

# PRESCRIBING COMMISSIONING POLICY: GLUTEN FREE FOOD

**NHS Wirral Clinical Commissioning Group fund the prescribing of the following Gluten Free (GF) Food:**

**Bread loaves\*, bread mix and flour mix.**

\*This does not include any form of bread roll (e.g. hot dog roll, hamburger roll).

As of December 2018, the prescribing of gluten-free foods on the NHS in England is restricted to bread and mixes only.

NHS England announced its decision to place restrictions on GF prescribing in 2018. This means that products such as biscuits, cakes, cereals, cooking aids, grains/flours and pasta will no longer be available for prescribing in primary care.

The necessary regulatory amendments came into force on 4<sup>th</sup> December 2018. As such, revisions have been made to Part XV (the 'ACBS list') and Part XVIII (the 'Blacklist') of the December 2018 Drug Tariff to reflect this change in prescribing.

Community pharmacies cannot now dispense an NHS prescription for products other than bread and mixes.

Individual cases will be reviewed at the NHS Wirral Clinical Commissioning Group Individual Funding Request Panel upon receipt of a completed application form from the patient's GP, Consultant or Clinician.

Applications cannot be considered from patients personally.

# Gluten-Free (GF) Products Prescribing Policy

<b>Version</b>	2.1
<b>Ratified By</b>	Quality and Performance Committee
<b>Date Ratified</b>	29.11.16 updated 13/07/2020 and ratified 28/07/2020 Minor change 20/10/2020 Expiry date extension request June 2022
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<b>Local Changes</b>	Updated by Gerardine Draper and Victoria Vincent July 2020, October 2020 Medicines Management Team Midlands and Lancashire Commissioning Support Unit
<b>Issue Date</b>	July 2020
<b>Review Date</b>	July 2022 Extended to July 2023
<b>Intended Audience</b>	Wirral GP practices and other local providers linked to the Clinical Commissioning Group prescribing budget

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# POLICY FOR PRESCRIBING OF GLUTEN FREE (GF) PRODUCTS

## 1. SCOPE OF THIS POLICY

- 1.1 The purpose of this policy is to outline the decision taken by NHS Wirral Clinical Commissioning Group to further restrict prescribing of GF food and to support prescribers to implement this decision. This policy has been updated to reflect the decision made by NHS England in 2018 to place restrictions on Gluten Free Foods. This means that products such as biscuits, cakes, cereals, cooking aids, grains/flours and pasta will no longer be available for prescribing in primary care in England.
- 1.2 This policy will ensure equity of service for all residents of Wirral and will allow the same expectation of what will be provided from the GP Practice or other services.
- 1.3 This policy applies to all services contracted by or delivered by the NHS across Wirral CCG including:
- a) GP Practices – GPs and any other Prescribers
  - b) Out of hours and extended hours providers
  - c) Acute Hospitals
  - d) Out-Patient Clinics
  - e) NHS Community Providers
  - f) Independent providers
  - g) Community pharmacies
- 1.4 This policy applies to all people (adults and children) who are registered with a GP in the Wirral (permanent or temporary resident) or who access a NHS service in Wirral.
- 1.5 The quantities of GF foods recommended by Wirral CCG have been adapted from those outlined by Coeliac UK (appendix 1 and 2) to reflect limitations placed on prescribing (as outlined in this document).

## 2. GLUTEN FREE FOOD PRESCRIBING

- 2.1 NHS Wirral CCG recommends that only the following foods can be prescribed:

Bread loaves (does not include any form of bread roll, e.g. hot dog roll, hamburger roll), bread mix, and flour mix.

Fresh bread may be prescribed, providing the pharmacy orders it from a wholesaler that does not apply handling charges.

Recommended quantities should not be exceeded (appendix 1). The diet should be supplemented with carbohydrates that are naturally gluten free.

2.2 The current arrangement for patients to be supported with advice from the W UTH Dietetics team will continue.

2.3 Patients will be expected to purchase GF foods if required. Patients should be signposted to appropriate sources of information on maintaining a healthy gluten-free diet.

### **3. MONITORING PRESCRIBING POLICY IMPLEMENTATION: GF FOOD PRESCRIBING REVIEW**

3.1 NHS Wirral Clinical Commissioning Group has a duty to ensure that the local NHS budget is spent in an appropriate way.

3.2 The Quality & Performance Committee is responsible for ensuring that all agreed actions are carried out by healthcare professionals according to this policy.

3.3 Implementation of the policy will be monitored via ePACT data.

## Appendix 1 – Quantities of GF foods recommended by Wirral CCG

Men		Women		Children	
Age (years)	Monthly (units)	Age (years)	Monthly (units)	Age (years)	Monthly (units)
19-59	9	19-74	7	1-3	8
60-74	8	75+	6	4-6	9
75+	7	Breastfeeding	9	7-10	10
		Pregnancy 3rd trimester	8	11-18	12

### Notes:

Quantities are **suggested** only and may be decreased where appropriate. Refer to the dietician service if necessary.

Each prescription should be for one month's supply of food.

Information obtained from Coeliac UK. For more information, visit

[www.coeliac.org.uk](http://www.coeliac.org.uk)

## Appendix 2 – Unit values of GF foods

Prescribable Food	Unit value
400g bread loaves	1
500g bread mix or flour mix	2

### Appendix 3 - References

- Coeliac UK, Gluten-free foods: A revised prescribing guideline 2011, Nov 2011, updated 2012. Available at [www.coeliac.org.uk](http://www.coeliac.org.uk)
- Prescribing Gluten-Free Foods in Primary Care: Guidance for CCGs <https://www.england.nhs.uk/publication/prescribing-gluten-free-foods-in-primary-care-guidance-for-ccgs/>