



***Cambridgeshire and Peterborough
Clinical Commissioning Group***

Consultation on a future model for Pharmacy Services in Cambridgeshire and Peterborough

22 March 2016 – 24 May 2016

This nine week consultation is to gather feedback on Community Pharmacy Minor Ailment Schemes, Prescribing of Gluten-free Foods, and Prescribing Baby Milk

Amended 12 May 2016

This consultation is aimed at patients living in Cambridgeshire and Peterborough Clinical Commissioning Group's area.

This document is available in other languages and formats on request.

This document will be downloaded in full as a page on our website where the browse aloud facility is available.

To request alternative formats, or if you require the services of an interpreter, please contact us on:

- 01223 725304 or capccg.engagement@nhs.net

Pokud byste požadovali informace v jiném jazyce nebo formátu, kontaktujte nás

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The consultation

You can give your views in a number of ways:

- Fill in the questionnaire found on our website www.cambridgeshireandpeterboroughccg.nhs.uk
- Fill in the paper copy of the questionnaire found on page 14 of this consultation document and send it FREEPOST to Freepost Plus RSCR-GSGK-XSHK, Cambridgeshire and Peterborough CCG, Lockton House, Clarendon Road, Cambridge CB2 8FH. (You do not need a stamp).
- Phone the Engagement Team on 01223 725304.
- If you belong to a group or organisation, you can invite us along to one of your meetings by contacting the Engagement Team on 01223 725304 or by email to capccg.engagement@nhs.net, putting 'Pharmacy Consultation' in the subject field.
- Come along to one of the public meetings listed in Appendix 1.

Who we are and what we do

Cambridgeshire and Peterborough Clinical Commissioning Group (CCG) is the organisation responsible for planning, organising and buying-in NHS-funded healthcare for people living in the Cambridgeshire and Peterborough area. It replaced NHS Cambridgeshire and NHS Peterborough (the Primary Care Trusts, or 'PCTs') on 1 April 2013.

We are one of the largest CCGs in England, by patient population, with 105 GP practices as members. We are organised into six local groups, known as Local Commissioning Groups or LCGs, covering all GP practices in Cambridgeshire and Peterborough, as well as three practices in North Hertfordshire (Royston) and two in Northamptonshire (Oundle and Wansford).

We have a patient population of approximately 930,000 which is diverse, ageing and has significant inequalities. We manage a budget of just over £1 billion to spend on healthcare for the whole population of this area, which is just over £1,000 per person. We are responsible for commissioning GP prescribing. Commissioning is the process of planning and buying in healthcare for our area. We have continued to fund community pharmacy minor ailments schemes started by the two then PCTs.

Introduction

Cambridgeshire and Peterborough's health economy has been identified as one of England's 11 most financially challenged health economies.

If we do not change our health system substantially, then we face a funding shortfall of at least £250 million by 2019. This will make it harder to deliver good quality care for everyone who needs it.

To ensure we are making best use of the money available we are looking at which medicines and services provided currently from pharmacies and via prescriptions, are considered essential to be paid for by the NHS. We are also looking at whether or not it is appropriate for medicines and treatments which patients can buy themselves for minor illnesses should be routinely provided on prescription.

What is the 'Community Pharmacy Minor Ailment Scheme'?

The CCG currently supports two minor ailment schemes:

- 'Pharmacy First for Children' in Peterborough
- Cambridgeshire 'Minor Ailment Scheme' in Cambridgeshire

The Pharmacy First for Children scheme in Peterborough provides free medicines for common childhood ailments without the need to see the GP. These can be infant paracetamol for colds, anti-histamines for mild hayfever, etc. People currently need to be registered with the scheme and bring the child with them to the pharmacy in order to be given these medicines. If the pharmacist is in any doubt they will advise further medical help, which could be a visit to the GP.

The Minor Ailment Scheme in Cambridgeshire is the same as the Peterborough service but it is for adults as well as children.

