

Simple Switches and Appliances Quick Win Guide

This document has been developed to assist practices with appliance reviews and simple switches. It will ensure cost effective prescribing in line with CCG formularies whilst improving patient care through assessment. These are chosen carefully and can be done by the practice themselves.

CCG formularies can be found using the following links:

East Suffolk

<https://ipswichandeastsuffolkccg.nhs.uk/GPpracticememberarea/Clinicalarea/Medicinesmanagement/CCGFormularies/Appliances.aspx>

West Suffolk

<https://www.westsuffolkccg.nhs.uk/clinical-area/prescribing-and-medicines-management/dressings-and-stoma/>

Exclusions for all switches: Patients under the age of 18, patients receiving palliative care or where a specific product has been chosen by a clinic/specialist in exceptional circumstances.

Please contact the team for support and guidance:

East Suffolk: iesccg.medsmanagement@nhs.net

West Suffolk: wscgg.medsmanteam@nhs.net

Contents

- 1) Appliance Switch Process
- 2) Barrier Cream and Quick Wins
- 3) Continence Appliances Summary Sheet and Quick Wins
- 4) Stoma Appliances Summary and Quick Wins
- 5) Wound Care Summary and Quick Wins

Appendices

Appendix 1: Generic Switch – patient letter

Appendix 2: Stoma Service Review – patient letter

Appendix 3: How to complete a system one Search

Appliances Switch Process

Review practice data and identify high spend Appliance category

Perform search on Appliance Quick Win category to identify which patients are appropriate for switching – please see guide in the appendix for system one searches

Access each patient record on the search report and review the medication list – Most Appliances (excluding those for wound care) can be located and placed on a repeat template, where they are not visible check acute templates to confirm product has been recently prescribed

Refer to relevant Appliance Quick Win chart to match products and switch to recommended formulary product

Check patient allergy status - if patient has a sensitivity to the product exclude patient from product switch

Place new product on repeat template (excluding wound care products unless agreed by medicines management team)

Inform patient of changes in normal way according to practice procedure (see Appendix for generic patient letter template that can be used if required)

Update Dispensing Appliance Contractor/Pharmacy of change made – This helps to ensure the next prescription request is correct and stops incorrect products being sent out

Tips - they may have more than one quick win on their list, save time by switching other Quick Win products at the same time! Additional products do not always show in the report

Barrier creams should ideally be reviewed fortnightly and stepped down to more appropriate long-term treatment.

Key points

It is best practice to **ONLY** use ointments short term and these are for **severely broken skin**.

Care Homes should **not** use tubs due to infection control therefore Medi Derma S tube maybe more appropriate in these circumstances.

The **step up and Step down** technique should be applied where possible. Please obtain skin integrity and encourage review. See chart below.

Switch from:	Switch to:
Severe skin Damage	
Proshield	➤ Medi Derma Pro
Mild to Moderate Skin Damage	
Cavilon cream, Medi honey or Proshield	➤ Medi Derma S or Medi Derma S Pump Spray
Prevention (intact skin)	
Cavilon cream, Medi Honey or Proshield	➤ Conotrane or Medi Derma S in care homes.

Simple Switch 'Like for Like' where skin integrity is unknown

Original Product	DT Price (£)	Alternative Product	DT Price (£)	Saving
Ointments				
Proshield 115g	9.94	Medi Derma-Pro 115g	8.50	14.5%
Cleansers				
Proshield Spray Cleanser 235ml	6.61	Medi Derma-Pro Spray Cleanser 250ml	5.95	10%
Creams				
LBF Barrier Cream 90g	7.55	Medi Derma-S Cream 90g	5.95	21%
Cavilon Barrier Cream 90g	6.55	Medi Derma-S Cream 90g	5.95	9%
Medihoney Barrier Cream 28g	4.89	Medi Derma-S Cream 28g	2.98	40%
Cavilon Barrier Cream 28g	3.32	Medi Derma-S Cream 28g	2.98	10%
Films				
Cavilon Film Foam Applicator 1ml	4.09	Medi Derma-S Barrier Film Foam Applicator 1ml	3.70	10%
Cavilon Film Foam Applicator 3ml	6.62	Medi Derma-S Barrier Film Foam Applicator 3ml	5.95	10%
Brava Barrier Film Spray 50ml	12.12	Medi Derma-S Barrier Film Spray 50ml	8.95	26%
LBF Barrier Film Wipes	26.08	Medi Derma-S Barrier Film Wipes	19.40	26%
Cavilon Barrier Film Wipes	23.76	Medi Derma-S Barrier Film Wipes	19.40	18%

