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# Seeking your views on proposed changes to prescribing in Croydon

Tuesday 13 December 2016



# Dr Agnelo Fernandes

## Assistant Clinical Chair

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# Paula Swann

## Chief Officer

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# NHS financial pressures

- July 2016 NHS financial challenges across the country
- Additional financial support for Croydon CCG and Croydon Health Services NHS Trust
- Financial special measures



# Financial recovery action plan

Prioritising our spend and making tough decisions:

- Opportunities to make savings
- Clinically led discussions
- Working closely with our partners



# The case for change

- This year the NHS will cost us around £124 billion nationally, of which £14 billion will be spent on medicines ... **that's £38 million every day.**
- The primary care prescribing budget for Croydon alone is **£42.8 million** ... an average of **£100 per patient per year.**
- **We believe** that by making these proposed changes to prescribing, **we can make savings of up to £600,000 a year.**



# Proposed changes



Prescriptions for gluten-free foods



Prescriptions for vitamin D



Prescriptions for baby milks and specialist infant formula



Prescriptions for self-care medications

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# Janice Steele

## Chief Pharmacist

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# Prescriptions for gluten-free foods



- £83,000 spent on gluten-free products every year
- 5,600 prescriptions a year for gluten-free products
- Coeliac disease can be a serious condition, however following a gluten free diet does not need clinical supervision
- There is now wide availability of gluten-free products
  - Supermarket gluten-free loaf **from £1.50-£3.50**
  - Cost to the NHS of a gluten-free loaf **up to £8.70**
  - Average cost of regular loaf of bread **from £0.50p-£1.70**



# Our proposal for gluten-free foods



- We are proposing that we stop prescribing gluten-free foods
- We have not proposed any exemptions
- Proposed saving to the NHS in Croydon up to £83,000 a year



# Prescriptions for Vitamin D



- Annual CCG spend on Vitamin D maintenance dose prescriptions is around £200,000
- Vitamin D maintenance therapy costs the NHS from £2.95-£7.20 per month. This is in addition to an NHS dispensing charge
- Average cost of Vitamin D supplements is £1.50 per month
- In the UK, most people get the majority of Vitamin D (80-90%) needed naturally from sunlight on our skin over the summer months. The remaining 10-20% is obtained from the diet
- Vitamin D supplements will only be needed in people who are not able to obtain sufficient sun exposure or from dietary sources





# Our proposal for Vitamin D

- We are proposing that we stop prescribing Vitamin D maintenance dose regimens
- Vitamin D **treatment courses** will still be provided to people with symptomatic Vitamin D deficiency
- Suggested exemptions include people who have had two or more previous episodes of Vitamin D deficiency and are unable to take necessary measures to maintain sufficient Vitamin D levels
- Proposed saving to the NHS in Croydon up to £200,000 a year



# Prescriptions for baby milks and specialist infant formula



- The CCG spends about £395,000 per year on baby milks and specialist infant formula
- The CCG prescribes 5,731 baby milks and specialist infant formula items per year
- People in receipt of 'Healthy Start' vouchers will be able to exchange them for infant formula milk that includes lactose-free milks that are derived from cow's milk



# Our proposal for baby milks and specialist infant formula



- We are proposing that GPs no longer provide soya-based infant formula milk, thickened infant formulas or formulas for lactose intolerance, or cows milk allergy on prescription
- Suggested exemptions include infants with faltering growth, pre-term infants, and those with certain medical conditions
- Proposed saving to the NHS in Croydon up to £278,000 a year





# Prescriptions for self-care medications

- Croydon CCG spends around £300,000 per year on self-care medications such as paracetamol, cold and flu remedies and antihistamines
- Approximately £70,000 of this spend is for acute pain and medicinal remedies that could be purchased at a pharmacy
- If more people are able to meet their own health needs through self-care, this will ease the pressure on health services





# Our proposal for prescriptions for self-care medications

- We are proposing to review the use of prescriptions for minor ailments/self-limiting conditions that would otherwise get better with time
- Suggested exemptions include people at risk of more serious complications due to underlying chronic conditions or treatment required for the chronic condition itself
- Proposed saving to the NHS in Croydon initially £45,000 a year





# Any questions?

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# What do you think?

What concerns would you have if the NHS made these changes?

How could we work to mitigate these concerns?

Do you agree with the exceptions for these schemes?

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## Engagement document and survey

- Engagement period ends on Friday 6 January 2017
- Printed copies with survey handed out today with a FREEPOST address
- All information on our website [www.croydonccg.nhs.uk](http://www.croydonccg.nhs.uk)
- Croydon CCG Governing Body will make a decision at their meeting in public on Tuesday 17 January 2017



# Planned engagement opportunities

- Drop in sessions across Croydon's GP networks
- Patient Participation Groups in Croydon's GP practices
- Targeted groups who may be most affected and seldom heard groups, for example through Croydon Voluntary Action Family Guides in New Addington and Broad Green
- Community and voluntary groups and organisations working with vulnerable and seldom heard groups for example Croydon Communities Consortium
- Healthwatch Croydon volunteers to support outreach



# Thank you

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