

What we should prescribe in West Lancashire

A consultation to gather the views of local
residents on prescribing of certain medicines
and gluten free foods



 **With you.
For you.**



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Introduction

As local commissioners of health services in West Lancashire, we have a duty to examine local health services and make improvements where possible if required.

Where are we now?

Across Lancashire, Clinical Commissioning groups (CCGs) have reviewed the money spent on prescribing certain medicines, treatments, products and food items. These items are either:

1. Widely available over the counter (in pharmacies or shops) at a price cheaper than an NHS prescription (in some cases)
2. Prescribed for conditions that have no clinical need of treatment
3. Supported by insufficient evidence of clinical benefit or cost effectiveness.

What would we like you views on?

From the reviews we have identified a range of items that we are proposing to stop prescribing in West Lancashire. These are as follows:

1. That we stop prescribing treatments and medicines for short-term, minor conditions/ailments or where there is insufficient evidence of clinical benefit or cost effectiveness
2. That we stop prescribing gluten free products

What we considered in developing our proposals.

In developing commissioning policies the CCG adheres to the following principles.

- Appropriateness
- Effectiveness
- Cost-effectiveness
- Ethics
- Affordability.

From these principles, a number of treatments should be considered a low priority and these are outlined in this consultation.

Criteria for inclusion on the Low priority list.

1. Treatments used for minor ailments, which are in nature self-limiting
2. Treatments where there is insufficient evidence
3. Preparations where there may not be a clinical need to prescribe

Self-care is widely acknowledged as an important solution to managing demand and keeping the NHS sustainable. Supporting people to self-manage common conditions such as coughs and colds could help bring down the 57 million GP consultations each year for minor ailments, a situation which costs the NHS approximately £2 billion and takes up to an hour a day on average for every GP.

Promoting the concept of self-care and increasing the awareness that there are alternatives to making GP appointments, or attendance at Out of Hours or A&E departments with minor conditions, will encourage patients to explore self-care in the future, so changing the culture of dependency on the NHS.

Following from this, NHS West Lancashire CCG recommends that clinicians should only prescribe medicines that are known to be clinically effective and provide a health benefit to patients, at a cost which is acceptable to the local health economy.

Our rationale

NHS West Lancashire CCG should advise that only treatments that are clinically effective and provide a clear health benefit to patients are prescribed on NHS prescriptions. This is to ensure that NHS resources provide interventions with a proven health gain for the population. CCGs are encouraged to prioritise resources based on evidence of the clinical effectiveness and safety of treatments, their cost effectiveness and on which interventions provide the best health outcomes.

In the case of treatments which can be prescribed on NHS prescriptions, NHS West Lancashire CCG should advise that clinicians review all treatments that provide limited health benefit. The treatments are considered a **low priority** and not suitable for prescribing unless patients fall into an exception category.

Some medicines that are used to treat minor ailments do not require the patient to be seen by a GP. These products can be purchased from pharmacies and supermarkets. Pharmacists are

experts on providing advice around minor ailments; pharmacies are easy to access without an appointment. This will free up GP time to see more complex patients.

Some other products are clinically ineffective or are not cost effective. These treatments will not have undergone rigorous clinical trials to demonstrate that they are effective. It is inappropriate to direct NHS resources towards products that have limited proven efficacy or safety in preference to medicines that have a more established evidence base.

What do we consider are minor ailments?

Many minor ailments are of short duration, have no long-term health implications and can often be self-managed by the individual. Products aimed at treating the symptoms of many of these ailments may not offer value for money and should not be prescribed. Other minor ailments are treated with products available without prescription. These products can be bought from a Community Pharmacy or supermarket if required.

A list of minor ailments and available treatments is shown in Annex 1

Treatments where there is insufficient evidence or clinical benefit or cost effectiveness

Many of the products in this category (**listed in Annex 2**) are not supported by a clinical trial programme to show efficacy. This means that they have not undergone stringent clinical trial programmes laid down by the regulatory authorities to confirm their safety, and efficacy and there is no summary of product characteristics (SPC) for prescribers to consult.

