

Guidance on the Self-Monitoring of Blood Glucose for Adults with Diabetes for Primary Care in North Yorkshire and York

Published: February 2020 (**Version 3**)

Introduction

This guidance has been approved by the following:

Medicines Management Board (North Yorkshire and York CCGs)	29th January 2020
Medicines Commissioning Committee (Vale of York and Scarborough Ryedale CCGs and York NHSFT)	13th May 2020
Harrogate Area Prescribing Committee (Harrogate & Rural District CCG and HDFT)	26 th June 2020

This guidance is intended to provide information to Primary Care staff to help with deciding which blood glucose machine is appropriate for adult patients with Type 1 and Type 2 diabetes.

All meters recommended in these guidelines meet the ISO standards published in 2013 (ISO: 15197:2013).

Occasionally there may be exceptions to this guidance where the Specialist Diabetes Team have distributed a different meter to meet the needs of specific patients which will result in a prescription need in primary care.

Companies supplying blood glucose meters that are recommended in this guidance have agreed to provide appropriate training and support to practices and their patients.

TYPE 2 Diabetes

Who should test and when?

- People on sulphonylureas
- People on insulin
- Drivers, as per DVLA guidance
- People considering pregnancy
- During pregnancy
- During intercurrent illness, especially if steroids are required or medication changed.


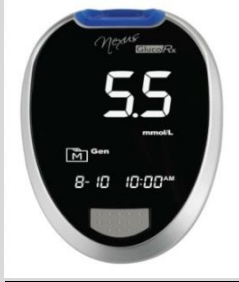
Please note:

- People with Type 2 diabetes who are diet controlled, take a glitazone, SGLT2, GLP-1 or a gliptin without the addition of sulphonylurea or insulin should **not** be routinely offered SMBG.
- People should be discouraged from testing if there is no clinical benefit from continuing to monitor their blood glucose. There is no clinical benefit in testing once weekly and this should be actively discouraged.
- SMBG in some people with newly diagnosed or established Type 2 diabetes may cause more anxiety and not lead to an improvement in diabetes control. Please consider this carefully and discuss with the patient, especially if the people are keen to purchase their own machine.
- 3-6 monthly HbA1c tests are useful in patients who do not test their own blood glucose. Checking HbA1c yearly may not give sufficient information regularly enough to be of use.
- Urine testing for glucose is no longer recommended in diabetes, but urine testing for ketones may be appropriate for certain groups e.g. Type 1 diabetes if the person is unable to use a blood ketone machine.

Recommended blood glucose meters for type 2 diabetes

- **First choice:** **Finetest Lite**
- **Second choice:** GlucoRx Nexus

Meters and test strips for patients with Type 2 Diabetes

	FIRST CHOICE	SECOND CHOICE
Meter Name	Finetest Lite	GlucoRx Nexus
Product Photo		
Test strips	Finetest Lite	GlucoRx Nexus test strips
50 strips (£)	£5.95	£8.95
Expiry date of strips from opening	6 months	6 months
Manufacturer	Neon Diagnostics	Gluco Rx
Company contact details (ordering and training etc)	Gillian Baxter 07709 268148 01376 500 720	Avril Smart 01483 755133 avril@glucorx.co.uk
Suitable for patients with dexterity issues	No	Yes

Other points to consider:

- Younger patients who would prefer a discreet meter or one with additional technology features, consider using **GlucoRx Nexus with a dongle, which converts a mobile phone into a meter.** (The Dongle can be obtained from the company free of charge).
- Patients with visual impairment, consider **GlucoRx Nexus Voice**
- In pregnancy, product choice will be advised by the local maternity department or diabetes specialist nurses. Some meters may not be suitable for patients with low (<20%) haemacrit and in these circumstances consideration should be given to selecting an appropriate meter. The GlucoRx HCT+ketone meter is suitable for use on the wider haemacrit range of 0-70%..
- For patients on dialysis, please contact your local Diabetes Specialist Nurses for advice


- For patients who require meters with displays in languages other than English, please contact your local Diabetes Specialist Nurses for advice.

TYPE 1 Diabetes

- People with Type 1 diabetes should not have their meters changed unless a secondary care diabetes team is involved.
- GP practices are encouraged to refer all type 1 patients to secondary care for advice on and support with the care of these patients, with the aim of a shared care approach.
- A method for testing blood ketones should also be available to all type 1 patients and ideally one meter should be used which can test for both ketones and glucose.
- In Type 1 diabetes a variety of blood glucose meters may be used as people may need help with carbohydrate counting and prefer a download facility. Please seek advice from the hospital diabetes team if you are not sure which machine is appropriate.
- Individual targets, frequency of testing, timing and duration of monitoring should be agreed with the individual person.
- Urine testing for glucose is no longer recommended in diabetes, but urine testing for ketones may be appropriate for certain groups e.g. Type 1 diabetes if the person is unable to use a blood ketone machine.

Recommended blood glucose meter for type 1 diabetes

- **First choice: GlucoRx HCT & Ketone**

Meter Name	GlucoRx HCT & Ketone
Type 1 or 2	Type 1
Product Photo	
Test strips	1. GlucoRx HCT Glucose test strips 2. GlucoRx Ketone test strips
NHS list price for strips (£)	1. £8.95 for 50 2. £9.95 for 10
Expiry date of strips from opening	6 months
Manufacturer	Gluco Rx

Company contact details	Avril Smart 01483 755133 avril@glucorx.co.uk
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Please note:

- Patients with insulin pumps may require the following strips:
 - Freestyle test strips
 - Freestyle Lite strips
 - Contour Next test strips
 - Accu-Chek Aviva test strips

General Prescribing Tips for GPs and Nurses

- Agree blood glucose targets appropriate to the patient and what to do if results are outside of target range
- Agree frequency of testing with the patient
- Agree review date with the patient
- Ensure appropriate amount of strips and lancets are prescribed
- Ensure appropriate sharps disposal equipment is available
- Discuss duration of testing for patients with type 2 diabetes
- **People with diabetes should be shown how to use the meter before taking it home – do not simply give out and ask people to work it out for themselves. Blood glucose monitoring is everybody’s responsibility and inaccurate readings may lead to unnecessary and unsafe changes in treatment.**

Review by: February 2022

References

- ISO Standard 15197:2013
http://www.iso.org/iso/catalogue_detail?csnumber=54976
- DVLA Guidance: <https://www.gov.uk/government/publications/assessing-fitness-to-drive-a-guide-for-medical-professionals>