Continence Appliances

- When prescribing continence products (catheters, catheter drainage bags and accessories) the most **cost effective formulary choice** should be used first, taking into consideration **patient needs** e.g. bag capacity and tubing length.
- **Simple, cost effective switches** can be made to **catheter drainage bags, valves, catheters** and other **accessories** without affecting the patient's treatment.

Considerations when switching catheter bags:

- **Match bag size** i.e. 500ml to 500ml.
- **Match tube length** i.e. short tube (10cm) to short tube (10cm) and long tube (30cm) to long tube (30cm). If there is not an exact match, pick the nearest available length.
- **Review** all patients that are currently using **adjustable tubes** as there is an increased **infection risk** to the patient. Remove these where possible.
- **All** Formulary bags come with **Washable bag straps** and **should not** be prescribed separately.
- Ensure **quantity** of bags provided is in line with recommendations on the formulary.

Day Bags	10 bags (1 box) every 2 months
Night Bags Single Use (disposable)	30 bags (3 boxes of 10) every month
Night Bags- Drainable (5-7 day use)	10 bags (1 box) every other month
Catheters	1 every 4-12 weeks
Catheter valves	1 box of 5 every month

The following table provides a guide to switching **commonly** prescribed catheter bags, catheters and accessories. It is **not exhaustive** and any queries regarding switches should be directed the Appliance Nurses within the CCG. This gives you **examples** of switches.

The CCG's second line option is **Clinisupplies Prosys** and these are an alternative to LINC, should the need arise. **Please do not re-issue previous brands.**

Key Pathways

Sheath pathway

For patient reviews please contact Suffolk CCC on **03001232425** **Bladder and Bowel Service**. All patients are then activated on the system to ensure monitoring. For Nursing homes **ONLY** please contact Traci Franks Direct. Traci.frank1@nhs.net. The patient will need to provide consent. Please see formulary.

Intermittent catheter pathway

Patients in most cases should not be emptying their bladder more than 5/6 times a day, increased usage can cause trauma or risk of infection. If a patient has increased their usage then a fluid balance chart is recommended for completion, please see the formulary for an example of this.

If a patient or dispensing contractor (DAC) are requesting more than 150 per catheters per month, please liaise with the patient to review how many times a day they are emptying their bladder. Adjust the prescription accordingly. If more than 5 times a day and there's no clear clinical need the GP will need to review and complete a fluid balance chart. Please see formulary.

Bladder washout pathway

Please see link for useful information on increased usage or requests for bladder washout preparation (ie OptiFlo and Uro-Tainer)

<https://www.westsuffolkccg.nhs.uk/wp-content/uploads/2020/07/Pathway-for-washouts-May2020-PDF.pdf>

Check that a prescription for the Appliance is still required i.e. is patient still catheterised? If catheter has been removed, catheter bags and accessories will need to be taken off repeat.

Select T Tap or lever Tap when completing switches. Either are appropriate but slide Taps are less likely to be knocked by the patient causing leaking. Keep tube length the same where possible.