Many of these products are classed as either 'food substitutes' or are not covered by ACBS1 regulations and/or do not appear in the current British National Formulary (BNF) or the Drug Tariff. They are often not manufactured to the same high pharmaceutical standards used for licensed medicines; hence there is no guarantee of consistency in formulation and potency. These treatments will not have undergone rigorous clinical trials to demonstrate that they are effective. It is inappropriate to direct NHS resources towards products that do not have proven efficacy or safety in preference to licensed medicines.

These treatments are shown in Annex 2

Preparations where there may not be a clinical reason to treat

Within this category there are treatments (**listed in Annex 3**) that are clinically and cost effective when used in some patients, but not when used more widely. Also, some treatments are clinically effective but are not considered to be a good use of NHS resources. If prescribing is deemed to be clinically necessary, only those products listed in the West Lancashire CCG Formulary should be prescribed.

Prescribers will be required to consider whether the benefit of prescribing a treatment for an individual justifies the expense to the NHS.

Gluten free foods

NHS West Lancashire CCG currently spends approximately **£71,000** annually on the prescribing of gluten free (GF) food. Patients with gluten-sensitive enteropathy, including coeliac disease, should follow a strict GF diet.

Prescribing costs of GF food are expected to increase annually as increasing numbers of patients are diagnosed with gluten-sensitive enteropathy. There is also pressure on clinicians to prescribe GF foods for patients with other conditions that are not covered by NHS exemptions.

GF food is expensive when obtained via NHS prescription, and is considerably costlier in some cases than the price of purchasing GF food. GF foods are available in supermarkets with a wide variety of choice. In some supermarkets GF staple foods e.g. bread and flour are more expensive than equivalent gluten containing items. However, many coeliac patients can alter their diet to replace bread with naturally gluten-free foods e.g. rice, potato.

Our rationale

NHS West Lancashire CCG should advise that GF will not be prescribed on NHS prescriptions. This policy will ensure equity of service for all residents of West Lancashire and the CCG and will allow the same expectation of what will be provided from the GP Practice or other services. This policy applies to all services contracted by or delivered by the NHS across West Lancashire.

Patients will be expected to purchase GF foods if required. Patients should be signposted to appropriate sources of information on maintaining a healthy gluten-free diet.

What happens next

All residents have the potential to be affected as the proposal is that the items included in the consultation will no longer be prescribed in our area.

To assist residents to consider these proposals, a set of frequently asked questions has been produced and will be regularly updated. This document is available on our website: <http://www.westlancashireccg.nhs.uk/>

Implementation of the proposals will be informed by the feedback on this consultation. After the period of consultation all feedback will be used to produce a report with recommendations that will inform the CCG's decision in relation to implementing the proposals.

Getting Your Feedback

As part of the consultation we need your views on the proposals and to understand the impact they may have on you. To hear what you think about the proposals you have a variety of opportunities to give your feedback:

- **Online** - by visiting <http://po.st/LowGluten> and completing our online survey

- **Physical Survey** - You can request a paper version of our electronic survey and post back to our address, **NHS West Lancashire Clinical Commissioning Group, Hilldale, Wigan Road, Ormskirk, Lancashire, L39 2JW**. If you require a paper copy, please request this by emailing myview@westlancashireccg.nhs.uk or by calling 01695 588 203.
- **Engagement Events** - We will also be organising and attending meetings to engage with patients, members of the public and public and voluntary sector agencies as part of this consultation. We will post details of these meetings and events on our website during the consultation period in order that local people can come along and have their say.

If people are hard of hearing, have sight impairment, English is not their first language, or they require the information in an alternative format, please contact 01695 588 203 or email myview@westlancashireccg.nhs.uk.

