

Spending NHS money wisely 2

Proposals for:

- Some 'over the counter' medicines
- Ear wax removal
- Some injections for back pain
- Osteopathy
- Cataract surgery
- Podiatry.

**Outer North East London Joint Health Overview and
Scrutiny Committee
10 October 2017**

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The NHS constitution

“The NHS is committed to providing best value for taxpayers’ money.

“It is committed to providing the most effective, fair and sustainable use of finite resources.”



Our financial challenge


- Growing and ageing population, with more people living with multiple long-term conditions
 - Demand for services increases every year
 - Worked closely with Barking, Havering and Redbridge University Hospitals Trust (BHRUT) to address referral to treatment time (RTT) issues
 - We are in financial deficit and are legally required to balance our budget.
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What we have to do


- Make savings of **£55 million** in 2017/18 financial year (represents just over 5% of our total annual joint budget of just over £1 billion)
- Faced with some difficult choices
- Required by NHS England to find savings – have to act now.



What else are we doing to save money?

- Working with providers to make sure patient pathways are delivered in the best possible way
 - Looking at contracts to make sure they are cost effective
 - Making better use of technology through e-clinics etc
 - Making sure we use buildings efficiently
 - Making sure clinicians adhere to policy on procedures of limited clinical effectiveness (POLCE) so only patients who meet strict eligibility criteria receive treatment.
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Spending NHS Money Wisely 1 (SMW1)

- Eight week consultation on no longer funding or restricting some medications and procedures
 - Received 660+ responses
 - After careful consideration by clinical directors, CCG governing bodies agreed two thirds of the proposals:
 - no longer funding gluten-free foods or painkillers on prescription
 - Stopping breast enlargements, face lifts and varicose vein surgery
 - Funding one IVF embryo transfer rather than three
 - Changes took effect from 10 July 2017 and should amount to **£3 million of savings.**
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Spending NHS money wisely 2 (SMW2)

Looking at:

- Other 'over the counter' medicines
- Ear wax removal
- Some injections for back pain
- Osteopathy
- Cataract surgery
- Podiatry

If all the proposals were implemented could save local NHS around £4 million a year.



NHS prescribing


Proposing GPs no longer prescribe the following medicines, most of which can be cheaply and easily bought over the counter:

- Anti-malarial medicine
- Threadworm medicine
- Sleeping tablets (over the counter, for short-term use)
- Hay fever medicine
- Travel sickness medicine
- Vitamin D and probiotic supplements
- Skin rash creams, bath oils, shower gels and shampoo
- Sunscreens.

**These proposals (if implemented) could save the local NHS
£575,280 a year.**



NHS nationally: consulting on not prescribing ‘low value’ meds


- NHS England is consulting nationally until 21 October to no longer fund some medicines, including gluten-free products, painkillers, ‘complementary’ medicines and some travel vaccines
 - Their proposals include some of the medicines we already agreed to stop prescribing in SMW1 – we couldn’t wait
 - We have promoted the consultation locally in the SMW2 consultation document and tweets, and will be formally responding
 - Once results of national consultation known, we will assess new guidance and how might affect local prescribing.
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SMW2 proposals: procedures

We are proposing to no longer fund certain procedures:

- Ear wax removal
- Some injections for back pain
- Osteopathy

We are proposing to change the eligibility criteria for:

- Cataract surgery
 - Podiatry
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Ear wax removal

Propose no longer paying for people to have ear wax removed via aural microsuction.

- Removal of excess wax from ear canal using microscope and suction device
- Should be last resort once other usually effective treatments tried (olive oil, eardrops and ear irrigation)
- If change goes ahead certain at-risk people will still receive aural microsuction (e.g. if had ear surgery or perforated ear drum).

**This proposal (if implemented) could save local NHS
£403,259 a year.**



Back pain injections

Propose no longer funding some injections (disc, facet joint and epidural injections) for back pain.

- Intended to temporarily relieve pain, tingling and numbness in back
- Pain management experts at BHRUT advise is limited evidence to show these injections relieve pain
- If change goes ahead, GPs will still be able to refer patients to musculoskeletal physiotherapists and pain management clinics.

This proposal (if implemented) could save local NHS around £1.28m a year.



Osteopathy

Propose no longer funding osteopathy

- Way of detecting, treating and managing health problems by moving, stretching and massaging muscles and joints
- Not widely available on NHS and we understand Redbridge is only CCG in London to offer it
- Considered an 'alternative' medicine or treatment, and its use is not always based on scientific evidence.

**This proposal (if implemented) could save local NHS
£444,000 a year.**

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Cataract surgery

Propose tightening the eligibility criteria for cataract surgery from 6/9 visual acuity to 6/12.

- Surgery should only be offered if cataracts are affecting ability to carry out daily activities such as driving or reading (would only apply to adults)
- To legally drive a car, must have visual acuity of 6/12 or less
- We've tested this proposal with the Local Optical Committee and revised the criteria based on their advice.

**This proposal (if implemented) could save local NHS
£661,858 a year.**

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Podiatry

Propose restricting who can have NHS-funded routine podiatry.

- Corn and callus care and toenail cutting to be available only to those with underlying medical condition e.g. diabetes or rheumatoid arthritis
- Acute podiatry care would still be available e.g. surgery for in-growing toenails and diabetic foot services
- Need to ensure people who most need podiatry get it – plan to look at how treatment offered and provided across BHR.

**This proposal (if implemented) could save local NHS
£653,498 a year.**



Proposal	Potential savings
Back pain injections	£1.2m
Cataract surgery	£661,858
Podiatry	£653,498
NHS prescribing	£575,280
Osteopathy	£444,000
Ear wax removal	£403,259
Total	£4m

SMW2

- **No decisions have been made**
 - E-copies of document and questionnaire sent to GP practices, trusts, councils, MPs, community and voluntary groups
 - Working closely with Healthwatch and community and voluntary groups
 - Drop-in sessions in each borough
 - What else should we do?
 - Please complete the questionnaire at:
www.redbridgeccg.nhs.uk/spending-wisely
www.haveringccg.nhs.uk/spending-wisely
www.barkingdagenhamccg.nhs.uk/spending-wisely
 - Engagement period ends **5pm, 15 November 2017.**
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