**Template personal contract –** **flash glucose monitoring**

Prescribing of flash glucose monitoring has been commenced because you fit one or more of the following criteria locally agreed for its prescribing on the NHS in people with diabetes on insulin.

1. Diabetes in cystic fibrosis on insulin treatment
2. Type 1 diabetes OR with any form of diabetes on haemodialysis and on insulin treatment *who, in either of the above, are clinically indicated as requiring intensive monitoring >8 times daily, as demonstrated on a meter download/review over the past 3 months*
3. Type 1 diabetes currently pregnant (total 12 months treatment anticipated including post-natal period)
4. Type 1 diabetes unable to self-monitor due to disability and requires carer support to do so.
5. Type 1 diabetes and occupational circumstances (working in insufficiently hygienic conditions to safely facilitate finger-prick testing or where it is highly impractical to conduct finger-prick testing due to the practical requirements of their occupation) that warrant use of flash glucose monitoring.
6. Type 1 diabetes transitioning between paediatric and adult services with psychosocial circumstances that warrant flash glucose monitoring, with appropriate adjunct support from a formal service that manages these issues.
7. Type 1 diabetes with impaired awareness of hypoglycaemia (Gold score 3 - 5) and it is anticipated that use of flash glucose monitoring is the most appropriate option.
8. Type 1 diabetes with recurrent severe hypoglycaemia.
9. Type 1 diabetes - previous self-funders where clinical history suggests that they would have satisfied one or more of the above criteria prior to them commencing use of flash glucose monitoring had these criteria been in place prior to April 2019 AND have shown improvement in HbA1c since self-funding.

We have asked your General Practitioner to continue to prescribe for you for a trial of up to 6 months to see if this is suitable for you. During this period, we will monitor you at this clinic to see how well flash glucose monitoring is working for you, including downloading your data from the device. You will need to attend appointments during this time for this to be carried out. You will be assessed again after this period of up to 6 months’ time to ensure that flash glucose monitoring has been successful for you and that you continue to meet the locally agreed criteria for its prescribing on the NHS at this time. It is important that you continue to use flash glucose monitoring as requested by the specialist and to attend any appointments the specialist arranges for you to check this.

The criteria that will need to be fulfilled to assess whether you should continue to receive prescriptions depend on your initial reason for starting treatment but include:

* a clear reduction in routine number of blood glucose tests (excluding those needed for management of intercurrent illness, mealtime blood glucose tests for bolus calculator users, or tests for hypoglycaemia) where more than 8 blood glucose tests per day as above was the initial reason for starting flash glucose monitoring.
* continue to require third party monitoring due to disability.
* occupational circumstances that warrant use are continuing.
* psychosocial circumstances that warrant use are continuing
* impaired awareness of hypoglycaemia (Gold score 3 - 5) and use of flash glucose monitoring has clinically significantly improved HbA1c, time in range, symptoms of diabetic ketoacidosis or hypoglycaemia.
* reduction in severe hypoglycaemia / reduction in hospital admissions
* previous self-funder, continues to show improvement in HbA1c

Use of flash glucose monitoring may have been intended for short-term use at the time it was started (e.g. to help improve your awareness of hypoglycaemia, or use only during pregnancy), and if that is the case it will be discontinued after that short period, and you will return to blood glucose monitoring as advised by the specialist.

If you do not meet the criteria for continuing flash glucose monitoring at this review at 6 months or any other subsequent specialist review, or you do not use the device as advised by the specialist or you do not attend appointments with the specialist to review treatment, then prescribing of flash glucose monitoring will be discontinued, and alternative blood glucose monitoring will be offered instead.

Personal agreement

I understand and agree with the above explanation and that flash glucose monitoring prescriptions on the NHS for me may be discontinued if I do not meet the criteria for continuation at the initial or any subsequent review, or I do not use flash glucose monitoring as advised, or I do not attend appointments for flash glucose monitoring to be monitored or assessed.

Signature………………………………………………..Date………………………..

Print name……………………………………………

N.B. Contract not required for people with diabetes and a learning disability who use insulin to treat their diabetes.