Prescribing for Clinical Need Policy
Prescribing for Clinical Need Policy v1 Nov 2016

Greater Preston and Chorley and South Ribble CCGs will not fund the prescribing of medicines and treatments for minor, short-term conditions where:
- self-care is the most appropriate route
- medicines and treatments are available to buy over the counter

Greater Preston and Chorley and South Ribble CCGs will not fund the prescribing of medicines and treatments for ANY medical condition where:
- there is insufficient evidence of clinical benefit or cost-effectiveness
- the medical condition has no need of clinical treatment

• Summary

In developing local commissioning policies, the CCG will commission only treatments or services which accord with all of the following principles:
  o Appropriateness
  o Effectiveness
  o Cost-effectiveness
  o Ethics
  o Affordability

A number of treatments which should be considered a LOW PRIORITY are detailed within this policy.

Criteria for inclusion on the Low Priority Prescribing List:
- Treatments used for minor ailments, which are in nature self-limiting.
- Treatments where there is insufficient evidence of clinical benefit or cost-effectiveness.
- Preparations where there may not be a clinical need to treat.

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 OOHs 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.
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.

- **Policy Rationale**

Greater Preston and Chorley and South Ribble CCGs 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. Clinical Commissioning Groups (CCG’s) 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, Greater Preston and Chorley and South Ribble CCGs 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 and most provide local Minor Ailments Schemes commissioned by the CCGs. 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.

- **Treatments for Minor Ailments**

Many minor ailments are of short duration, have no long term health implications and can be 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.
## Table 1: List of Minor Ailments & Available Treatments

<table>
<thead>
<tr>
<th>Minor Ailment Condition</th>
<th>Treatment</th>
<th>Other brands to be aware of (N.B. this is not an exhaustive list)</th>
<th>Exceptions</th>
</tr>
</thead>
</table>
| 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  
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  
Lamisil Once 1% Cutaneous Solution | Daktarin  
| Bites / stings | Hydrocortisone 1% cream | HC45; Lanacort | Children under 10 years. Pregnancy. Eyes or face, ano-genital area or on broken or infected skin. Long term skin conditions requiring regular treatment. |
|                       | Chlorphenamine 4mg tablets  
Chlorphenamine 2mg/5ml solution S/F  
Chlorphenamine 2mg/5ml solution | Allercalm; Piriton; Hayleve; Pollenase; Piriton Allergy  
Allerief; Piriton | Children under 12 years. Pregnancy. Breast feeding.  
Children under 1 year. Children with asthma. Children taking monoamine oxidase inhibitors. |
<p>| Cold sores         | Aciclovir 5% cream | Cymex Ultra; Virasorb; Lypsyl; Zovirax | Immunocompromised &amp; terminally ill. Children under 12-years. |</p>
<table>
<thead>
<tr>
<th>Condition</th>
<th>Treatment</th>
<th>Exclusions</th>
</tr>
</thead>
</table>
| **Conjunctivitis (uncomplicated)** | Chloramphenicol 0.5% eye drops  
Chloramphenicol 1% eye ointment | Children under 2 years.  
Pregnancy. Breastfeeding.  
Patients with liver or kidney disease. Patients on low potassium or sodium diets. Patients with diabetes. |
| **Diarrhoea**                   | Dioralyte sachets  
Electrolade sachets  
Loperamide 2mg capsules | Dioralyte Relief  
Dia-h-limit;  
Entrocalm; Imodium;  
Diliaquite; Norimode;  
Dioi calm Ultra; Normal  
Children under 12 years.  
| **Ear wax**                     | Olive/Almond Oil/ Arachis oil based products  
Sodium Bicarbonate  
Urea hydrogen peroxide | Almond Oil;  
Cerumol; EarCalm;  
Waxsol; Molcer;  
Otx; Exterol;  
Sodium Bicarbonate  
None |
| **Hay fever**                   | Acrivastine 8mg caps  
Beclomethasone nasal spray  
Cetirizine 10mg tablets  
Cetirizine1mg/ml oral solution  
Chlorphenamine 4mg tablets  
Chlorphenamine 2mg/5ml oral solution S/F  
Chlorphenamine 2mg/5ml oral solution  
Loratidine 10mg tablets  
Loratidine 5mg/5ml syrup  
Sodium Cromoglycate 2% Eye Drops | Benadryl Allergy Relief; Benadryl Plus  
Beconase Hayfever; Nasobec; Pollenase; Vivabec  
Benadryl; Piriteze; Histease; Zirtek; Pollenshield  
Benadryl Allergy Relief; Zirtek Allergy  
Allercalm; Piriton; Hayleve; Pollenase; Piriton Allergy  
Allerief; Piriton  
Clarityn Rapide; Clarityn Allergy  
Clarityn Allergy  
Allercrom; Optrex Allergy; Catacrom Allergy Relief; Pollenase; Cromolux Hayfever; Opticrom Hayfever  
None |
| **NB: Exclusions for antihistamines have been standardised to age 12 years to avoid confusion related to the varying licenses for the different over the counter products.** | | |
| **Head lice**                   | Malathion 0.5% Aqueous Lotion  
Dimethicone 4% Lotion | Derbac-M  
Hedrin; Linicin;  
Lyclear; Nitrid; Nyda |
| **Occasional indigestion, heartburn, upset stomach** | Gaviscon Advance tablets  
Gaviscon Advance liquid  
Ranitidine 75mg tablets | Gaviscon 250;  
Gaviscon Cool;  
Gaviscon Double Action  
Zantac; Gavilast; Ranicalm  
Children under 16 years.  
Children under 16 years. |
**Treatments Where There is Insufficient Evidence of Clinical Benefit or Cost-Effectiveness**

