BGL is required during times of rapidly changing glucose levels when interstitial fluid glucose levels may not accurately reflect blood glucose levels, or if hypoglycemia or impending hypoglycemia is reported or the symptoms do not match the system readings.
- BGL checking must take place during times of illness and any time you are symptomatic of a hypo or hyperglycaemia, regardless of the FLASH GM data.
- For the Libre 2 a confirmatory BG check is recommended when any alarms occur.
- For Libre 2 set low alert to 3.8 and ON, high alert at the discretion of the user whether ON/OFF
- BGL and sensor glucose reflects the effect of insulin doses. The FLASH GM can help by 'filling in the gaps' between those blood glucose checks with a trend graph. It can make visible patterns of highs and lows which are not seen at usual BGL check times and if these are a pattern, dose changes can be made. To use FLASH GM effectively you must actively engage in insulin dose adjustment.
- The FLASH GM can be used for insulin dosing **ONLY** if;
    - Sensor FLASH GM Glucose is 4.0 – 10.0mmol/L.
    - The child is not sick/unwell and/or does not have symptoms of hypo/hyperglycaemia.
    - The child is aged 4 and above.
- An important eligibility criteria for the NDSS subsidy is to actively participate in a diabetes management plan which incorporates FLASH GM.
- Information on Libre FLASH GM can be found here; https://www.freestylelibre.com.au/

Please refer to the diabetes care plan incorporating FLASH GM for the specific insulin system you are using:

- Injected insulin: Twice daily injections (2/day) or Multiple Daily Doses (4/day)
- Pump insulin

I have read this diabetes care plan overview and I agree to the meet requirements of BGL checking and dose adjusting (either self initiated or with advice from RCH treating team) as an eligibility requirement of access to subsidised FLASH GM.

Parent: …… Signature:…… Date:……

RCH CDE…… Signature:…… Date:……

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# Diabetes Management Plan incorporating Continuous Glucose Monitoring (FLASH GM)

## Important information regarding the Terms and Conditions of your cloud based data.

The Royal Children's Hospital (RCH) takes your private information very seriously. It is important when some technology is agreed as a treatment option, you have read and understood the relevant company's terms and conditions of use.

Almost all current diabetes technologies such as insulin pumps and continuous glucose monitors rely on cloud based technology to allow both the user, and the treating team to view the data. The ability to review this data, and share it with the treating team is vital to managing diabetes. It is very important that you are aware of how these companies manage your data. When you register to use the uploading or recording facility of the device, the company will ask you to agree to a series of terms and conditions. Within these terms and conditions are privacy statements about how the companies may use the data. For some systems, the RCH is required to agree on behalf of a user who is already registered. This is so we can see the data to provide clinical advice, but this does override the terms agreed to by the user at initial registration.

There is no suggestion that any data is or has been used inappropriately, but we strongly recommend that families are aware of what is being agreed to by accepting terms and conditions.