Both of these schemes will only provide approved best value for money medicines, not branded varieties. These are available widely over the counter in all pharmacies and often in supermarkets at very low cost.

What are the issues that need to be addressed?

The local NHS wants to help patients to look after themselves when they can, and only visit the GP when they need to. This gives people control of their own health that helps prevent ill health in the long-term.

The range of medicines that the Minor Ailment Scheme currently provides, such as paracetamol, anti-histamines, etc, is commonly found in home medicine cabinets or they are available to buy at a low cost in pharmacies or, where appropriate, non-pharmacy outlets such as supermarkets.

The Minor Ailment Schemes can be accessed irrespective of financial circumstances. A GP can still prescribe these medicines to people who need them for specific long term and significant illnesses.

Why are we consulting with you now?

The CCG currently spends £230,000 a year on the two Minor Ailment Schemes. Due to the current financial challenges, the CCG wishes to use this money to support front line services such as A&E departments, ambulances, and operations.

Your feedback will be used to inform the decisions and recommendations of the CCG's Governing Body.

What needs to change?

Our proposal is to stop the Minor Ailments Scheme for Cambridgeshire and the Pharmacy First for Children scheme in Peterborough. Patients will no longer be able to access free medications through the minor ailment schemes. They will be able to continue to use their local pharmacy for confidential, expert advice but will be asked to purchase treatments for a range of common illnesses and complaints rather than being given a prescription for them.

Patients can also get advice on a selection of essential medicines to purchase to keep at home. This can result in swift relief of symptoms and can avoid unnecessary trips to see the GP or even visits to A&E.

Patients will be asked to buy these medicines themselves. They will still be able to visit their GP if they feel unable to manage their condition themselves and the GP may decide to prescribe or recommend self-purchase of the medicines.

What we are asking you.

The proposal for consultation is to stop the supply of free medications for minor and self limiting illnesses through the minor ailment schemes.

Patients and carers will, in future, use their local pharmacy to purchase medications.

We are asking for your thoughts on whether you think this is the right choice. Your feedback will be used to inform the decisions of the CCG's Governing Body.

What is gluten-free food and why do people need to follow a gluten-free diet?

Gluten is a type of protein that is found in three types of cereals: wheat, barley, and rye. Gluten-free foods are recommended for people who have been formally diagnosed by the NHS with coeliac disease or gluten-sensitivity conditions and who want to continue to eat similar foods to the ones that contain these cereals. Coeliac disease is a long-term condition that affects approximately one in every 100 people in the UK and is a lifelong, serious autoimmune disease caused by the immune system reacting to gluten. This damages the surface of the small bowel (intestines) and means that the body is less able to absorb nutrients from food.

What is ‘prescribing gluten-free food’?

Currently it is possible for a GP to prescribe **gluten-free food** products on a prescription to patients diagnosed with gluten sensitivity.

There is no cure for coeliac disease and the only treatment for the condition is a strict gluten-free diet for life. The NHS has been prescribing gluten-free food for over 30 years. Back then gluten-free foods were not easily available to buy in shops. The NHS has historically prescribed gluten-free foods to patients. Over the last 30 years, due to people’s diets changing and lifestyle choices, there is now a much wider range of food available and gluten-free alternatives are now widely available at much cheaper prices. It is also much more expensive for the NHS to supply gluten-free foods to patients than it is for people to buy them because this has to be done through the same prescription process that is used to deliver medicines.

The prescriptions are for products such as gluten-free staples e.g. bread, flour, or bread mix. Although these have historically been prescribed, they are not medicines and gluten-free food can easily be purchased from many supermarkets.

What are the issues that need to be addressed?

A gluten-free diet does not stop you being able to have a healthy, nutritious and balanced diet with all the necessary vitamins and minerals. You can still eat all naturally gluten-free foods such as meat, fish, fruit, vegetables, rice, and potatoes.

Why are we consulting with you now?

