

Sheffield STOP list

The following preparations or groups of preparations are not considered suitable for NHS prescribing in Sheffield.

The list includes:

- Medicines or indications where there is a lack of evidence to support use, these include preparations where NICE has specifically advised not to prescribe e.g. NICE 'do not dos' and a selection of preparations annotated as having limited clinical value in the BNF.
- Medicines which offer poor value for money to the NHS and considered not to be cost effective, alternative preparations may be more suitable.
- Medicines that are readily available over the counter (often at lower cost than to the NHS), encouraging self-care.

There will be circumstances when it may be appropriate to prescribe these medicines and wherever possible we have tried to add guidance to reflect this. As can be seen from the list there is a significant opportunity to promote self-care, reduce waste, reduce prescribing of drugs of limited clinical value and increase the effectiveness of NHS resources.

The list reflects NHS England and NHS Clinical Commissioners guidance - ['items which should not routinely be prescribed in primary care: Guidance for CCGs'](#) published 30th November 2017.

Suggested action

Review all patients prescribed a medicine in the stop list. Determine whether to:

- Stop prescribing the medicine and provide the patient with advice on self-care or non-drug alternatives.
- Change the medicine to a more cost-effective/safer choice and provide the patient with information on why their medicine has been changed, see supporting patient resources.
- If it is appropriate in exceptional circumstances to continue treatment, ensure that the patient is assessed and managed through a multidisciplinary team as appropriate.

For items available to purchase over-the-counter (OTC), recommend self-care and purchase of the medicine OTC with support and advice from the community pharmacist wherever appropriate.

Medication - Hyperlinks take you to further supporting information/resources where available	Rationale for including	Examples of circumstances in which use may be appropriate	Actual spend Oct16 –Sept 17 (to nearest £1000)*	Patient resources
Items included in the NHS England (NHSE) / NHS Clinical Commissioners (NHS CC) guidance – ‘Items which should not routinely be prescribed in primary care: Guidance for CCGs’ November 2017				
Co-proxamol	Withdrawn from market in 2005 due to safety concerns, markedly more toxic in overdose than paracetamol. All preparations are unlicensed and significantly more costly than alternate analgesics.	None foreseen. Unlicensed so clinical and product liability lies with the prescriber.	£72,000	PrescQIPP Patient information leaflet (PIL)
Dosulepin	Less suitable for prescribing. Safer alternatives available. Should not be initiated in new patients. NICE CG90 for depression in adults states: “Do not switch to, or start, dosulepin because evidence supporting its tolerability relative to other antidepressants is outweighed by the increased cardiac risk and toxicity in overdose.	If in exceptional circumstances there is a clinical need this should be undertaken as part of a multidisciplinary team (MDT)	£16,000	PrescQIPP PIL
Doxazosin MR preparations	No good evidence of additional benefit over immediate release doxazosin regarding blood pressure control and symptoms of BPH. The MR preparations do allow for once daily dosing (note - IR generally once daily dosing).		£100,000	PrescQIPP PIL
*Immediate release fentanyl	Immediate release fentanyl is more costly than other immediate release opioids.	Patients undergoing palliative care treatment where use is in line with NICE guidance and is prescribed as part of an MDT by a specialist in palliative care.	£106,000	PrescQIPP PIL
Glucosamine and chondroitin	NICE CG177 (osteoarthritis) - Do not offer glucosamine or chondroitin products for the management of osteoarthritis		£3,000	PrescQIPP PIL
Complementary therapies, herbal supplements and homeopathy	There is limited clinical evidence and a lack of robust randomised controlled trials directly comparing them with standard treatments. Some are associated with severe adverse effects; they may significantly interact with other medicines and	None reviewed by NICE recommend their use.	£3,000	PrescQIPP PILs; Herbal Homeopat

	can delay accurate diagnosis of underlying pathology.			hy
Lidocaine plasters	NICE CG173 does not recommend the use of lidocaine patches as a treatment option in neuropathic pain due to limited clinical evidence.	Post herpetic neuralgia intolerant of first line systemic therapies or where they have been ineffective. If in exceptional circumstances there is a clinical need, it should be undertaken as part of a MDT	£178,000	PrescQIPP PIL
*Liothyronine (including armour throid and liothyronine combination products)	Note - Use in thyroid cancer - patients should obtain prescriptions from the centre undertaking treatment.	Black in the TLDL. New patients - IFR requests only See Q and A for further information and guidance	£101,000	
Lutein and other antioxidant vitamins	Lack of evidence to support benefit of lutein and other antioxidant vitamins.		£6,000	PrescQIPP PIL
Omega-3 and other fish oils (note, need password to access resources – contact Medicines Optimisation Team member for information)	NICE states do not use; <ul style="list-style-type: none"> • For secondary prevention of MI • To manage sleep problems in children with autism • Preventing hypertension in pregnancy • Familial hypercholesterolemia • Primary or secondary prevention of cardiovascular disease 	Amber traffic light drug for the management of hypertriglyceridaemia to prevent acute pancreatitis	£21,000	PrescQIPP PIL
*Oxycodone and naloxone combination product (Targinact®) (note, need password to access resources – contact Medicines Optimisation Team member for information)	There are more cost effective products available.	If in exceptional circumstances there is a clinical need, it should be undertaken as part of a MDT	£25,000	PrescQIPP PIL
*Paracetamol and tramadol combination products (Tramacet®) (note, need password to access resources – contact Medicines Optimisation Team member for information)	There are more cost effective products available.		£12,000	PrescQIPP PIL

