Audit of the use of continuous glucose monitoring in patients with type 1 diabetes at Broom Lane Medical Centre

Background
On 2 August 2022, it was announced by the NHS that all patients suffering from type 1 diabetes (T1DM) would be eligible for continuous glucose monitoring (CGM). Patients previously would have needed to scan or take a finger prick test at fixed time intervals to monitor their blood glucose.

Aim
To investigate the number of patients registered to the practice who were eligible to switch over to CGM, and how many patients had already done so.

Method
Broom Lane Medical Centre (Rotherham, South Yorkshire) uses SystmOne to store patient notes. A search was conducted on 13 September 2022 generating data of 73 patients suffering from T1DM. The data were filtered to determine whether patients were using Libre glucose sensors or the traditional blood glucose testing strips.

Results
It was found that roughly half (50.7%) were on Freestyle Libre 1/2 sensors, which allow for flash glucose monitoring (FGM); 49.3% were using blood glucose testing strips. None of the patients was using CGM such as the Libre 3 sensor. It was noted that the group of individuals on the Libre sensor were of a younger age group (average age: 38.9) whereas the blood glucose testing strips age group were slightly older (average age: 45.8).

Conclusion
Patients no longer need to live in fear of hyperglycaemia and maintain need for routine glucose measurements, allowing patients to live a more convenient and stress-free lifestyle. All of the T1DM patients (100%) registered at Broom Lane Medical Centre are eligible to be switched over to the CGM.

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