Many of the products in this category (listed in Table 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.
Table 2: May be Insufficient Evidence of Clinical Benefit or Cost Effectiveness

<table>
<thead>
<tr>
<th>Category</th>
<th>Examples (N.B. this is not an exhaustive list)</th>
<th>Exceptions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Antiperspirants</td>
<td>Driclor, Odaban, Anhydrol Forte</td>
<td>None</td>
</tr>
<tr>
<td>Antifungal nail paint</td>
<td>Amorolfine nail lacquer, Curanail, Loceryl, Salicylic acid compound paint (Phytex), Tioconazole cutaneous solution (Trosyl)</td>
<td>Not for cosmetic treatment. Oral treatment is more appropriate. Immunocompromised, PVD, diabetics, nail painful or awaiting surgery on affected limb/s</td>
</tr>
<tr>
<td>Cough</td>
<td>Codeine lintus; photocodine lintus, simple lintus</td>
<td>Cough mixtures for terminally ill patients on the advice of specialists</td>
</tr>
<tr>
<td>Eye care</td>
<td>Blephaclean eye lid wipe; Lid-care eye lid wipe; Optrex; Supranettes; Refresh unit-dose ophthalmic solution; sterile eye cleaning wipes</td>
<td>None</td>
</tr>
<tr>
<td>Health supplements</td>
<td>Products containing glucosamine; products containing chondroitin; products containing fish oils; products containing co-enzyme q10; products containing omega-7; Icaps; Ocuvite; Preservision; Natures own; Natures aid</td>
<td>None</td>
</tr>
<tr>
<td>Herbal remedies</td>
<td>St John's Wort; Kalms; Nytol; Bach flower remedies</td>
<td>None</td>
</tr>
<tr>
<td>Homeopathic remedies</td>
<td>Weleda products; Nelson products</td>
<td>None</td>
</tr>
<tr>
<td>Nasal congestion</td>
<td>Menthol &amp; eucalyptus inhalation; Xylometazoline nasal products; Otradrugs; Otrivine products; Sudafed products; Galpseud products; Pseudoephedrine products</td>
<td>None</td>
</tr>
<tr>
<td>Probiotics</td>
<td>VSL#3</td>
<td>Pouchitis</td>
</tr>
<tr>
<td>Rubefacients</td>
<td>Algesal; Balmosa; Deep freeze; Mentholatum; Radian B</td>
<td>None</td>
</tr>
<tr>
<td>Sore throat</td>
<td>AAA sore throat spray; Difflam products; Covonia products; Deqadin; Ultra chloraseptic; Dequaspray; Tyrozets; Merocaine; Strepsils products; Merocets; Bradasol</td>
<td>Use in Palliative Care: Chlorhexidine gluconate mouth Wash, Benzylamine mouthwash &amp; spray</td>
</tr>
<tr>
<td>Vitamins, multivitamin &amp; all mineral preparations</td>
<td>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, l caps, Ocuvite products, Preservision products, Visionace, Vitalux-plus</td>
<td>High dose vitamin D for proven vitamin D deficiency; Thiamine for alcohol related conditions &amp; neurological complications; Vitamin B12 deficiency; Vitamin supplements for premature babies as advised by Hospital</td>
</tr>
</tbody>
</table>
**Preparations Where There May Not be a Clinical Need to Treat**