*Perindopril arginine	There are more cost effective products available. (e.g other ACE inhibitors or if perindopril preferred, the perindopril erbumine salt)		£4,000	PrescQIPP PIL
Rubefaciants	Low clinical effectiveness and are inexpensive and freely available to buy over the counter. Note <ul style="list-style-type: none"> ➤ Preparations may be irritant. ➤ Evidence does not support the use in acute or chronic musculoskeletal pain. Rubefaciants should not be offered to treat osteoarthritis. 	Capsaicin cream should be considered for people with localised neuropathic pain who wish to avoid, or who cannot tolerate, oral treatments and patches. Patches should be used on the advice of a specialist. (See NICE CG173) Topical capsaicin should be considered as an adjunct to core treatments for knee or hand osteoarthritis (See NICE CG177)	£117,000	Sheffield produced PIL – ' Why your doctor may not prescribe your usual medicines. '
*Once daily tadalafil	There are more cost effective products available.		£88,000	PrescQIPP PIL
*Travel vaccines (administered exclusively for the purposes of travel)	Restatement of existing regulation that allows only selected travel vaccines to be administered on the NHS	See local guidance for details of exceptions.	£127,000	
*Trimipramine	There are more cost effective products available		£89,000	PrescQIPP PIL
Items not included in the NHSE/ NHS CC guidance, but evidence lacking or cost effective alternatives available			Estimated annual spend, based on Q2 16/17 ePACT data	
Probiotics	Limited evidence and preparations and food supplements available OTC.		£6,000	
Intra-articular hyaluronic injections	NICE CG177 (osteoarthritis) states 'Do not offer intra- articular hyaluronan injections for the management of osteoarthritis.'		No evidence of recent prescribing	
Cannabis sativa	For multiple sclerosis, the cost effectiveness evidence did not support its use – see NICE CG186 . Currently black on the Sheffield TLDL	IFR approval only	£4,000	

Items not included in the NHSE / NHS CC guidance, but where evidence lacking or preparations can be purchased over the counter, promoting self-care.			Estimated annual spend, based on Q2 16/17 ePACT data	
Cough and cold remedies	Limited clinical value for the use of these treatments; cough mixtures, aromatic inhalations, decongestants sore throat lozenges etc. Potential for dependence with codeine linctus.	Paediatric simple linctus is used as a vehicle for budesonide for children with eosinophilic oesophagitis	£10,000	Sheffield produced PIL – ‘Why your doctor may not prescribe your usual medicines.’
Vitamin B complex		Medically diagnosed deficiency, including for those patients who may have a lifelong or chronic condition or have undergone surgery that results in malabsorption. Continuing need should however be reviewed on a regular basis. NB maintenance or preventative treatment is not an exception. If clinical need established, prescribe as vitamin B compound strong	Figure included in vitamins and supplements	
Cyanocobalamin	OTC vitamins are inexpensive - encourage self-care with OTC preparations if oral vitamin B12 is recommended. Prescribed oral vitamin B12 (cyanocobalamin) is much more expensive than the injectable form (Hydroxocobalamin).	Vitamin B12 Guidance for Primary Care	£136,000	
Antifungal nail paints	Systemic treatments are more effective, if an antifungal treatment is indicated. Amorolfine nail lacquer (pack size 3ml) is available OTC for mild cases and for treatment of a maximum of two nails.	Treatments for children - on the recommendation of a podiatrist, dermatologist or paediatrician	£15,000	
Topical NSAIDs	Products can be purchased OTC as self-care for acute musculoskeletal pain.	NICE CG177 recommends topical NSAIDs for knee or hand osteoarthritis only	£460,000	
Painkillers for acute pain in adults: paracetamol, aspirin	Short courses of analgesics for acute common ailments can be purchased by the patient under self-care with community pharmacist support.	If long-term treatment is required. Note – ordinary tablets are recommended as	£991,000	

300mg, ibuprofen 200-400mg and co-codamol 8/500mg	Prescribing short courses of pain relief for acute conditions costs the NHS more than the equivalent products purchased over the counter	more cost effective. Soluble preparations have a high sodium content compared with standard formulations and are up to 3 times more expensive.		
Vitamin supplements and tonics	Vitamins should be obtained through dietary means where possible, if a supplement is required patients should be encouraged to purchase these over the counter. Healthy Start vitamins are available free to eligible pregnant and breast feeding women from all children's centres in Sheffield, or at low cost from children's centres and some pharmacies. Other low cost supplements suitable for conception and pregnancy are also available from pharmacies, supermarkets and health food shops.	Renal dialysis. ACBS criteria met. Where appropriate in malnutrition.	£273,000 *includes vitamin B prescribing	Sheffield produced PIL – ' Why your doctor may not prescribe your usual medicines. '
Hay fever preparations (OTC antihistamines)	Products can be purchased OTC as self-care.	Chronic rhinitis and urticaria, and for children	£163,000	

*All those annotated are new editions to the Sheffield STOP list, November 2017. Minor update July 2018, October 2018, March 2019.

References

NICE savings and productivity – 'do not do' - <https://www.nice.org.uk/savingsandproductivity/collection?page=1&pagesize=2000&type=do%20not%20do>

BNF – Medicines less suitable for prescribing - <https://www.medicinescomplete.com/mc/bnf/current/search.htm?q=less+suitable+for+prescribing&searchButton>

PrescQIPP DROP-List bulletin and supporting documents - <https://www.prescqipp.info/our-resources/webkits/drop-list/>

CKS - <https://cks.nice.org.uk/#?char=A>

NHSE / NHS CC – Items which should not routinely be prescribed in primary care: Guidance for CCGs. - <https://www.england.nhs.uk/wp-content/uploads/2017/11/items-which-should-not-be-routinely-prescribed-in-pc-ccg-guidance.pdf>

Note the details for the local minor ailments scheme can be found here - <http://www.intranet.sheffieldccg.nhs.uk/minor-ailments-scheme.htm>