



FLASH GLUCOSE MONITORING IN YOUNG PEOPLE WITH TYPE 1 DIABETES

A qualitative study with young people and parents: 'It makes life much easier'

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14 parents and 10 young people (aged 8-17 years) with Type 1 diabetes gave us their views about using Libre and Libre 2 for Flash monitoring. Here are the parents' views:

LIVING THEIR BEST POSSIBLE LIFE: 'It makes their life much easier'



It gives my child a **better quality of life** as it reduces finger pricking damage, helps them join in at school and stay safe for sports.



My quality of life is better as it gives me **peace of mind**, by reducing anxiety, particularly during the night.

CHALLENGES & DIFFICULTIES

1 Technical issues include faulty sensors, and reduced accuracy when values are high or low.

2 Visibility of the device on the arm can be a problem for young people as it draws attention to their diabetes and in some cases led to teasing or bullying.

3 Physical challenges include the sensor falling off or difficulty getting it off.

4 Sometimes there are **conflicts between parent and child** over the use of alarms and the sensor making some young people more aware of their glucose levels.

CONFIDENCE, INDEPENDENCE & EFFECTIVE MONITORING



1 Visibility can also be a bonus as some young people like others using a Flash sensor to recognise it.



2 Young people feel they can **manage their own condition better** and feel more confident and independent.



3 Real time access to data allows more informed decisions, with and without clinical team input.



4 Using information sources (e.g. DigiBete) and joining **online forums** provided additional information and support from other parents with similar experiences.

THE TECH JOURNEY

1 Parents requested **advice and training** designed specifically for young people when they start using a flash device.

2 Technology is constantly changing and we're always having to look ahead for the next version.

3 There's still **regional variation in access** and those without reliable internet or smartphones will struggle.

4 **More support** from a clinical team may be needed when a young person changes to a different or upgraded device.

We have also produced two short animations for young people aged 8-12 years (youtu.be/yORUIpJeBs) and 13-17 years (youtu.be/M2tw093lcCw). These are narrated by young people and use direct quotes from our findings.