DAY BAGS

Switch From:		Switch to:
Bard Uriplan 350ml direct inlet tube D3S	➤	Linc Flo 350ml direct inlet tube LM350SD-T Prosys do not have direct inlet tubes (6cm)
Simpla Profile 350ml 6cm tube 21563		
Bard Spirit leg bags 350ml 10cm tube DSLB350S	➤	Prosys Sterile Leg Bags with slide action tap. P350S
Bard Uriplan 350ml 30cm inlet tube D2L	➤	Prosys Sterile Leg Bags with slide action tap. Containing 1 pair of non latex gloves and soft elasticated cotton Velcro straps per box of 10 P350L LINC do not have 30cm tube 350ml
Simpla Profile 350ml 25cm tube 21564		
Bard Spirit 350ml 30cm tube DSLB350L		
Bard Uriplan 500ml Direct inlet D5S	➤	LINC Flo Leg Bag 500ml Direct Inlet. LM500SD-T Prosys do not have direct inlet tubes (6cm)
Coloplast Simpla Profile 500ml 6cm tube 21573		
Bard Uriplan 500ml 10cm Tube D5M	➤	Prosys Sterile Leg Bags 500ml 10cm tube P500S
Spirit 500ml 10cm tube DSLB500S		
Bard Uriplan 500ml 30cm tube D5L	➤	Prosys Leg bag 500ml 30cm inlet tube P500L
Simpla Profile 500ml 25cm Tube 21574		
Simpla Profile 750ml Direct Inlet 21593	➤	Linc Flo 750ml direct inlet tube LM750SD-T Prosys do not have direct inlet tubes (6cm)
Bard Uriplan 750ml Direct Inlet D7S		
Bard Uriplan 750ml Short tube D7M	➤	Prosys leg bag 750ml 10cm inlet tube P750S
Bard Uriplan 750ml Long Tube 30cm D7L	➤	Prosys leg bag 750ml 30cm inlet tube P750L
Simpla Profile 750ml 25cm Tube 21594		

SINGLE USE NIGHT BAGS: These are more clinically suited in Care Homes due to infection control

Switch From:		Switch to:
Bard Uriplan One MT single use slide drainage tap 90cm inlet Lever Tap D1MT	➤	Prosys Non-sterile 2 litre night bag with single use drainable tap Code PSU2
Coloplast Simpla Profile drainable night drainage bag Lever Tap 21578 2L		

DRAINABLE NIGHT BAGS - 5 TO 7 DAY USE

Switch From:		Switch to:
Coloplast drainable night drainage bag T-Tap 21365 2L (Coloplast Ltd)	➤	Prosys Sterile 2 litre night bag with 90cm inlet tube, non-return valve, sample port connector, lever outlet tap and pair of non latex gloves Code P2000-LT
Simpla Profile drainable night drainage bag Lever Tap 21578 2L (Coloplast Ltd)		
Uriplan drainable night drainage bag Lever Tap D813131 2L (Bard)		

CATHETER VALVES

Switch From:		Switch to:
Flip-Flo Cath Valve Lever Tap BFF5 Bard	➤	CliniSupplies Ltd Prosys Catheter Valve CODE PCV3942
Coloplast Cath Valve Lever Tap CV3808		

CATHETERS

All catheter Trays are **NOT** permitted for prescribing. They cost between £17-£20 and have a £10 dispensing fee on prescription. The disposable items inside are **NOT** required and should be supplied by the care provider e.g. nursing home, district nurse. Please dispense individual catheters **ONLY and Lidocaine (Cathejel or LINC Gel)**

Switch From:		Switch to:
Bard Biocath Comprehensive Care Foley Tray all sizes MALE Sizes 12ch-22ch	➤	1) Rüsç Sympacath AquaFlate Hydrogel Coated Latex with sterile water filled syringe Male 10ml Balloon Sizes: 12ch – 22ch Code: DH310112-DH310122 2) Cathejell 12.5g CJL 12501
Bard Biocath Comprehensive Care Foley Tray all sizes FEMALE Sizes 12ch-16ch	➤	1) Rüsç Sympacath AquaFlate Hydrogel Coated with Latex sterile water filled syringe Female Sizes: 12ch - 16ch 10ml Balloon Code: DH210112-DH210122 2) Cathejell 12.5g CJL 12501
When switching catheters please replace with ' Like for Like '. Gauge and length must match, for example 12ch to 12ch or 14ch to 14ch.....Female to female and male to male. Some Females will use MALE catheters or standard length but Men MUST NOT use a female length catheter		
Latex standard catheters		
Bard Biocath Aquamatic Hydrogel Coated #Pre-filled with sterile water MALE	➤	Rüsç Sympacath AquaFlate Hydrogel Coated Latex with sterile water filled syringe Male Sizes: 12ch – 22ch 10ml Balloon Code: DH310112- DH310122
Bard Biocath Hydrogel Coated MALE		
Bard Biocath Aquamatic Hydrogel Coated #Pre-filled with sterile water FEMALE	➤	Rüsç Sympacath AquaFlate Hydrogel Coated with Latex sterile water filled syringe Female Sizes: 12ch – 16ch 10ml Balloon Code: DH210112- DH210122
Bard Biocath Hydrogel Coated FEMALE		

