

# HOW WE HELPED BURY CCG ACHIEVE EFFECTIVE BLOOD GLUCOSE TESTING



## THE OBJECTIVE

Implement more effective utilisation of blood glucose testing whilst improving patient care and understanding of their results.

## THE SITUATION

Type 2 diabetes is a condition which affects approximately 3.5 million people across the UK<sup>1</sup> and costs the NHS around £10 billion per year<sup>2</sup>.

The Greater Manchester Medicines Management Group and North West CSU undertook a review to understand how this money could be best used on meters with proven accuracy.

They undertook a comprehensive review of blood glucose meters available in the market to recommend only those with robust, published accuracy data. This process aimed to reduce the number of brands being prescribed, reduce spend on blood glucose testing and reduce the amount of unnecessary testing.

The review put both CareSens N and TEE2 on the list of recommended meters with TEE2 receiving the highest score of all considered.<sup>3</sup> Bury Clinical Commissioning Group (CCG) decided they wanted to use this review to achieve improved patient care and effectively utilise testing while reducing expenditure.

## SPIRIT'S RESPONSE

Bury CCG engaged with the GMMMG and a number of companies before choosing TEE2 as the first line blood glucose meter for people with type 2 diabetes. This decision was based on TEE2 having proven accuracy as well as a competitive strip price. Spirit were asked to help with active implementation.

Spirit's Regional Business Director, Project Manager and Clinical Educator team came together to work with the Medicines Optimisation Team (MOT). According to the Spirit Diabetes Device Standard Operating Procedure (SOP), responsibilities were shared. The MOT identified where clinics were appropriate and sent out letters. Spirit Clinical Educators ran audits and attended the group clinics to introduce people to TEE2 and offer suitable training. The use of the SOP helped ensure everybody knew what their roles were and what the outcome should be at every stage.



*“The nurse specialists provided by Spirit Healthcare were knowledgeable and experienced in consulting with diabetic patients.”*

*-Project Evaluation Report, Joanne Hill, Primary Care  
Medicines Optimisation Pharmacy Technician, NHS Bury CCG*

## THE RESULTS

Clinics were run across all 4 areas of the CCG over five months and a total of 30 out of 33 practices participated (over 90%)<sup>4</sup>.

The group clinics were well attended and ran smoothly with 72.22% of appropriate people changed to TEE2 over a five month period<sup>4</sup>. Those who were unable to attend were offered another clinic date or telephone guidance on how to use the TEE2 meter.

Bury CCG were happy with the knowledge and experience of the Clinical Educators provided by Spirit both in person and during telephone consultations<sup>4</sup>. Healthcare professionals at the practices were trained on the meters so that moving forward they felt confident training new patients and anybody that could not attend a clinic<sup>4</sup>.



***“We had reservations regarding running group clinics but they were well attended and well received by patients with minimal disruption to practices.”***

***“...the desired outcomes were achieved.”***

*-Project Evaluation Report, Joanne Hill, Primary Care Medicines Optimisation Pharmacy Technician, NHS Bury CCG*

#### References

1. Diabetes UK website, What is Diabetes?, <https://www.diabetes.org.uk/Guide-to-diabetes/What-is-diabetes/>, accessed on 01/03/2016
2. Action for Diabetes, NHS England, <https://www.england.nhs.uk/wp-content/uploads/2014/01/act-for-diabetes.pdf>, accessed on 01/03/2016
3. Blood Glucose Test Strip evaluation protocol and results, Greater Manchester Medicines Management Group, <http://gmmmg.nhs.uk/docs/guidance/160421%20BGTS%20Evaluation%20Report%20Update%20April%202016%20v4-0.pdf>, Accessed April 2016
4. Bury CCG, Evaluation of rationalisation of blood glucose meters project, 2015

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