



Intermittent and Real Time

Continuous Glucose Monitoring (CGM) Systems available on FP10 for adults

A CGM system is made up of a sensor (small device that senses how much glucose is in the interstitial fluid) and a reader or receiver (small device that displays the results OR you can get results directly through app on smartphone). With Real-time CGM, results are automatically transmitted via Bluetooth. Intermittent CGM requires the user to wave (scan) the sensor for a reading.

	Freestyle Libre 2	Dexcom One
Real-time CGM (rtCGM)	No	Yes
Intermittent CGM (isCGM)	Yes	No
Published accuracy data	Yes (T1 n=133)	Yes (T1 n=260)
Sensor life	14 days	10 days
Sensor warm up time	60 mins	120 mins
Transmitter life and reordering information	N/A	3 months Prescribable on FP10 PIP code 421-4730
Reader available	Yes	Yes
App needed	LibreLink	Dexcom One
Capillary glucose calibration	No	No
High & low alarms	Yes	Yes
Predictive alarms	No	No
Stand-alone use	Yes	Yes
Pump Compatibility*	No	No
Closed loop Compatibility*	No	No
Data share HCP	Libreview	Clarity & Glooko
Data share friends/family	Yes	No
UK approved wearable site	Upper arm	abdomen & upperarm
Further info	freestylelibre.com	dexcom.com

*Information maybe more applicable for secondary care & specialist colleagues

For learning modules specifically on diabetes technology, see <https://abcd.care/dtn/academy>

Also see local guidance [BSW ICB Policy for diabetes wearable technology for adults and children living with T1 Diabetes](#)

And national guidance [NG17](#), [NG18](#) and [NG28](#)

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Adapted, with permission, from Diabetes Specialist Nurse Forum UK Version 2.0 August 22 'Intermittent and real time continuous glucose monitoring systems comparison chart'.

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Continuous Glucose Monitoring (CGM) Systems Training Resource for Healthcare Professional

First Point of CGM Learning Modules	Eden Implementing Glucose Sensing in Primary Care Learning modules: A free training resource endorsed by the Primary Care Diabetes Society and Diabetes Technology Network: here	
Device Specific Training Resources	<p style="text-align: center;">Freestyle Libre 2</p> <p>FreeStyle Academy: Certified bite-sized learning modules (each taking 10-15 minutes to complete)</p> <p>Tutorial videos: short videos on how to get started, applying and replace the sensor, getting glucose reading and alarm function</p> <p>LibreView set up: short tutorials on how to complete your individual practice setup and start to connect with your patients</p> <p>FreeStyle UK video channel: 30+ educational playlists and demo videos</p> <p>FreeStyle webinars Introduction Training for HCP: here Getting Started on Libre View: here Data Interpretation: Here part 1 & part 2 HCP Care Home Training: here (Approx 60 mins webinar)</p>	<p style="text-align: center;">Dexcom One</p> <p>Dexcom One Start and User Guide: Information in regard Dexcom One, set up smartphone or receiver, insert sensor and attach transmitter</p> <p>Tutorial videos: short video about Dexcom One training for healthcare professional</p> <p>Patient on boarding journey: short video about information on getting patient started on Dexcom One</p> <p>Dexcom One HCPs Training Webinars can be accessed and registered here</p> <p>Pharmacy FAQ resource support here</p> <p>Further information on sensor adhesive best practice guidance and Dexcom School Guide to CGM can be found here, under additional resources session</p>
Contact details for local needs and request on CGM training support	francesca.proctor@abbott.com	ukie.pcs@dexcom.com
<p>For local BSW ICB CGM Commissioning Policy, see local guidance BSW ICB Policy for diabetes wearable technology for adults and children living with T1 Diabetes And national guidance NG17, NG18 and NG28</p>		