We would welcome your comments by Friday 24 March 2017

Annex 1 Minor Ailments

Minor Ailment Condition	Treatment	Other brands to be aware of (N.B. this is not an exhaustive list)	Exceptions	
Acute pain, headache, temperature	Paracetamol 500mg tablets Paracetamol 500mg caplets Paracetamol 500mg capsules Paracetamol 500mg soluble tablets	Anadin; Mandanol; Disprol; Panadol; Hedex; Panadol Advance	Long term conditions requiring regular pain relief.	
	Ibuprofen 200mg tablets Ibuprofen 200mg caplets Ibuprofen 200mg liquid capsules Ibuprofen 400mg tablets Ibuprofen 100mg/5ml suspension S/F	Anadin Ibuprofen; Mandafen; Anadin Joint Pain; Manorfen; Anadin Liquifast; Nurofen; Calprofen; Orbifen; Cuprofen; Phor Pain; Hedex		
	Co-codamol 8/500mg tablets Co-codamol 8/500mg capsules Co-codamol 8/500mg dispersible tablets Co-codamol 8/500mg effervescent tablets	Migraleve Yellow; Paracodol		
	Paracetamol 120mg/5ml suspension S/F Paracetamol 250mg/5ml suspension S/F	Calpol Infant; Calpol Six Plus; Mandanol; Medinol; Sootheze Six Plus		Children under 2 months. Babies born before 37 weeks. Babies weighing less than 4kg.
Athletes foot	Miconazole 2% cream	Daktarin	Diabetic patients. Pregnancy. Breastfeeding.	
	Lamisil Once 1% Cutaneous Solution	Lamisil AT; Scholl Advanced	Children under 18 years. Diabetic patients. Pregnancy. Breast feeding.	
Bites / stings	Hydrocortisone 1% cream	HC45; Lanacort	Children under 10 years. Pregnancy. Eyes or face, anogenital area or on broken or infected skin. Long term skin conditions requiring regular treatment.	
	Chlorphenamine 4mg tablets	Allercalm; Piriton; Hayleve; Pollenase; Piriton Allergy	Children under 12 years. Pregnancy. Breast feeding.	
	Chlorphenamine 2mg/5ml solution S/F Chlorphenamine 2mg/5ml solution	Allerief; Piriton	Children under 1 year. Children with asthma. Children taking monoamine oxidase inhibitors.	

	Loratidine 10mg tablets	Clarityn Allergy; Clarityn Rapide	Children under 2 years. Children 2-12 years weighing less than 30kg. Pregnancy. Breast feeding.
Cold sores	Aciclovir 5% cream	Cymex Ultra; Virasorb; Lypsyl; Zovirax	Immunocompromised & terminally ill. Children under 12-years.
Conjunctivitis (uncomplicated)	Chloramphenicol 0.5% eye drops Chloramphenicol 1% eye ointment	Brochlor; Golden Eye; Optrex Infected Eye; Lumicare; Tubilux	Children under 2 years. Pregnancy. Breastfeeding.
Diarrhoea	Dioralyte sachets Electrolade sachets	Dioralyte Relief	Patients with liver or kidney disease. Patients on low potassium or sodium diets. Patients with diabetes.
	Loperamide 2mg capsules	Diah-limit; Entrocalm; Imodium; Diaquite; Norimode; Diocalm Ultra; Normaloe	Children under 12 years. Inflammatory bowel disease. Post bowel surgery. Post pelvic radiation. Colorectal cancer.
Ear wax	Olive/Almond Oil/ Arachis oil based products Sodium Bicarbonate Urea hydrogen peroxide	Almond Oil; Cerumol; EarCalm; Waxsol; Molcer; Otex; Exterol; Sodium Bicarbonate	None
Hay fever	Acrivastine 8mg caps	Benadryl Allergy Relief; Benadryl Plus	Children under 12 years. Adults over 65 years. Pregnancy Breastfeeding. Significant renal disease.
	Beclomethasone nasal spray	Beconase Hayfever; Nasobec; Pollenase; Vivabec	Children under 18 years.
	Cetirizine 10mg tablets	Benadryl; Piriteze; Histease; Zirtek; Pollenshield	Children under 12 years. Patients with kidney problems. Pregnancy. Breast feeding.
	Cetirizine 1mg/ml oral solution	Benadryl Allergy Relief; Zirtek Allergy	
	Chlorphenamine 4mg tablets	Allercalm; Piriton; Hayleve; Pollenase; Piriton Allergy	Children under 12 years. Pregnancy. Breast feeding.
	Chlorphenamine 2mg/5ml oral solution S/F Chlophenamine 2mg/5ml oral solution	Allerief; Piriton	Children under 12 years. Children with Asthma.
	Loratidine 10mg tablets	Clarityn Rapide; Clarityn Allergy	Children under 2 years. Children 2-12 years weighing less than 30kg. Pregnancy. Breast feeding.
	Loratidine 5mg/5ml syrup	Clarityn Allergy	

