

Can I get access to Flash? The situation in Scotland

In Scotland, there is a mixture of criteria across Scotland. Here is a list of the Health Boards and their published criteria:

Health Board	Criteria URL
Western Isles	Follows Greater Glasgow & Clyde criteria
Orkney	Follows Grampian criteria
Shetland	Follows Grampian criteria
Grampian	https://foi.nhsgampian.org/globalassets/foidocument/foi-public-documents1---all-documents/NHSG_FreeStyleLibre.pdf
Tayside	https://www.nhstayside.scot.nhs.uk/News/Article/index.htm?article=PROD_307512
Greater Glasgow and Clyde	https://www.nhsggc.org.uk/about-us/professional-support-sites/heart-stroke-diabetes-rheumatology-and-chronic-pain-mcns/diabetes-1/freestyle-libre-level-1/fsl-page-2/
Forth Valley	https://www.nhsfife.org/nhs/index.cfm?fuseaction=nhs.pagedisplay&p2sid=5E3ED081-DE60-2B35-72FEAB2637976410&themeid=3B984BF2-65BF-00F7-D42941481355468F
Borders	http://www.parliament.scot/S5_PublicPetitionsCommittee/Submissions%202018/PE1619_Q.pdf
Dumfries and Galloway	National guidelines
Ayrshire and Arran	National guidelines

Highland	https://www.nhshighland.scot.nhs.uk/YourHealth/Diabetes/Documents/NHS%20Highland%20libre%20PIL%20v2%20jan%202019.pdf
Lothian	http://www.edinburghdiabetes.com/cgms
Lanarkshire	http://www.nhslanarkshire.org.uk/services/diabetes/Pages/default.aspx
Fife	https://www.nhsfife.org/nhs/index.cfm?fuseaction=nhs.pagedisplay&p2sid=5E3ED081-DE60-2B35-72FEAB2637976410&themeid=3B984BF2-65BF-00F7-D42941481355468F

All areas are now prescribing, but have yet to publish separate criteria. They will following something very similar to the national criteria which you can find here:

http://www.healthcareimprovementscotland.org/our_work/technologies_and_medicines/shtg_advice_statements/advice_statement_009-18.aspx

To qualify for Flash, you will have to meet all of the below criteria – as well as your local Health Board Criteria:

Inject insulin regularly:

- You must use intensive insulin therapy – this is multiple (typically four or five) daily injections or insulin pump therapy

Attend training:

- You need to attend a locally provided flash glucose monitoring education session

Scan regularly:

- You must agree to scan glucose levels no less than six times per day

Share glucose data:

- You must agree to share glucose data with their diabetes clinic

Have the knowledge and skills to self-manage:

- You must have attended a recognised diabetes structured education programme and/or the clinical team are satisfied that the person (or carer) has required knowledge/skills to self-manage diabetes.

What happens if you don't meet the criteria or are refused access?

If you are not able to get Flash GM on prescription now, or after April, it can also be bought directly from the manufacturer. A starter pack for the Freestyle Libre (one read and two sensors) cost around £170, and further sensors are about £60 each.

Some pharmacies and shops also sell the Freestyle Libre over the counter at varying prices. There are some restrictions on self-funding Flash – with a limit to the number of sensors you can buy at once. It is also still only available for existing customers. We are working with Abbott to increase access to Flash privately.

You can also advocate for access to Flash – we have created an [advocacy pack](#) you can find which gives pointers about what things to highlight when making your case for Flash with your diabetes team. There are also potential things you could do if Flash is still not being prescribed in your area.