Silicone

Male

Bard Lubri-Sil Aquafil Hydrogel Coated Silicone with pre-filled syringe of sterile water Male D175812-22E		➤ Rüsç Brilliant AquaFlate All-Silicone with sterile water filled syringe for balloon inflation and empty syringe for balloon deflation Male. DA310112 - DA310124 Sizes 12-22ch 10ml balloon
Bard Lubri-Sil Hydrogel Coated Silicone Male D176816-22E	➤	
Bard All Silicone (Male/Standard) (D1658)		
Coloplast Ltd Folsyl All Silicone Catheter Male AA71		
Folsyl X-Tra with pre-filled syringe for balloon Male AA8A12-AA8A22		

Female

Bard All Silicone Female D1661		➤ Rüsç Brilliant AquaFlate All-Silicone with sterile water filled syringe for balloon inflation and empty syringe for balloon deflation Female DA210112 - DA210124 Sizes 12-22ch 10ml balloon
Folsyl X-Tra with pre-filled syringe female AA8B12-AA8B18	➤	
Bard Lubri-Sil Aquafil Hydrogel Coated Silicone with pre-filled syringe of sterile water Female D176112-16E		
Coloplast Ltd Folsyl All Silicone Catheter Female AA75		

STOMA ACCESSORIES		
Barrier wipes for stoma patients should not be used long term. Patients on these should be reviewed by their stoma nurse approx. every 6 months. Stoma accessories can be very high cost and can be switched simply for cost effective alternatives on the CCG Stoma formulary as non-exhaustive examples outlined below. For full range of product see system one searches.		
Barrier wipes		
3m Health Care_Cavilon No Sting Barrier Film Stoma Wipe Do not switch if this has been recommended by the Stoma Nurse	➤	StoCare Barrier Wipes STC 250 (30 wipes)
CliniMed_LBF Ster No Sting Barrier Film Wipes x30	➤	
Coloplast_Brava Skin Barrier Wipe	➤	
ConvaTec_ConvaTec Silesse Sting Free Skin Barrier Wipes	➤	
Great Bear_GB SOFT SKIN No Sting Barrier Wipes	➤	
Medicareplus_Medi Derma-S Non Sting Medic Barrier Film Wipes	➤	
Pelican_Protect Plus Non Sting Barrier Film Wipes	➤	
ProSys_Independence No Sting Barrier Film Sach Wipes	➤	
Salts_Barrier Film Wipes PPS1	➤	
Trio_Elisse Sting Free Skin Barrier Wipes	➤	
Barrier Film Sprays		
All barrier film sprays For example. <i>Brava skin barrier spray 50ml</i>	➤	Cavilon Barrier Film Pump Spray (28ml)
Deodorant sprays		
Deodorant sprays are not clinically necessary and should NOT be on a prescription For example. <i>Opus_NaturCare Breeze Deod A/Spy</i>	➤	STOP – Not clinically necessary
Lubricating Gel Sachets		
For example. <i>Opus_DeoGel Deodorising & Lubricating Gel <u>50 Sachets</u></i>	➤	Hollister Adapt Lubricating Deodorant 2ml Sachets 78501 (<u>50 sachets</u>)
Adhesive Remover Sprays		
C D Medical_Peel Easy Adh Remover Spy 50ml	➤	Peak Medical Ltd Offmate Stoma Adhesive Remover OM 50 (50ml spray)
CliniMed_Appeel Advance No Sting Medic Adh Remover A/Spy 50ml	➤	
CliniMed_Appeel No Sting Medical Adh Remover A/Spy 50ml	➤	
Coloplast_Brava Adh Remover Spy 50ml	➤	
Dansac_Non Sting Adh Remover A/Spy 50ml	➤	
Hollister_Adapt No-Sting Medical Adh Remover A/Spy 50ml	➤	
Hollister_Adapt No-Sting Medical Adh Remover A/Spy 76g	➤	
Oakmed_EasyLease No Sting Adh Remover Spy 50ml	➤	

