SHARING THE OUTCOMES AND USER EXPERIENCE FROM INDIA IN THE FIRST 750 TYPE 2 DIABETES PATIENTS WITH THE NEW LIBRE PRO 14-DAY GLUCOSE SENSOR

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BACKGROUND

Frequent glucose monitoring imparts commendable benefits for a successful diabetes management. It facilitates optimal treatment decisions as well as instils patients with improved diabetes-self care practices. Here we share our experience regarding the clinical utility of a novel continuous glucose monitoring system FreeStyle Libre Pro (FSLP), among our first 750 FSL P patients deployed in T2DM patients. In contrast to the earlier devices, FSLP comes with several salient features such as extended sensor wear time, provides a colleted glucose report, requires no patient interaction or finger-prick calibration, is totally pain-free and user-friendly. We have a well trained and dedicated diabetes management team consisting of clinicians, diabetes educators, dieticians, nurses, pharmacists and device technicians at our comprehensive diabetes centre that supports patients to achieve better treatment outcomes.

AIMS

FreeStyle Libre Pro, is the first ever retrospective CGM with a factory calibrated sensor. Clinical outcomes of T2DM patients deployed with FSLP were analysed and experiences evaluated.

METHODS

A retrospective analysis of the clinical data was done among our first 425 T2DM patients who were successfully deployed with FSLP. Experiences recouunted (n=750) in terms of user friendliness, acceptability and sensor failure were evaluated. Significant clinical improvements were noted in FSLP group (Table). Majority recurred a positive experience with FSLP (Figure: 1A). Reasons for sensor failures were identified (Figure: 1B).

RESULTS

FSLP led to clinical improvements and was widely appreciated. These benefits come at the cost of extra time and efforts spent in analyzing, interpreting and translating the findings into therapeutic and behaviour modifications.

REFERENCES


TABLE

IMPROVEMENTS IN THE CLINICAL PROFILE OF T2DM PATIENTS (N=425) AT 6 MONTHS

<table>
<thead>
<tr>
<th>BASELINE CHARACTERISTICS</th>
<th>FACTORY CALIBRATED GROUP</th>
<th>FREESTYLE LIBRE PRO GROUP</th>
<th>P VALUE</th>
</tr>
</thead>
<tbody>
<tr>
<td>T2DM duration (years)</td>
<td>50.06 ± 13.48; 10.59 ± 7.84</td>
<td>50.42 ± 10.98; 75 ± 41.6</td>
<td>.1963</td>
</tr>
<tr>
<td>On DHA (%)</td>
<td>38.11</td>
<td>39.71</td>
<td>.5183</td>
</tr>
<tr>
<td>Insulin DHA (%)</td>
<td>61.88</td>
<td>60.29</td>
<td>.00429</td>
</tr>
</tbody>
</table>

CLINICAL PARAMETERS

HbA1c %               -0.37, <0.0001   -0.15, 0.034
FBS (mg/dl)           -22.76, <0.0001   -2.96, 0.0182
PPBS (mg/dl)          -3.2, 0.0129     +14.67, 0.0061
BMI (kg/m²)           -0.02, 0.5052   -0.14, 0.3795
WC (cm)               -0.02, 0.6067   -0.07, 0.8134
TDO (µ)              -0.22, 0.5533   +1.51, 0.0029

FIGURE 1A

POSITIVE EXPERIENCES WITH FSLP USE AS RECOROYED BY THE PATIENTS

- Accidental wiping of the monitor
- Wearing of the monitor
- Good ease of use
- Less frequent visits to doctor
- More daily exercise
- Use of the application

FIGURE 1B

REASONS ATTRIBUTED FOR SENSOR DAMAGES

- Accidental wiping off while taking bath or oil massage
- By hitting the doors
- Falling off
- Primary Sensor failure
- Loss of sensor (less than 5 days recorded)
- Infection of insertion site
- Allergic reaction