Within this category there are treatments (listed in Table 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 Greater Preston and Chorley and South Ribble CCGs 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.

Table 3: May Not be a Clinical Need to Treat

<table>
<thead>
<tr>
<th>Category</th>
<th>Examples (N.B. this is not an exhaustive list)</th>
<th>Exceptions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Acne (mild)</td>
<td>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)</td>
<td>Moderate to severe cases where OTC products have failed (follow antibiotic guidelines)</td>
</tr>
<tr>
<td>Dandruff (including cradle cap)</td>
<td>Alphosyl 2-in-1 shampoo; Capasal shampoo; Ceanel concentrate shampoo; Psoriderm scalp lotion; T/Gel shampoo</td>
<td>Psoriasis</td>
</tr>
<tr>
<td></td>
<td>Bezalkonium chloride 0.5% shampoo (including Dermax); E45 dry scalp shampoo; Ketoconazole 2% shampoo(including Dandrazol, Ketopine, Nizoral); Selsun</td>
<td>None</td>
</tr>
<tr>
<td></td>
<td>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’)</td>
<td>None</td>
</tr>
<tr>
<td>Dental &amp; sore mouth products</td>
<td>Duraphat fluoride toothpaste (to be prescribed by Dentist)</td>
<td>Use in Palliative Care: Chlorhexidine gluconate mouthwash; Benzylidine mouthwash &amp; spray</td>
</tr>
<tr>
<td></td>
<td>Sodium fluoride mouthwash, oral drops, tablets and toothpaste (including Colgate, En-de-Kay, Fluor-a-day, Fluorigard)</td>
<td>Use in Palliative Care: Bonjela gel</td>
</tr>
<tr>
<td></td>
<td>Oraldene mouthwash</td>
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<td></td>
<td>Hydrogen peroxide 6% mouthwash; Peroxyl 1.5% mouthwash</td>
<td></td>
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<tr>
<td></td>
<td>Benzylamine hydrochloride mouthwash &amp; spray (including Difflam, Oroeze)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Chlorhexidine gluconate mouthwash, oral spray &amp; dental gel (including Corsody)</td>
<td></td>
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<tr>
<td></td>
<td>Anbesol gel &amp; liquid; Bonjela products; Iglu gel; Rinstead pastilles</td>
<td></td>
</tr>
<tr>
<td>Emollients &amp; bath / shower products</td>
<td>Aveeno products; Dermacool products; Dermalo bath emollient; Dermamist spray; Diprobase emollient; Eucerin products; Neutrogena products; Balneum products; Dermol 200 shower emollient; Dermol wash; Doublebase products; E45 products; Hydromol products; Olliatum products</td>
<td>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</td>
</tr>
<tr>
<td>Skin products</td>
<td>Bio-oil skin care oil; Coconut oil; products containing Dexpanthenol (Bepanthen, Nivea SOS); Flexitol products; E45 foot &amp; heel cream; Glucosamine gel; Senset Skin cleansing foam; Skin Salvation ointment; Vitamin E cream</td>
<td>Foot products used in the treatment of diabetes</td>
</tr>
<tr>
<td>Sunscreens</td>
<td>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</td>
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<tr>
<td>Ambre Solaire products; Anthelios products; Delp products; Riemann P20 products; Sunsense products; Uvistat products</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>