	Sodium Cromoglycate 2% Eye Drops	Allercrom; Optrex Allergy; Catacrom Allergy Relief; Pollenase; Cromolux Hayfever; Opticrom Hayfever	None
Head lice	Malathion 0.5% Aqueous Lotion	Derbac-M	
	Dimethicone 4% Lotion	Hedrin; Linicin; Lyclear; Nitrid; Nyda	
Occasional Indigestion, heartburn, upset stomach	Gaviscon Advance tablets Gaviscon Advance liquid	Gaviscon 250; Gaviscon Cool; Gaviscon Double Action	Children under 16 years.
	Ranitidine 75mg tablets	Zantac; Gavilast; Ranicalm	Children under 16 years.
Infant colic	Infacol Susp, Colief, gripe water	Dentinox	Colief®: if ACBS criteria are confirmed - for the relief of symptoms associated with lactose intolerance in infants, provided this is confirmed by the presence of reducing substances and/or excessive acid in stools, a low concentration of the corresponding disaccharide enzyme on intestinal biopsy or by breath hydrogen test or lactose intolerance test. Infacol and gripe water: none foreseen
Nappy rash	Metanium Sudocrem	Bepanthen; Drapolene; Morhulin; Zinc & Castor Oil	None
Nasal congestion	Sodium Chloride 0.9% nasal drops Sodium Chloride 0.9% nasal spray	Snufflebabe; Calpol Soothe & Care; Mandanol	None
	Chlorphenamine 2mg/5ml oral solution S/F		
Oral Thrush	Miconazole Oral Gel	Daktarin Oral Gel	Babies under 4 months, use in Palliative Care
Teething	Bonjela Teething Gel	Anbesol; Calgel; Dentinox	Babies under 2 months. Heart disease. Liver disease.
	Paracetamol 120mg/5ml suspension S/F	Calpol Infant; Mandanol Infant; Medinol	Babies under 2 months. Babies born before 37 weeks. Babies weighing less than 4kg.
Threadworms	Mebendazole 100mg tablets Pripsen Sachets	Ovex	Under 2 years. Pregnancy. Breast feeding.
Vaginal thrush	Clotrimazole 1% cream Clotrimazole 500mg pessary	Canestan	Pregnancy. Breast feeding. Children under 16. Adults over 60.
	Fluconazole 150mg capsule	Canestan; Diflucan	
Warts & Verrucae	Bazuka Extra Strength Gel	Veracur; Verrugon	Sexual Health and GUM, Diabetic patients
	Salactol Wart Paint		

	Cuplex; Duofilm; Occlusal; Salatac	Sexual Health and GUM, Diabetic patients
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Annex 2 Insufficient evidence of clinical benefit or cost effectiveness

