

Governing Body

25th May 2016

Details	Part 1	x	Part 2		Agenda Item No.	Paper 9
Title of Paper:	Prescribing for Clinical Need: Gluten Free prescribing					
Board Member:	Dr Kiran Patel, Clinical Lead					
Author:	Jeanette Tilstone, Head of Medicines Optimisation					
Presenter:	Dr Kiran Patel, Clinical Lead					
Please indicate:	For Decision	X	For Information		For Discussion	

Executive Summary

Summary	<p>In March 2016 the CCG's Governing Body considered all of the feedback, options, risks and benefits from the public, stakeholder and health care professional period of engagement on gluten-free prescribing for adults. At this meeting the Governing Body felt minded to make a decision to withdraw NHS prescriptions for gluten free products for adults registered with a Bury GP Practice, however, this decision was deferred until May 2016 in order for a proposal to be developed and assurance provided around how patients living with coeliac disease can be better supported to manage their condition through regular reviews and patient information and education. This paper summarises that support.</p>					
Risk	High		Medium		Low	X
	<p>It is recognised that there would be a potential risk to organisational reputation if the CCG deviates from current GMMMGS prescribing guidance.</p>					
Recommendations	<p>The Governing Body is asked to:</p> <ol style="list-style-type: none"> 1. Consider and approve the proposed plan to support patients with Coeliac Disease to manage their own condition. 2. Make a final decision in relation to the future prescribing of gluten free products for adults registered with a Bury GP practice. 					

Strategic themes

Deliver improvement in outcomes for patients	✓
Deliver service improvement through system redesign in priority areas	
Develop NHS Bury CCG and Primary Care capability as commissioners and leaders	✓
Deliver through the Health and Wellbeing Board improved population health and reduction in inequalities	✓
Deliver the CCG element of QIPP through effective system management and working with partners and stakeholders and ensuring a culture with focus on quality, fostering innovation, improving health outcomes and reducing inequalities.	✓
Supports NHS Bury CCG Governance arrangements	✓

Prescribing for Clinical Need: Gluten Free Prescribing

1. Background

Prior to September 2015 NHS Bury CCG allowed the prescribing of gluten free staple foods (bread, flour, bread mix, pasta, cereals and crackers) up to the monthly unit allowance set out in the Greater Manchester Medicines Management group (GMMMGI) guidance, for patients with diagnosed Coeliac Disease or dermatitis herpetiformis.

In May 2015 the CCG's Governing Body discussed restrictions on the prescribing of gluten free products in adults and approved a reduction in units to 8 per month from September 2015, with additional units for pregnant and breast feeding women. The Governing Body also proposed a complete stop of gluten free products on prescription for adults from 1st April 2016, but that this decision would be subject to appropriate engagement before this date. CCG Clinicians recognised that the NHS does not provide foods on prescription for patients living with other conditions associated with or affected by the type of food they eat. It also recognised that many gluten free food alternatives are now widely available in supermarkets and health food shops.

The drivers for this initiative were to i) encourage self care as part of Bury's wider 'self care' agenda, ii) reduce GP practice workload on prescription administration, and iii) reduce costs.

During 2014/15 Bury CCG spend on Gluten free foods was £79k (adults and children). It is not possible, from data available, to determine how much of this spend was for adults and how much for children.

A public, stakeholder and health care professional period of engagement was undertaken between October and December 2015 and in March 2016 the CCG's Governing Body considered all of the feedback, options, risks and benefits and felt minded to make a decision to withdraw NHS prescriptions for gluten free products for adults registered with a Bury GP Practice. This decision was deferred until May in order for a proposal to be developed and assurance provided around how patients living with coeliac disease can be better supported to manage their condition through regular reviews and patient information and education.

2. Proposal to enhance support for Coeliac Disease patients

Currently an unknown proportion of Bury patients with Coeliac Disease obtain gluten free products on prescription from their GP. Accurate numbers of patients are unknown because there is no national requirement to maintain registers of these patients, and historically there has been inconsistent recording of diagnosis within GP practices.

To resolve the above; focus GP practice resource more clinically; and improve both equity and quality of support to this patient group, it is proposed to:

- Undertake work in all GP practices to identify patients with a confirmed diagnosis of Coeliac Disease, and create more robust practice registers.
- Compare local prevalence with national prevalence to identify any opportunities for improved diagnosis.
- Provide all patients on practice Coeliac Disease registers with guidance on self-care and signposting information, which emphasises the importance of adhering to a gluten free diet and highlights what to do if any issues or symptoms are experienced. The guidance is intended to empower patients with Coeliac Disease

to maintain good control of their condition, and encourage patients to seek advice from healthcare professionals to maintain up-to-date knowledge of best care for their condition. In line with NICE guidance, patients will be advised to seek an annual review with an appropriate healthcare professional.

- Work with the Community Nutrition and Dietetics Service to provide additional access to awareness sessions to support self-management in line with NICE guidance.

Recommendation

The Governing Body is asked to:

1. Consider and approve the proposed plan to support patients with Coeliac Disease to manage their own condition.
2. Make a final decision in relation to the future prescribing of gluten free products for adults registered with a Bury GP practice.

ⁱ <http://gmmmg.nhs.uk/docs/guidance/GMMMG%20Gluten%20Free%20Guidance.pdf>