Opus_Lift Plus Adh Remover A/Spy 50ml	➤	
Pelican Release Non-Sting Adh Remover Spy 50ml	➤	
ProSys_Independence Adh Remover Aero 50ml	➤	
Rhodes_StoCare Remove Medic Adh Remover Spy 50ml	➤	
Salts_Adh Remover Spy 50ml	➤	
Trio_Elite Sting Free Adh Remover Spy 50ml	➤	
Opus_Lift Plus Citrus Medical Adh Remover Spy	➤	Lift Plus Citrus 360 adhesive remover spray 50ml
Respond_Remove Adh Remover Spy Apple	➤	
Respond_Remove Adh Remover Spy Blkberry	➤	
Respond_Remove Adh Remover Spy Mint	➤	
Adhesive Remover Wipes		
C D Medical_Peel Easy No Sting Adh Remover Wipes	➤	StoCare Non-sting Medical Adhesive Remover Wipes STC 200 (30 wipes)
CliniMed_Appeel No Sting Medical Adh Remover Wipes	➤	
Coloplast_Brava Adh Remover Wipes	➤	
ConvaTec_ConvaCare Adh Remover Wipes	➤	
ConvaTec_ConvaTec Niltac Sting Free Medic Adh Remover Wipes	➤	
Dansac_Non Sting Adh Remover Sach	➤	
Great Bear_GB Soft Skin No Sting Medical Adh Remover Wipes	➤	
Hollister_Universal Remover Wipes	➤	
Opus_Lift Medical Adh Remover Soln Sach 2ml	➤	
Opus_Lift Plus Citrus Medical Adh Remover Sach	➤	
Opus_Lift Plus Medical Adh Remover Sach Wipe	➤	
Pelican_Release Non-Sting Adh Remover Sach Wipe	➤	
ProSys_Independence No Sting Adh Remover Sach Wipes	➤	
Cleansers		
Cleansing products are not clinically necessary For example. Brava cleansing wipes	➤	STOP products and advise patient to contact Stoma Nurse if necessary

Stoma Reviews		
Patients can access a Stoma review via the Stoma Nurses at any point – Please see Appendix 2 for example letter which the practice can send to patient.		

Dressings Switch Chart

Dressings should NOT be placed on repeat unless confirmed by Medicines Management Team or Tissue Viability Nurse. See below basic dressings that can be safely switched at time of request.					
Popular non-formulary dressings			GP Practice Formulary		
Product Type	Product Name	→	Approved Products		
Occlusive Film	Mepitel Film	→	Mepore Film		
Adhesive Absorbent <i>Low absorbency</i>	Mepore	→	Cosmopor E		
	Primapore	→	Mepore Film + Pad (waterproof)		
	Opsite Post Op	→			
	Opsite Plus	→			
Bordered and Non-bordered Silicone Foam <i>Moderate absorbency</i>	Allevyn Gentle	→	Kliniderm Foam Silicone <i>(bordered or non-bordered)</i>	Kerrafoam SIMPLE <i>(bordered or non-bordered)</i>	Allevyn LIFE
	Biatain				
	Lyof foam Max <i>(non-bordered)</i>				
	Mepilex / Mepilex Comfort				
	Urgotul Absorb				
Bordered Foam Sacrum	Mepilex Sacrum	→	Kliniderm Foam Sacrum	Allevyn Life Sacrum	Tegaderm Adhesive Foam
Foam Heel <i>Bordered and non-bordered</i>	Allevyn Heel	→	Kliniderm Foam Silicone Heel <i>(Bordered or non-bordered-match to requested product)</i>		Tegaderm Foam Adhesive Heel
	Mepilex Heel				
Absorbent Pad <i>Moderate absorbency</i>	PremierPad	→	Zetuvit		
	Mesorb				
Superabsorbent <i>High absorbency</i>	Cutimed Sorbion Sachet / Sana	→	Vliwasorb Pro		
	KerraMaxCare	→	Kliniderm Superabsorbent	Vliwasorb Superabsorbent	
	Mextra Superabsorbent				
Manuka Honey	Activon Tulle	→	MediHoney Tulle		
	Algivon	→	MediHoney Apinate		
	Activon Tube 25g	→	MediHoney Antibacterial Wound Gel 10g		
Alginate	Kaltostat	→	Melgisorb Plus		
Hydrofiber	Aquacel / Durafiber	→	Exufiber		
Hydrogel	Intrasite Gel	→	Activheal Hydrogel Tubes		
Stockinette	Comfast	→	Tubifast		