Currently the CCG provides £370,000 worth of gluten-free food on prescriptions each year. It is felt that coeliac disease can be managed directly by the patient through their food buying choices without the need for gluten-free substitute foods on prescriptions. The CCG wants to use this money to support front line services such as A&E departments, ambulances, and operations.

What needs to change?

The NHS does not provide food on prescription for other groups of patients whose diseases are associated with, or affected by, the type of food they eat but which can be managed by eating a diet naturally free from certain ingredients. The CCG needs to balance health and wellbeing of the affected patients with the need for the CCG to share its resources equitably across our whole population.

The CCG is proposing to recommend and support GPs to stop providing gluten-free food on prescription.

Advice and support from healthcare professionals will be made available throughout the consultation period as well as during, and after the implementation of any proposals. The CCG is open to hear all ideas for this area of prescribing and will report to the CCG Governing Body any alternative proposals that are suggested during the consultation.

What we are asking you.

This proposal is a change to what a specific group of patients have been able to access historically. It recommends and supports GPs to no longer prescribe gluten-free food and the CCG wants to hear your views on whether you think this is the right choice.

Your feedback will be used to inform the decisions and recommendations of the CCG's Governing Body.

What is ‘Prescribed Baby Milks’?

Infant formulas, commonly called Baby Milks, are manufactured food designed and marketed for feeding to babies and infants, usually less than 12 months of age, prepared for bottle-feeding or cup-feeding from powder or liquid.

Whilst it can legitimately be provided on prescription for particular medical conditions (see details below) many formulas can actually be purchased without a prescription and most are available in supermarkets. For the treatment of chronic long-term conditions, such as renal or liver disease or receiving treatment for cancer, such supplements would be prescribed on the advice of a specialist clinician.

Parents qualifying for Healthy Start vouchers can use their vouchers to purchase infant formula milk that is based on cow’s milk and says on the packaging that it can be used from birth.

What are the issues that need to be addressed?

Historically, it was difficult for patients’ parents to get hold of infant formula used for lactose intolerance as there was a limited range available on the high street. Today, society and manufacturers are much more aware of lactose intolerance in infants. So much so, every major supermarket has infant formulas on their shelves as standard, with even more options available on the internet. This means there is an ever growing wide range of infant formulas available without the need of a prescription.

Additionally alternatives to cow’s milk, such as soya, almond, and goat milks, are widely available as society seeks alternatives to traditional dairy production.

The CCG is proposing to recommend and support GPs to no longer provide soya and thickened infant formulas, as well as formula for lactose intolerance, on prescription as these are also widely available to buy.

There will be a cohort of babies on specialised formula for certain medical conditions that will remain unaffected by these proposals.

Why are we consulting with you now?

The CCG spends £1million annually on prescribing baby milks. With the exception of specialised formula for particular medical conditions, it is felt that this should be managed directly by the patient’s parents through their choices without the need for baby milks on prescription. The CCG can use this saving to support front line services such as A&E departments, ambulances and, operations.

What needs to change?

This proposal is a change to what a specific group of patients have been able to access historically by recommending that infant formulas are no longer prescribed by GPs (unless it is a specialised formula for particular medical conditions unavailable on the high street.)

What we are asking you?

The CCG wants to hear your views on whether you think this is the right choice.

Your feedback will be used to inform the decisions and recommendations of the CCG's Governing Body.

Appendix 1 – Public Meetings

9 May 2016	Huntingdon	10.30 am to 12 noon	Huntingdon Library
9 May 2016	Whittlesey	2.00 pm to 3.30 pm	The Manor Leisure Centre, Whittlesey
10 May 2016	Wisbech	10.30 am to 12 noon	Wisbech Library
11 May 2016	Ely	10.00 am to 11.30 am	Ely Cathedral Centre
13 May 2016	St Neots	1.30 pm to 3.00 pm	The Priory, St Neots
19 May 2016	Cambridge	10.30 am to 12 noon	Cambridge Central Library
20 May 2016	Peterborough	1.30 pm to 3.00 pm	The Fleet, Peterborough
23 May 2016	Royston	10.00 am to 11.30 am	Market Hill Rooms, Royston

We will also attend other meetings organised by groups who are interested in these proposed changes. If you would like us to attend your meeting please contact us on the number below.

