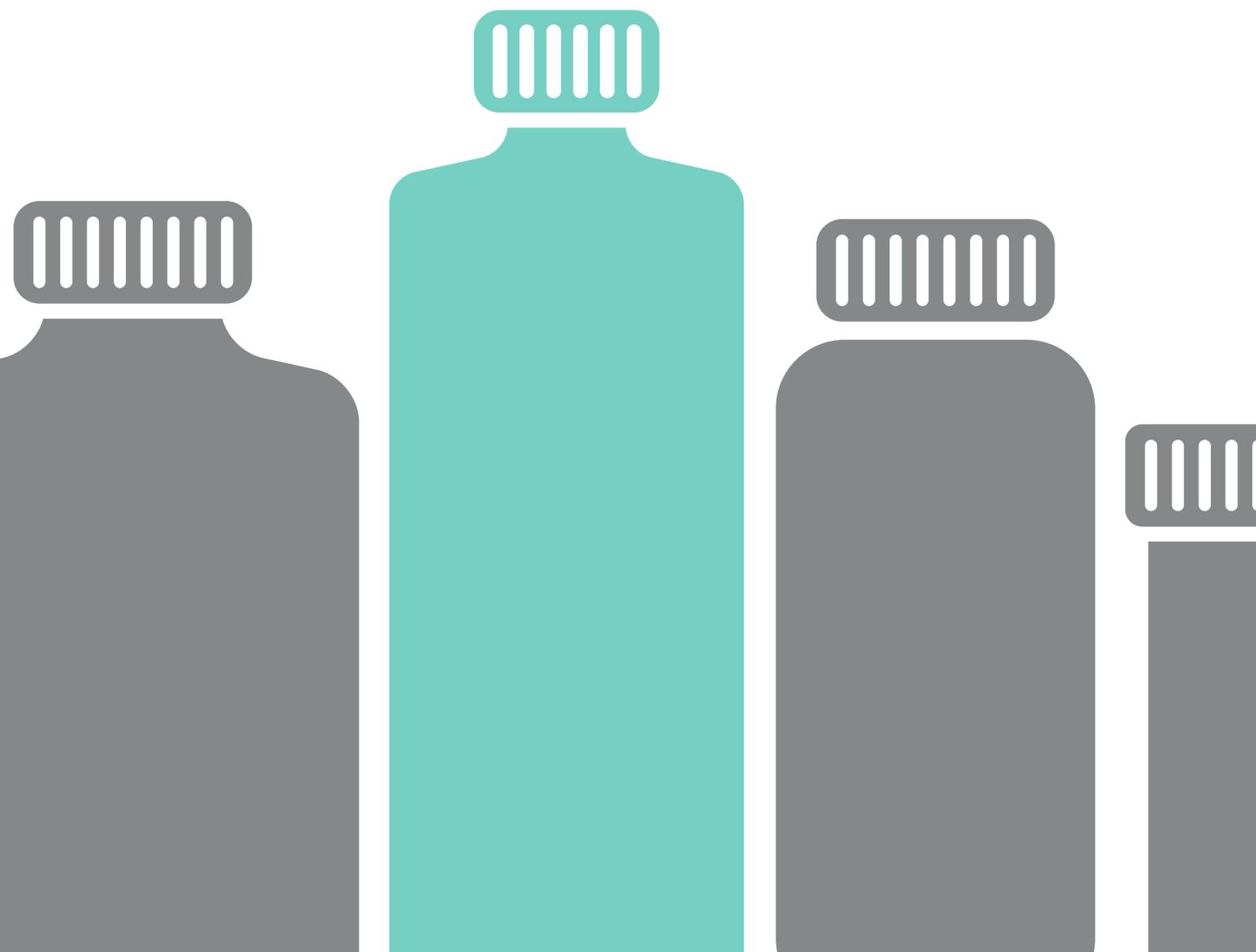


Medicines Management

Gluten- Free Foods Available on NHS Prescriptions

August 2013



DOCUMENT CONTROL

Document Location

Copies of this document can be obtained from:

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Revision History

The latest and master version of this document is held on the Medicines Management SharePoint:

REVISION DATE	ACTIONED BY	SUMMARY OF CHANGES	VERSION
19/07/2013	S Woods	Review in light of allowing supply of fresh bread	0.1
30/07/2013	S. Woods	Re-draft after comments from GMCSU Medicines Management team	0.2
01/08/2013	S Woods	Draft for review by GMMMG members	0.3
05/08/2013	S Woods	Amendments made due to comments received	0.4
03/09/2013	S Woods	Final version produced	1.0

Approvals

This document must be approved by the following before distribution:

NAME	TITLE	DATE OF ISSUE	VERSION
GMMMG	GMMMG Members	15/08/2013	1.0

Distribution

This document has been distributed to:

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GMCSU	Medicines Management	19/07/2013	0.1
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GMMMG	Meeting	15/08/2013	0.4

Gluten-Free Foods Available on NHS Prescription

Executive Summary:

- From April 2012 to March 2013 the Greater Manchester health economy spent over £1.2m on prescribed gluten-free foods. These products remain available in most supermarkets, albeit at increased cost over standard gluten containing products.
- In August 2011 Greater Manchester Medicines Management group produced a gluten-free policy, based on a number of individual ones produced by Greater Manchester Primary Care Trusts. Towards the end of 2012 a number of manufacturers of gluten-free fresh bread agreed to supply their products through several wholesalers with no delivery costs. This document amalgamates the key points from the previous policy¹ for Greater Manchester and takes into account the reduced cost of prescribing gluten-free fresh bread.
- GMMMG recommendations are;
 - GMMMG does NOT recommend the prescribing of cakes / cake mixes, sweet biscuits or pizza bases in the interests of promoting healthy eating. Only staple foods such as bread, pasta, flours, crackers and cereals as described in the current Drug Tariff, Part XV – Borderline Substances, List A should be prescribed.
 - Prescribers should normally prescribe quantities that do not exceed those recommended in this policy

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Practices should note low protein products associated the condition 'Phenylketonuria'(PKU) are excluded from this policy. It is important that children with Phenylketonuria, who require restriction of natural protein, consume adequate energy in their diets as lack of dietary energy can lead to poor metabolic control and metabolic instability.

For more information please see link below:

<http://www.nhs.uk/Conditions/Phenylketonuria/Pages/Introduction.aspx>

¹ Based on the original GMMMG policy written by Kirsty Macfarlane at the RDTTC in August 2011 (approved by GMMMG with no changes in September 2011)

Background

Gluten-free foods are prescribable for patients with established and diagnosed gluten-sensitive enteropathies, including steatorrhoea due to gluten sensitivity, coeliac disease, and dermatitis herpetiformis. Gluten-free products should NOT be prescribed at NHS expense for other conditions.

Dietary requirements

There is now a wide range of gluten-free foods available for purchase, including products that are naturally gluten-free and those that have been manufactured specifically for patients with gluten sensitivity.

Additional dietary requirements should be achieved by choosing healthy foods, which are naturally gluten-free. **Specially manufactured gluten-free foods should provide no more than 15% total energy.** It is recommended that total carbohydrate should provide about 50% of energy intake. Non-milk extrinsic sugars should not exceed 11% of energy intake. Starches, intrinsic and milk sugars should therefore contribute about 39% of energy intake (DOH, 1991)¹⁰. Consumption of naturally gluten-free foods such as potatoes and rice will also contribute to energy requirements.

In the interests of promoting healthy eating in, line with local and government initiatives, GMMMG does NOT recommend the prescribing of cakes / cake mixes, sweet biscuits or pizza bases. Patients who wish to include these products in their diet will be advised to purchase them from the wide range available from supermarkets or pharmacies.

Quantities

Table 1 illustrates the number of units in each gluten-free product. GMMMG recommends that prescribers should not prescribe more than the quantities of specially manufactured gluten-free foods included in table 2. (Taking into account patient age, gender and physical activity, and adjusting quantities as required during pregnancy and breastfeeding.)

If patients require greater quantities than those being prescribed they should be advised to purchase additional products.

Prescribing recommendations

There is a national list of prescribable products (List A) contained within Part XV of the Drug Tariff (compiled on behalf of the Department of Health and issued monthly; see <http://www.nhsbsa.nhs.uk>)

- Prescriptions should be endorsed '**ACBS**' to confirm that they have been prescribed appropriately for a qualifying condition.
- Patients who appear to be requesting significantly more than these amounts on a regular basis should be reviewed.
- Patients should be reminded that prescribed foods are for their own use only.
- Prescriptions should be for a maximum of one month supply at a time.

Table 1: Number of units in each prescribable gluten-free food item

Prescribable food item	Number of units
400g bread/rolls/baguettes	1
500g bread mix/flour mix	2
250g pasta	1

Table 2: Monthly gluten-free food prescription maximum requirement

Age Group	Suggested number of units/month (adjusted)**
Child 1 – 3 years	8
Child 4 – 6 years	9
Child 7 – 10 years	10
Child 11 – 14 years	12
Child 15 – 18 years	14
Male 19 – 59 years	14
Male 60 – 74 years	12
Male 75+ years	11
Female 19 – 74 years	11
Female 75+ years	9
Breastfeeding	Add 3 units
3 rd trimester pregnancy	Add 1 unit
High physical activity level	Add 3 units

**Adjusted Coeliac UK guidance to take account of what patients would normally buy as part of their grocery shopping.

Summary

- GMMMG does NOT recommend the prescribing of cakes / cake mixes, sweet biscuits or pizza bases in the interests of promoting healthy eating. Only staple foods such as bread, pasta, flours, crackers and cereals as described in the current Drug Tariff, Part XV – Borderline Substances, List A should be prescribed.
- Prescribers should prescribe quantities that do not exceed those recommended in this policy.

References

1. Gluten-free policies from NHS Bolton, NHS Trafford, NHS Salford, NHS Stockport and NHS Manchester.
2. Gluten-free foods: a revised prescribing guideline 2011. <http://www.coeliac.org.uk/healthcare-professionals/prescriptions>
3. Gluten-free foods – local options. Department of Health. http://webarchive.nationalarchives.gov.uk/20130107105354/http://www.dh.gov.uk/en/Publicationsandstatistics/Publications/PublicationsPolicyAndGuidance/DH_4101500. 18th January 2005.