Category	Examples (N.B. this is not an exhaustive list)	Exceptions
Antiperspirants	Driclor, Odaban, Anhydrol Forte	None
Antifungal nail paint	Amorolfine nail lacquer, Curanail, Loceryl, Salicylic acid compound paint (Phytex), Tiocanazole cutaneous solution (Trosyl)	Not for cosmetic treatment. Oral treatment is more appropriate. Immunocompromised, PVD, diabetics, nail painful or awaiting surgery on affected limb/s
Cough	Codeine linctus; pholcodine linctus, simple linctus	Cough mixtures for terminally ill patients on the advice of specialists
Eye care	Blephaclean eye lid wipe; Lid-care eye lid wipe; Optrex; Supranettes; Refresh unit-dose ophthalmic solution; sterile eye cleaning wipes	None
Health supplements	Products containing glucosamine; products containing chondroitin; products containing fish oils; products containing co-enzyme q10; products containing omega-7; Icaps; Ocuville; Preservision; Natures own; Natures aid	None
Herbal remedies	St John's Wort; Kalms; Nytol; Bach flower remedies	None
Homeopathic remedies	Weleda products; Nelson products	None
Nasal congestion	Menthol & eucalyptus inhalation; Xylometazoline nasal products; Otrdrops; Otrivine products; Sudafed products; Galpseud products; Pseudoephedrine products	None
Probiotics	VSL#3	Pouchitis
Rubefacients	Algesal; Balmosa; Deep freeze; Mentholatum; Radian B	None
Sore throat	AAA sore throat spray; Difflam products; Covonia products; Deqadin; Ultra chloraseptic; Dequaspray; Tyrozets; Merocaine; Strepsils products; Merocets; Bradasol	Use in Palliative Care: Chlorhexidine gluconate mouth Wash, Benzylamine mouthwash & spray
Specialist Infant Formula Feeds	Nutriprem 2, Nutramigen Lipil, Aptamil Pepti, Pepti Junior, Althera, Similac Alimentum, Neocate LCP, Nutramigen AA, Alfamino, SMA LF, Enfamil O-Lac, Aptamil lactose free	Prescribing that is in line with the Lancashire Medicines Management Group guideline for prescribing of Specialist Infant Formula Feeds. http://www.lancsmmg.nhs.uk/download/guidelines/Specialist%20Infant%20Formula%20Feeds%20Prescribing%20Guide%20(Version%202.1).pdf
Vitamins, multivitamin & all mineral preparations	Pharmacy own brands (Boots, Lloyds, Superdrug, Valupack) of vitamins / multivitamins; Haliborange; Sanatogen; Fruitivits; Spatone; Seven Seas; Vita-E; Osteocaps vega; Osteocare premier; Redoxon; Centrum; Eye-Q; Natravits, Icaps, Ocuville products, Preservision products, Visionace, Vitalux-plus	High dose vitamin D for proven vitamin D deficiency; Thiamine for alcohol related conditions & neurological complications; Vitamin B12 deficiency; Vitamin supplements for premature babies as advised by Hospital