Meetings may be subject to change, so please do check our website www.cambridgeshireandpeterboroughccg.nhs.uk or contact the Engagement Team:

- Phone: 01223 725304
- Email: capccg.engagement@nhs.net

Glossary of terms

Cambridgeshire and Peterborough Clinical Commissioning Group (CCG)

Cambridgeshire and Peterborough CCG is the organisation responsible for planning, organising and purchasing NHS-funded healthcare for residents. A CCG is clinically-led, meaning that decisions about local health services are made by local doctors and health professionals, alongside patients. Cambridgeshire and Peterborough CCG has a patient population of approximately 930,000. It is a diverse, ageing population with significant health inequalities. We manage a budget of around £960 million to spend on healthcare for the whole population of this area.

Commissioning

Identifying health needs of local people, planning and purchasing health services which respond to their needs. CCGs are responsible for deciding what services their local residents need from the NHS and buy these services with public money from the most appropriate providers.

Pharmacy

A shop or part of a shop in which medicines are prepared and sold.

Minor Ailments Scheme

The Minor Ailment Scheme allows eligible individuals to register with and use a community pharmacy as the first port of call for the treatment of common illnesses on the NHS

Coeliac Disease

A medical condition in which the intestine reacts badly to a type of protein contained in some grains.

Non-coeliac gluten sensitivity

A syndrome in which patients develop a variety of Intestinal and/or extra-intestinal symptoms that improve when gluten is removed from the diet.

Prescription

Prescriptions

A piece of paper on which a doctor writes the details of the medicine or drugs that someone needs.

Repeat prescriptions

A prescription for a medicine that is needed regularly that can be reissued without the patient having to see the doctor.

Legal requirements

This consultation document has been drawn up in accordance with the following legal requirements and guidance:

Cabinet Office Consultation Principles July 2012

This guidance sets out the principles that Government departments and other public bodies should adopt for engaging stakeholders when developing policy and legislation. It replaces the Code of Practice on Consultation issued in July 2008. The governing principle is proportionality of the type and scale of consultation to the potential impacts of the proposal or decision being taken, and thought should be given to achieving real engagement rather than merely following bureaucratic process. Consultation forms part of wider engagement and decisions on whether and how to consult should in part depend on the wider scheme of engagement.

Policy makers should bear in mind the Civil Service Reform principles of open policy making throughout the process and not just at set points of consultation, and should use real discussion with affected parties and experts as well as the expertise of civil service learning to make well informed decisions. Modern communications technologies enable policy makers to engage in such discussions more quickly and in a more targeted way than before, and mean that the traditional written consultation is not always the best way of getting those who know most and care most about a particular issue to engage in fruitful dialogue.

The full consultation principles document can be accessed via the Cabinet Office website at: <https://www.gov.uk/government/publications/consultation-principles-guidance>

Section 14Z2 Health and Social Care Act 2012

14Z2 Public involvement and consultation by clinical commissioning groups

(1) This section applies in relation to any health services which are, or are to be, provided pursuant to arrangements made by a clinical commissioning group in the exercise of its functions (“commissioning arrangements”).

(2) The clinical commissioning group must make arrangements to secure that individuals to whom the services are being or may be provided are involved (whether by being consulted or provided with information or in other ways)—

(a) in the planning of the commissioning arrangements by the group,

(b) in the development and consideration of proposals by the group for changes in the commissioning arrangements where the implementation of the proposals would have an impact on the manner in which the services are delivered to the individuals or the range of health services available to them, and

(c) in decisions of the group affecting the operation of the commissioning arrangements where the implementation of the decisions would (if made) have such an impact.

