

South East London Flash Glucose Monitoring Using FreeStyle Libre® and FreeStyle Libre 2® Recommended Training Competencies and Resources

Training is an essential part of safe and effective use and prescribing of FreeStyle Libre® and FreeStyle Libre2®. The following competencies have been adapted from competencies developed by the NHS England London Diabetes Clinical Network.

Recommended competencies	Initiating clinicians/prescribers should be able to:	Continuing prescribers should be able to:	Patients should be able to:
	Describe how the device works and explain this adequately to a patient who is not currently using FreeStyle Libre®/FreeStyle Libre 2®, including interpretation of readings	Understand how the device works and be able to counsel patients on key sensor features.	Describe how the FreeStyle Libre® /FreeStyle Libre 2® device works.
	Set up a patient to use the device.	N/A	Set up and use the device.
	Understand and describe the process for patients to follow if the sensor falls off or if the device malfunctions.	Understand and describe the process for patients to follow if the sensor falls off or device malfunctions.	Understand and describe the process to follow if the sensor falls off or device malfunctions
	Understand when to test capillary glucose and be able to explain this to patients.	Understand when to test capillary glucose and be able to explain this to patients.	Understand when to test capillary glucose.
	Manage skin reactions caused by the sensor.	Manage skin reactions caused by the sensor.	Recognise skin reactions caused by the sensor and aware of what to do if a skin reaction occurs.
	Understand and describe the process of safe disposal to patients, outlining arrangements for secure waste collection.	Understand and describe the process of safe disposal to patients, outlining arrangements for secure waste collection.	Understand and describe the process of safe disposal, outlining arrangements for secure waste collection.

South East London Integrated Medicines Optimisation Committee (SEL IMOC). A partnership between NHS organisations in South East London: South East London Clinical Commissioning Group (covering the boroughs of Bexley/Bromley/Greenwich/ Lambeth/Lewisham and Southwark) and GSTFT/KCH /SLaM/ Oxleas NHS Foundation Trusts and Lewisham & Greenwich NHS Trust

The resources below outline information and training materials which can be used to support healthcare professionals to have a better understanding of flash glucose monitoring. The resources will also support healthcare professionals to gain the competencies needed for prescribing FreeStyle Libre® /FreeStyle Libre 2® and for reviewing patients who use FreeStyle Libre® FreeStyle Libre 2® as part of their overall diabetes care.

Guidance and training information

Training resources and guidance

- **Association of British Clinical Diabetologists** [ABCD DTN-UK Education Programme \(webcasts/modules\)](#) (FreeStyle Libre®)
- **FreeStyle Libre Academy** provides 'bite-size' [modules](#), which complement the education provided in the patient education
- **Tutorial videos for Freestyle Libre 2®**: <https://www.freestylelibre.co.uk/libre/help/tutorials.html>
- **South East London Primary Care information sheet**: [Primary Care Information Sheet](#)
- **Diabetes UK Introduction, Advantages and Disadvantages of Flash Glucose Monitoring**: <https://www.diabetes.org.uk/guide-to-diabetes/managing-your-diabetes/testing/flash-glucose-monitoring> (FreeStyle Libre®)
- **Edinburgh Diabetes Centre The 'Libre Quiz'** for enhancing understanding with answers and explanations: <http://www.edinburghdiabetes.com/s/Libre-Quiz.pdf>
- **Implementation guidance** for the prescribing of FreeStyle Libre® across South East London: [Flash Glucose Pathway](#)

Practical resources

- **South East London Patient Frequently Asked Questions**: [Patient FAQ Flash Glucose](#)
- **South East London Primary Care Information Sheet**: [Primary Care Information Sheet](#)
- **Safe disposal information**: [South East London Guidance](#) and additional information from the [London Clinical Network](#)
- **MHRA alert** [Use of barrier methods to reduce skin reactions to the sensor adhesive](#)

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