Appendix 1

Patient Letter template- generic

Practice Letterhead

Address

Tel:

Fax:

Private and confidential

<Patient Name>

<Patient Address>

<Today's date>

NHS no <NHS number>

Dear «PatientName»

Important information about your repeat prescription

In line with best clinical practice and local guidelines we regularly review the medicines we prescribe to check that we are using the most effective medicines. Your GP Practice has reviewed your current treatment and has made the following changes to your prescription.

From:

To:

Whilst the name of the new product is different, it will continue to treat your condition in the same way. **(insert previous product here)** is not recommended on the CCG formulary.

The NHS considers this a more effective treatment regime. Please continue to use any products you have at home before requesting your new supply.

You should not experience any side effects from this change. Should you have any other queries about this medication change please contact PALS on 08003896819 or Email PALS@Suffolk.nhs.uk

Yours Sincerely

Appendix 2

Patient Letter Template – Request Stoma Review

Practice Letterhead

Address

Tel:

Fax:

Private and confidential

<Patient Name>

<Patient Address>

<Today's date>

NHS no <NHS number>

Dear «PatientName»

Stoma Review Indicated

It can be worrying thing about accessing the support you need when living with a stoma. You may need medical help to assess skin health and products, or have a question relating to your condition.

At {insert name of GP Practice} in partnership with Suffolk Community Stoma Services, we can support you with accessing a community stoma nurse specialist.

How to access Stoma support

You can call the surgery on {insert surgery telephone number} and the receptionist will ask for your contact details and the community stoma nurse will call you back to answer any questions you may have and book you in for a review if required.

Alternatively you can contact the stoma nurse directly:

West Suffolk: Bernadette Ambrose 07979 109919

East Suffolk: Stoma Nurses 01473 242168

As well as discussing the health of your stoma and skin, the nurse will answer any questions you may have around lifestyle, exercise, diet and products available.

If you have experienced any of the following stoma or skin related problems during this time. We would urge you to contact us or the community stoma nurse directly.

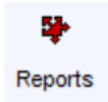
- Sore or irritated skin around your stoma
- Pouch leakages
- Adhesion issues – does the bag ever come off or slip down?
- Odour issues
- Ballooning or pancaking

Yours Sincerely

{Insert name of GP prescribing lead, Practice manager or Community stoma nurse on behalf of GP practice}