(3) The clinical commissioning group must include in its constitution—

(a) a description of the arrangements made by it under subsection (2), and

(b) a statement of the principles which it will follow in implementing those arrangements.

(4) The Board may publish guidance for clinical commissioning groups on the discharge of their functions under this section.

(5) A clinical commissioning group must have regard to any guidance published by the Board under subsection (4).

(6) The reference in subsection (2) (b) to the delivery of services is a reference to their delivery at the point when they are received by users.

For more on the Section 14Z2 Health and Social Care Act 2012 see <http://www.legislation.gov.uk/ukpga/2012/7/section/26/enacted>

Lansley Criteria for Significant Service Change

In May 2010, the Secretary of State for Health, Andrew Lansley, set four new tests that must be met before there can be any major changes to NHS Services:

1. Support from GP commissioners
2. Strengthened public and patient engagement
3. Clarity on the clinical evidence base
4. Consistency with current and prospective patient choice

You can read more about the CCG's duties to engage and consult in section 5.2 of the CCG's Constitution

<http://www.cambridgeshireandpeterboroughccg.nhs.uk/downloads/CPCT/Corporate%20documents/CCG%20Constitution.pdf>

The questionnaire (Also available as an online survey.)

1. Do you understand why the CCG needs to make changes to the pharmacy service?

Yes No Undecided I need more information

Comment

2. Do you think the changes outlined in this document will save money for the CCG?

Yes No Undecided

Comment

3. Do you agree with the proposal to stop the two minor ailments schemes?

Pharmacy First for children in Peterborough Yes No Undecided

Minor Ailments Scheme in Cambridgeshire Yes No Undecided

Comment

4. Have you, or a member of your family, used either of the Minor Ailments schemes?

Yes No Prefer not to say

5. Are you diagnosed with coeliac disease, or have gluten-sensitivity?

Yes No Prefer not to say

6. Do you agree with the proposal of recommending and supporting GPs to stop the prescribing of gluten-free foods?

Yes No Undecided

Comment

7. Have you, or a member of your family, been prescribed gluten-free foods?

Yes

No

Prefer not to say

8. Do you agree with the proposal of and recommending and supporting GPs to stop the prescribing of infant formula, or baby milks? There will some babies on specialised formula for certain medical conditions that will remain unaffected by these proposals.

Yes

No

Undecided

Comment

9. Has your child, or a member of your family, been prescribed with infant formula or baby milks?

Yes

No

Prefer not to say

Finally, to understand who has given their views, we would like to collect some details.

Any information provided in this section will only be used by Cambridgeshire and Peterborough Clinical Commissioning Group for the purpose of understanding who has responded to this consultation.

Can you tell us which of the following age bands you belong to?

16-29 years 30-44 years 45-59 years 60-74 years 75+ years

How would you describe your gender?

How would you describe your ethnic background?

Do you consider yourself to have any disabilities and/or impairments?

Yes No Prefer not to answer

Finally, please could you tell us the first part of your postcode?

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Thank you for taking the time to complete this questionnaire.

Your feedback

You can send your feedback to us in many different ways:

- By filling in the online survey
<http://www.cambridgeshireandpeterboroughccg.nhs.uk/have-your-say/>
- By filling in the survey attached to this document and returning it to:
Freepost Plus RSCR-GSGK-XSHK
Engagement Team
Cambridgeshire and Peterborough Clinical Commissioning Group
Lockton House
Clarendon Road
Cambridge
CB2 8FH
- or email your completed survey to: capccg.engagement@nhs.net

You can also:

- write to us with your views (at the address above)
- phone us on 01223 725304
- email us your views to capccg.engagement@nhs.net
- attend one of the planned meetings to tell us what you think.

Through this public consultation your views will be fed into the development of the final proposal. All of the feedback received from all of the responses to this consultation will be collated into a report for the CCG's Governing Body to consider before it makes any decisions on the future of these services.

The closing date for receipt of responses to this consultation is 5pm on 24 May 2016