Understanding Diabetes Technology

Without the Jargon

Understanding Hybrid Closed Loop (HCL), Eligibility, & Building Confidence



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What you'll learn

What is HCL?

Explore the simplicity and practicality of hybrid closed loop systems, potential impact on daily life and long-term health.

Could I be eligible?

Explore NHS funding for HCL and what the guidance could mean for you.

What can we do next?

Feel more confident talking with your healthcare team about HCL, with practical tools to help you prepare.

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Image contains a real user, and a very good doggo.

What is Hybrid Closed Loop?

(HCL)

Hybrid Closed Loop (HCL) systems, also known as Automated Insulin Delivery (AID) systems, are a type of diabetes technology that help manage blood glucose by combining a continuous glucose monitor (CGM), a wearable insulin pump, and smart software that automatically adjusts insulin delivery.

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HCL, Explained

Three parts working together



Glucose Sensor

reads glucose values

→



Algorithm

adjusts calculation of insulin to be delivered

→



Insulin Pump

delivers insulin

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What am I eligible for?

What is the guidance and eligibility in my area?



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Could I be eligible for HCL?

Eligibility and access depend on your location

England

NICE Guidance
NHS England
Implementation Plan

Wales

NICE Guidance
NHS Wales
Implementing

Scotland

SHTG Guidance (Scottish National Guidance)
NHS Scotland
Implementing

Northern Ireland

NICE Guidance
NI Implementation Plan - TBC

Eligibility and Access are not quite the same thing.

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England, Wales & N. Ireland

NICE Hybrid Closed Loop Recommendations

HbA1c of 58 mmol/mol (7.5%) or more

Despite best possible management with a pump *or* CGM

OR

Disabling hypoglycaemia

Despite best possible management with a pump *or* CGM

HCL is also recommended as an option for:

Children & young people with type 1 diabetes

Pregnant or planning pregnancy*

Meeting the guidance does not necessarily mean immediate access.

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*Please note that Omnipod® 5 is not approved for use during pregnancy.



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Where do I start?

Tools and resources to help you take the next step in your journey

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Before your appointment.

What can you do in the weeks leading up to your appointment to prepare?

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Tell your story

Start by building your Diabetes Life List

Daily life

What takes up time or interrupts your day?

Worries

What do you worry about because of diabetes?

Things you do

Does diabetes affect exercise, travel, work or social plans?

What would you change?

If one part of diabetes management could be easier, what would it be?

Write down real examples as they happen.

Your healthcare team sees the *data*. Your Diabetes Life List tells the *story* of living with the numbers.

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Add context

Spot patterns you may want to discuss

Carbs	What did I eat?
Glucose	What was happening before / after?
Insulin	What did I need to do?
Real life	Sleep, activity, plans, hypo symptoms?

Look for patterns

Repeated highs or lows

- Times you needed extra action
- Moments diabetes changed your plans
- Things you want to be easier

A glucose download gives the *numbers*. Now let's add the *context*.

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Make the patterns stand out

Merge the lived context with the data



Glucose reading

Write the glucose number and, if you use a sensor, the direction of the trend arrow.



Hypo without checking

If you have symptoms of a hypo and treat without checking first, write H and roughly how much carbohydrate you used to treat.



Low without symptoms

If you have a low reading but no warning symptoms, circle the reading so it stands out when you look back.

The aim is to make useful patterns easier to see.

These are tips for recording what happened. Follow your diabetes team's advice for treating hypos and checking glucose. Do not delay treatment to complete the log.

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At your appointment.

You’re in the room, now what?

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Start with a conversation, *not* a conclusion

"I'd like to understand whether HCL could be an option for me."

"Could we talk through how the eligibility guidance applies to me?"

"What would you need to know about my day-to-day diabetes management?"

🎯 **Aim**: Have a shared discussion about **clinical needs**, **lifestyle** needs and available **options**.

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If the answer is “not yet”...

Turn “not yet” into a next step

What part of the criteria or pathway should we revisit?

Is there anything useful for me to track or prepare?

When would be a good time to review this again?

🎯 **Aim: Leave knowing what happens next.**

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After your appointment.

Next steps

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Keep the conversation going

Follow up after your appointment

Use your Diabetes Log again

Use the detailed log sheets for a few days to see how your healthcare professional's suggestions are working for you.

Keep your clinic letter

If you haven't received a copy of the letter from your clinic to your GP, ask your GP to print one for you.

Use it to revisit the discussion and follow up on anything agreed.

🎯 **Aim: Review what's working and follow up on what you agreed.**

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Further information & support

Trusted places to learn more, check local access and find support

Diabetes UK

diabetes.org.uk

Helpline: 0345 123 2399
Diabetes Tech Can’t Wait campaign

Breakthrough T1D

breakthrought1d.org.uk

Technology and HCL education, Discovery Days and community engagement support.

England — NHS

NHS decision support tool

NHS England decision support tool for comparing diabetes technologies.

Wales — Diabetes UK

Diabetes UK Wales

Information about diabetes technology access and HCL in Wales.

Scotland — Diabetes UK

Diabetes Scotland

Diabetes Scotland information, helpline, peer support and technology resources.

Northern Ireland

Diabetes UK Northern Ireland

Northern Ireland information, advice, support and local services.

You don’t have to navigate diabetes technology on your own.

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