Freestyle Libre

Caitlin Brown, PharmD
PGY1 Community-based Pharmacy Resident
Plan for Today

• Freestyle Libre device
• Freestyle Libre general information
• Freestyle videos online
• Patient Scenarios
Device

- Sensor
- Insertion device
- Reader
- Charger
Videos

- Device Insertion: https://youtu.be/ym9ptHwUI50
- Device Replacement: https://youtu.be/X0tiv7ANEbg
## Glucose Trend Arrow

<table>
<thead>
<tr>
<th>Arrow</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>↑</td>
<td>Glucose is rising quickly (more than 2 mg/dL per minute)</td>
</tr>
<tr>
<td>↑</td>
<td>Glucose is rising (between 1 and 2 mg/dL per minute)</td>
</tr>
<tr>
<td>↑</td>
<td>Glucose is changing slowly (less than 1 mg/dL per minute)</td>
</tr>
<tr>
<td>↓</td>
<td>Glucose is falling (between 1 and 2 mg/dL per minute)</td>
</tr>
<tr>
<td>↓</td>
<td>Glucose is falling quickly (more than 2 mg/dL per minute)</td>
</tr>
</tbody>
</table>
Glucose Graph
Reader v. App Views
Freestyle Libre

- Interstitial fluid
- Lags behind blood glucose
- Cost
- 1-hour warm up period

The sensor filament is less than 0.4 mm thick

For illustrative purposes only. Image not drawn to scale.
Freestyle Libre

• Scan every 8 hours
  • Can scan through clothes
  • Use reader or phone, no data sharing

• No issue with water

• Tracy’s experience
  • Sleep comfort
  • Spatial awareness
Website

• Separate healthcare provider and patient sites
• Helpful videos, tutorials, and other great resources
• Patient video:
  • https://www.freestylelibre.us/?source=provider.myfreestyle.com
Approach to Scenarios

• What is the sensor telling you?
• Do you have additional questions for the patient?
• What is the course of action that should be taken?
Scenario 1

After a productive, yet slightly stressful day at work, SJ, a 42yo female, hit the gym for some exercise. After completing a run on the treadmill, she checks her blood sugar and sees the following:
Scenario 2

MM is a 56 yo male with Type 2 diabetes who is trying to lose weight. He goes to the gym and attends a cycling class. After class he feels shaky, sweating, and dizzy (common symptoms he gets when he is feeling a low blood sugar). He scans his Freestyle Libre sensor:
Scenario 3

HH is a 65 yo female who finished dinner about 60 minutes ago. She dosed her Novolog as instructed. She scans her sensor and sees the following:
Scenario 4

CP is a 47 yo female who has had T2DM for 5 years. She finished dinner about 2 hours ago and takes her blood sugar and finds the following: