



Partners in improving local health

# Medicines Optimisation Update

## Blood glucose testing strips for type 2 diabetes

NHS

Cumbria

Clinical Commissioning Group

### What this includes:

Blood glucose testing strips cost per 1,000 QoF registered patients with diabetes mellitus aged over 17 (2013/14): Using the most cost effective blood glucose monitoring strips in accordance to local prescribing guidelines for patients with type 2 diabetes mellitus aged over 17.

### Identifying the problem:

Blood Glucose Meters and Test Strips – Cumbria Implementation Plan:

[http://medicines.necsu.nhs.uk/download/blood\\_glucose\\_meters\\_and\\_strips\\_cumbria\\_ccg\\_implementation\\_plan\\_sept14-pdf/](http://medicines.necsu.nhs.uk/download/blood_glucose_meters_and_strips_cumbria_ccg_implementation_plan_sept14-pdf/)

### Suggested actions:

1. Do not routinely offer self-monitoring of blood glucose (SMBG) levels for adults with type 2 diabetes unless:
  - the person is on insulin or
  - there is evidence of hypoglycaemic episodes or
  - the person is on oral medication that may increase their risk of hypoglycaemia while driving or operating machinery or the person is pregnant, or is planning to become pregnant. For more information, see the NICE guideline on diabetes in pregnancy.
2. Consider short-term self-monitoring of blood glucose levels in adults with type 2 diabetes (and review treatment as necessary):
  - when starting treatment with oral or intravenous corticosteroids or
  - to confirm suspected hypoglycaemia.
3. Be aware that adults with type 2 diabetes who have acute intercurrent illness are at risk of worsening hyperglycaemia or hypoglycaemia, depending on treatment. Review treatment and testing frequency as necessary.
4. If adults with type 2 diabetes are self monitoring their blood glucose levels, carry out a structured assessment at least annually. The assessment should include:
  - the person's self-monitoring skills
  - the quality and frequency of testing
  - checking that the person knows how to interpret the blood glucose results and what action to take
  - the impact on the person's quality of life
  - the continued benefit to the person
  - the equipment used.



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### Suggested actions:

5. No Routine Testing – People with type 2 diabetes with good control do not need to use routine SMBG if they are managed with:
  - diet and physical activity alone
  - metformin, glitazones, gliptins or GLP-1analogues (once stabilised) or any combination of these treatments, without a sulfonylurea or rapid acting insulin secretagogue (glinide).
6. Patients who do not need routine SMBG testing should have their glycaemic control monitored through HbA1c testing every three to six months.
7. The Blood Glucose Meters and Test Strips – Cumbria Implementation Plan details the recommended ways of changing patients to locally approved and cost-effective formulary meters including suitable patients, exclusions and implementation options.

### Formulary Choices (Costs Drug Tariff July 2016):

BGTS	Pack Size	Cost
Element	50	£9.98
GlucoLab	50	£9.89
GlucoRx Nexus Strips	50	£9.95

### Resources:

- Guidelines on Self-Monitoring of Blood Glucose (SMBG): [http://medicines.necsu.nhs.uk/download/guidelines\\_on\\_self\\_monitoring\\_of\\_blood\\_glucose\\_aug14-pdf/](http://medicines.necsu.nhs.uk/download/guidelines_on_self_monitoring_of_blood_glucose_aug14-pdf/)
- Take the Driver and Vehicle Licensing Agency (DVLA) “At a glance guide to the current medical standards of fitness to drive” into account when offering self monitoring of blood glucose levels for adults with type 2 diabetes. Available at: <https://www.gov.uk/guidance/diabetes-mellitus-assessing-fitness-to-drive>
- Cumbria NICE algorithm for blood glucose lowering therapy in patients with type 2 diabetes: <http://medicines.necsu.nhs.uk/download/cumbria-nice-algorithm-for-blood-glucose-lowering-therapy-in-patients-with-type-2-diabetes/>

### References:

- NICE clinical guidelines [NG28] Type 2 diabetes in adults: management. Published date: December 2015 Last updated: July 2016. Available at <https://www.nice.org.uk/guidance/ng28>
- NICE clinical guidelines [NG3] Diabetes in pregnancy: management from preconception to the postnatal period. Published date: February 2015 Last updated: August 2015. Available at <https://www.nice.org.uk/guidance/ng23>