Annex 3

Category	Examples (N.B. this is not an exhaustive list)	Exceptions
Acne (mild)	Aluminium oxide 38.09% paste (including Bavisol paste No1); all Benzoyl peroxide products (including Panoxyl, Brevoxyl, Oxy, Acnecide); Nicotinamide 4% gel (including Freederm, Nicam, Quinoderm)	Moderate to severe cases where OTC products have failed (follow antibiotic guidelines)
Dandruff (including cradle cap)	Alphosyl 2-in-1 shampoo; Capasal shampoo; Ceanel concentrate shampoo; Psoriderm scalp lotion; T/Gel shampoo	Psoriasis
	Bezalkonium chloride 0.5% shampoo (including Dermax); E45 dry scalp shampoo; Ketoconazole 2% shampoo (including Dandrazol, Ketopine, Nizoral); Selsun	None
	Dentinox cradle cap treatment shampoo (follow BNF advice: 'cradle cap in infants may be treated with coconut oil or olive oil applications followed by shampooing')	None
Dental & sore mouth products	Duraphat fluoride toothpaste (to be prescribed by Dentist)	Use in Palliative Care: Chlorhexidine gluconate mouthwash; Benzylamine mouthwash & spray. Duraphat may be prescribed by dentist in patients with head and neck cancer.
	Sodium fluoride mouthwash, oral drops, tablets and toothpaste (including Colgate, En-de-Kay, Fluor-a-day, Fluorigard)	
	Oraldene mouthwash	
	Hydrogen peroxide 6% mouthwash; Peroxyl 1.5% mouthwash	
	Benzylamine hydrochloride mouthwash & spray (including Diffiam, Oroeze)	
	Chlorhexidine gluconate mouthwash, oral spray & dental gel (including Corsodyl)	
	Anbesol gel & liquid; Bonjela products; Iglu gel; Rinstead pastilles	Use in Palliative Care: Bonjela gel
Emollients & bath / shower products	Aveeno products; Dermacool products; Dermalmo bath emollient; Dermamist spray; Diprobath emollient; Eucerin products; Neutrogena products; Balneum products; Dermol 200 shower emollient; Dermol wash; Doublebase products; E45 products; Hydromol products; Oilatum products	Emollients only to be prescribed for patients with a confirmed diagnosis of a significant skin disease (including eczema and psoriasis); Patients discharged from a Specialist Centre on a particular product should be maintained on the same product, if effective
Skin products	Bio-oil skin care oil; Coconut oil; products containing Dexpanthenol (Bepanthen, Nivea SOS); Flexitol products; E45 foot & heel cream; Glucosamine gel; Senset Skin cleansing foam; Skin Salvation ointment; Vitamin E cream	None
Sunscreens	Ambre Solaire products; Anthelios products; Delp products; Riemann P20 products; Sunsense products; Uvistat products	Only to be prescribed within ACBS criteria: protection against UV radiation in abnormal cutaneous photosensitivity, resulting from genetic disorders or photodermatoses, including vitiligo and those resulting from radiotherapy; chronic or recurrent herpes simplex labialis

Annex 4

What conditions may be affected

If a treatment you have requested does not meet a clinical need, does not have sufficient evidence of clinical benefit, or if the condition would naturally resolve itself if untreated, then local GP practices will not be able to prescribe it on an NHS prescription.

- Pain killers for acute minor aches and pains, including migraine
- Management of coughs and colds, blocked nose, sore throat, including decongestants, nasal drops and inhalations
- Reducing body temperature, where this is a small increase in temperature
- Treating acute / non-serious diarrhoea
- Antihistamines and allergy preparations for non-serious stings and insect bites
- Treatment of head lice infestation using head lice lotions and shampoos
- Treatments of occasional indigestion and heartburn, including that resulting from over-indulgence
- Treatments for oral or vaginal thrush
- Antiperspirants for excess sweating
- Athlete's foot creams and powders
- Barrier creams and treatments for non-infected, unbroken nappy rash
- Creams for the removal of female facial hair
- Cream and gels for mild acne
- Ear wax removers and softeners
- Soya based formula milks
- Hay fever preparations, including eye drops for allergies
- Lozenges, throat sprays, mouthwashes and gargles, including treatments for mouth ulcers
- Moisturisers and bath additives for minor dry skin conditions
- Treatments for skin rashes, including mild-moderate eczema
- Treatments for threadworm
- Tonics, vitamins and minerals supplements, herbal and complementary remedies
- Antifungal nail paint
- Cold sore treatments
- Treatments for eye infections, including uncomplicated conjunctivitis
- Gluten free foodstuffs (*see separate policy)
- Sun creams / lotions
- Teething gels
- Treatments for infant colic
- Fluoride toothpastes
- Warts and verrucae

Insert annex 5 financial information

Annex 5

Financial information

The current expenditure on the items being considered in the consultation are:

Minor ailments	£142,891
Where there may be insufficient evidence	£ 51,500
Where there may not be clinical reason	£ 195,407
Gluten free products	£ 71,000

Consultation Questionnaire

This can be found online here: <http://po.st/LowGluten>

Alternatively, you can request a paper copy by contacting NHS West Lancashire CCG by emailing myview@westlancashireccg.nhs.uk or calling 01695 588 203.