

Recommended competencies for patients

Patients must be able to do the following prior to initiation:

Describe how the FreeStyle Libre® device

- Understand and can explain what flash glucose monitoring is and that FreeStyle Libre® uses flash glucose monitoring to give interstitial glucose readings
 - Understand how they will be able to get their glucose reading when using the device with the sensor
 - Appreciating that there may be a difference between observed glucose readings from FreeStyle Libre® and traditional capillary blood glucose monitoring due to lag time and therefore during times of rapid change to blood glucose levels such as after eating, exercising
 - Understand how to interpret sensor data and rate of change arrows
- **Can set up the device**
 - Understands and can explain the process of putting the sensor on
 - How to pair the sensor with the device
 - How they can use the device to get blood glucose readings
 - **Understand when to test capillary glucose.**
 - During certain circumstances it may be necessary to test capillary glucose:
 - During times of rapidly changing glucose and/or low reading
 - When scanned glucose results do not correspond with the user's symptoms
 - To meet Driving and Vehicle Licensing Agency requirements
 - When using bolus calculators that require capillary blood glucose readings
 - Capillary blood glucose monitoring should continue for insulin dosing at mealtimes for children
 - **Understand and describe the process for patients to follow if the sensor falls off or device malfunctions.**
 - When to replace the sensor with a new one
 - What to do with the fallen off/defective sensor
 - That they should continue monitoring their blood glucose levels by using capillary blood glucose monitoring if the device malfunctions
 - **Understand and describe the process of safe disposal of sensors**
 - Where to dispose of the sensor in a sharps bin
 - Where to dispose of the reader in designated electronic bins
 - **Be able to manage skin reactions caused from reactions to the sensor.**
 - When to stop using the sensor because of reactions