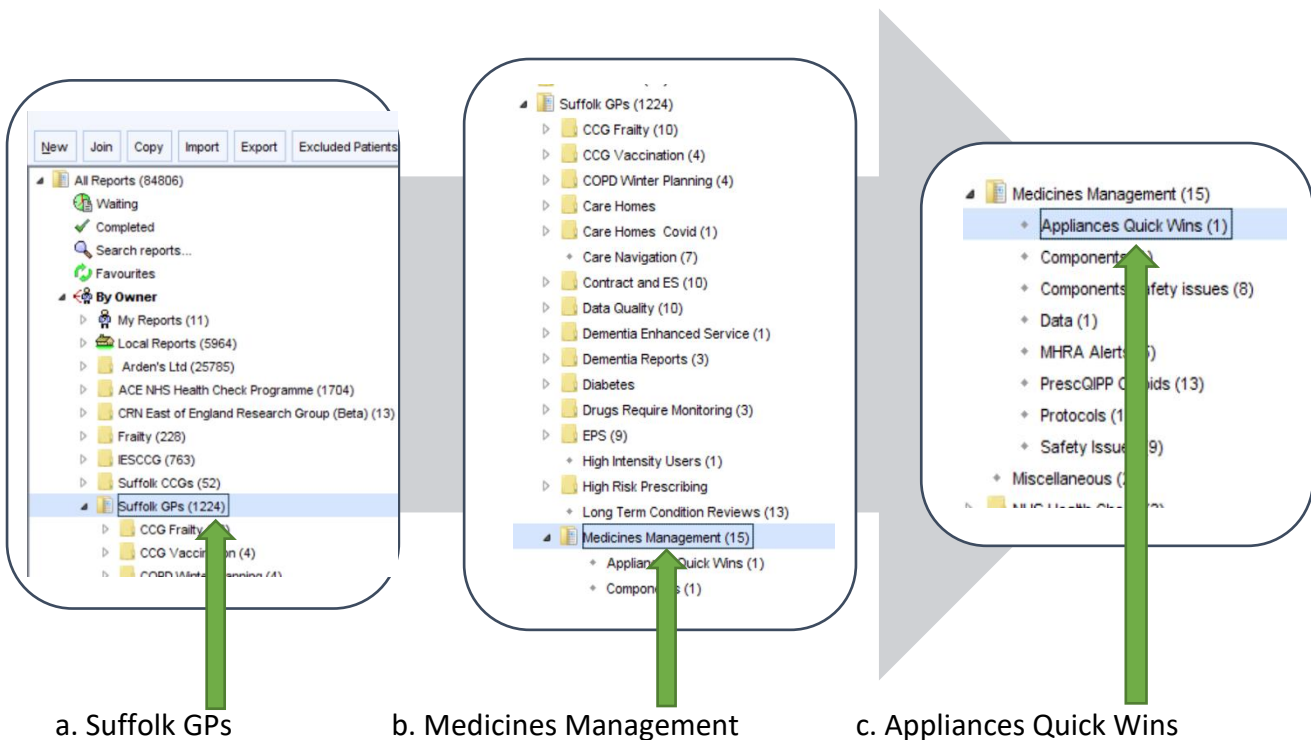
Appendix 3

Directions for locating Appliances Quick Win Report

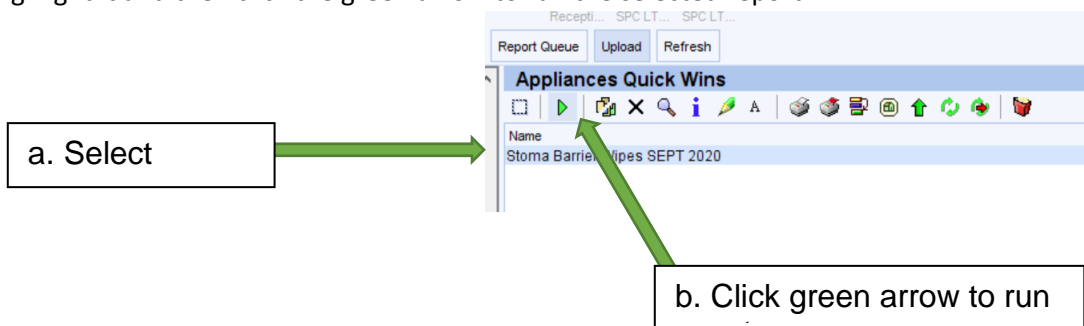
- 1) Access Reports by clicking on the Reporting icon on the home screen  or via the Reporting tab on the top bar



- 2) On the right-hand side of the Reporting screen the report folders will be listed.
- Access the Suffolk GPs folder by clicking on the white side arrow
 - Scroll down and open the Medicines Management folder by clicking the arrow
 - Click the Sub-category Appliances Quick Wins folder to access the current Quick Win Report



- 3) Within the Appliances Quick Wins folder locate the Quick Win Report you wish to run, click on the report to highlight it and then click the green arrow to run the selected report.



- 4) The report can take a couple of minutes to complete. Once completed it will indicate how many patients the report has found.

a. Completed search count and



Name	Count	%	Last Run	Flags
Stoma Barrier Wipes S... T 2020	0	0.0 %	25 Sep 2020 14:23	(a) ✓

b. Click on magnifying glass to select show patients

- 5) A new screen will appear showing your patient list within the report and each product issue that patient has had over the search period. You can now retrieve each patient record to make the recommended switch according to the Quick Win.

Please note the identified product may not be set up as a repeat template and may only have been issued acutely. In this case you can just add the recommended switch product to the patients repeat template.

- 6) If the product is usually dispensed through an external Dispensing Appliance Company, please inform them of the switch made.
- 7) Please inform the patient of the changes made in line with your Practice procedures.