

## Form 9: School Health Care Plan for FreeStyle Libre Flash Glucose Monitoring Care Plan

Pupil's name	Date of Birth
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**Libre Flash Glucose Monitoring**

The Libre Flash Glucose Monitor is a device that measures glucose in the interstitial fluid (a thin layer of fluid that surrounds the cells of the tissue below your skin). A sensor is placed, usually on the upper/outer aspect of the arm, and a thin, glucose detecting filament inserts through the skin. The sensor can last 14 days and the reader device displays a current glucose level (with a trend arrow) when it is scanned over the sensor. It is also able to produce 24 hour glucose traces, so long as the sensor is scanned at least every 8 hours. The sensor is water resistant for up to 30 minutes.

As the Libre is measuring interstitial glucose, there is a 5 to 10 minute delay in the interstitial glucose response compared to changes in blood glucose. Due to this lag, there may be a difference between Libre scan results and blood glucose test results but it can be used to provide extra information about blood glucose trends.






Libre monitoring does not take away the need for blood glucose testing and this care plan can be used to guide care and when blood glucose test is recommended. Agreed times for checking glucose levels remain but Libre may be used for some of these checks.

**To Use:** Press **Blue Button** and scan over sensor (can be scanned through clothes).

**Important:** Please always revert back to blood glucose testing if symptoms do not match Libre result and in circumstances outlined below:

1. If hypoglycaemic (under 4mmol/L) or LO, confirm with blood glucose test and follow hypoglycaemia flowchart.
2. If hyperglycaemic (above 12mmol/L) or HI and an insulin correction can be given, confirm with blood glucose test prior to delivering correction. Blood glucose result should be used for correction dose calculation.
3. Not accurate if person dehydrated or has taken Paracetamol.

**Glucose Trend Arrow (Direction Glucose Level is Going)**

<u>Arrow</u>	<u>What It Means</u>	<u>Advice/Action Required</u>
	Glucose is rising quickly	<b><u>Libre reading is less accurate when glucose is rapidly changing so further checks may be required.</u></b> <ul style="list-style-type: none"> <li>• Blood glucose check prior to administering correction dose of insulin.</li> <li>• Use directional arrow for guidance following hypo treatment or making exercise decisions.</li> </ul>
	Glucose is rising	Use directional arrows for guidance around diabetes management.
	Glucose is changing slowly	Generally no action will be required as glucose levels are steady.
	Glucose is falling	Use directional arrows for guidance around diabetes management.
	Glucose is falling quickly	<b><u>Libre reading is less accurate when glucose is rapidly changing so further checks may be required.</u></b> <ul style="list-style-type: none"> <li>• Scanned reading under 5mmol/l, check blood glucose level for hypoglycaemia (if confirmed follow hypo flowchart).</li> <li>• If BG between 4-5mmol/L give 10g carbohydrate <b>with no additional insulin</b> to reverse falling blood glucose trend.</li> <li>• Scanned reading 5-7mmol/L - re-scan in 15 minutes.</li> </ul>

Signature of parent/carer	Date
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