

Spending NHS money wisely

What do you think about our ideas?



This document tells you some of the changes we are thinking about making so we can save the NHS money we need to in Barking and Dagenham, Havering and Redbridge.



We want to know what you think and if there is anything else you want us to think about. We'd like to hear from as many local people as possible, so please tell your friends and family about this, and ask them to let us know what they think too.



Please tell us what you think by 5pm on 18 May 2017.

What's happening?



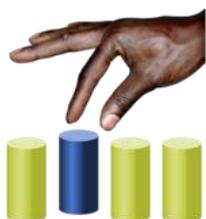
Demand for NHS services continues to grow. People are living for longer and with conditions like diabetes and dementia.



We need to be careful with the money we have locally to pay for NHS services and treatments. We do not have enough money to carry on buying all the services in the way we do now.



We need to save **£55 million** from our budget in the 2017/18 financial year. This is just over 5% of our total yearly budget of just over **£1 billion** for the three boroughs.



To do this, we need to lower our spending in some areas. We want to carry on paying for things like cancer treatment, mental health services, and accident and emergency care, so this means making decisions about what services and treatments we can and can't fund in the future.

Nothing has been decided. We want to know what you think we should do.

The local NHS needs to save money



We're already trying to save money by:

- Reducing the costs of running our offices and hiring temporary staff
- Making sure that only people who meet strict rules for some treatments have it
- Looking at our contracts with hospitals and other health providers
- Making sure we are not paying for building space we don't need



Decision

We have found some other areas where we think we could make further savings of up to about £5.21 million each year. This means making some tough decisions about other things that the NHS spends money on. These are:



- In-vitro fertilisation (IVF) - saving up to £1.88 million a year



- Sterilisation - saving around £166,000 a year



- NHS prescribing - saving around £1.01 million a year



- Cosmetic procedures - saving up to £1.93 million a year



- Weight-loss surgery– saving around £247,000 a year



IVF

We are thinking if we should carry on paying for people to have IVF (a way to help people who are struggling to get pregnant), and, if so, how many embryo transfers we should pay for (three, two, one or none).



At the moment we pay for:

- up to three embryo transfers for women aged 23-39
- one embryo transfer for women aged 40 and 41.



Male and female sterilisation

We are thinking if we should continue to pay for surgery so a person is permanently not able to have children.



NHS prescribing

We want to stop GPs giving some medicines that don't always work and/or cost the NHS a lot to prescribe. These are:



Gluten-free food prescriptions

We are thinking about stopping gluten-free products on prescription.

The NHS began giving gluten-free foods on prescription because it was hard to find and often very expensive. Now supermarkets and many other shops stock gluten-free foods at a fair price.

Cost of a loaf of gluten-free bread

At the supermarket:

£1.50-£3.50

On prescription:

£8.16



Dental prescribing

We are suggesting that GPs don't prescribe medicines for dental conditions.

People can buy most dental products over the counter, without the need for a prescription. Dentists can and should prescribe medicines for dental conditions, if they are needed.



Over the counter prescribing

At the moment many people visit their GP to get prescriptions for medication that can be cheaply and easily bought on the high street. This can be quite expensive for the NHS when you think about the cost of GP appointment times and pharmacist fees.



We think that GPs should no longer give prescriptions for:

- Head lice and scabies medication
- Muscle rub creams and gels such as 'Deep Heat'
- Omega-3 and other fish oil supplements
- Multivitamin and eye vitamin supplements
- Colic remedies for babies
- Cough and cold remedies
- Painkillers such as paracetamol and ibuprofen



Soya-based formula milk

We don't think GPs should prescribe soya-based formula milk.

In the past it was hard to buy soya-based formula. Now you can buy this on the high street and it costs about the same as standard baby formula.



Travel vaccinations (jabs)

We don't think the NHS should pay for people to have some travel vaccinations.

We think the vaccinations that protect against diseases which are thought to be the greatest risk to public health should continue to be free on the NHS.



But we think people should pay for these travel vaccinations:

- Hepatitis A and B combined
- Hepatitis B
- Meningococcal meningitis
- Japanese encephalitis
- Rabies
- Tick-borne encephalitis
- Tuberculosis
- Yellow fever



We think travellers should include the cost of vaccines when planning their holidays, just like they have to include the cost of flights, accommodation and insurance.

Cosmetic procedures

We don't think the NHS should pay for surgery or treatment that is needed just to make someone look better. At the moment the NHS doesn't do this very often, but it does pay for this in certain circumstances.

We think we should stop paying for these procedures except in exceptional circumstances, like the patient has suffered from major trauma, cancer or severe burns.

We don't think the local NHS should pay for these surgeries:

- Outside ear - changing the size, shape, or pinning them back
- Facelift or browlift - surgery to lift up and pull back the skin to make it tighter and smoother
- Removal of moles, scars, cysts and birthmarks
- Removal of spider veins, broken veins and port wine stains
- Long term removal of excessive hair in certain parts of the body
- Breast surgery including the removal of 'man boobs'
- Surgery to reduce severe sweating
- Tummy tucks
- Trigger finger – to help make it easier to bend your finger
- Scrotum swellings caused by swollen and enlarged veins
- Surgery on the outside of women's genitals (labiaplasty)
- Varicose veins on the legs

Weight loss surgery

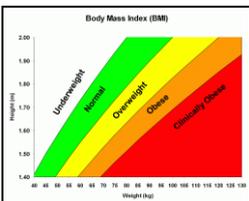
We want to bring in new rules, which would mean the local NHS would only pay for weight loss surgery if a person:

- has a Body Mass Index (BMI) of 35 or above, which means they are classes as obese (very overweight with a lot of body fat)

and

- has type 2 diabetes

This is because this group of people are more likely to become unwell if they don't have the surgery and they are also most likely to benefit from surgery.



What do you think?

You can let us know what you think in lots of ways:



To find out more and fill in the online questionnaire visit our websites:

www.barkingdagenhamccg.nhs.uk/spending-wisely

www.haveringccg.nhs.uk/spending-wisely

www.redbridgeccg.nhs.uk/spending-wisely



Or send us an email: haveyoursay.bhr@nhs.net



Call us: **020 3688 1615**



Write to us: **FREEPOSTBHR CCGs**



If you'd like us to come out and talk to your group about this, please let us know.



Remember to let us know what you think by 5pm on 18 May.



If you need help filling in the feedback form, let us know and we will find someone to help you.

We ask these questions because we need to understand who has completing this form to make sure we get the views of as many different people as possible.

Are you?		✓Tick		✓Tick
 	Male		Other	
	Female		Prefer not to say	

How old are you?		✓Tick		✓Tick
	Under 18		55 to 64	
	18 to 24		65 to 74	
	25 to 34		75 or older	
	35 to 44		Prefer not to say	
	45 to 54			

Are you disabled?		✓Tick		✓Tick
	Yes		No	

Where do you live?		✓Tick		✓Tick
	Barking and Dagenham		Redbridge	
	Havering		Other (which area?)	
	If you have ticked 'Other' please tell us which area here:			

What background are you from?		
This is not about where you were born. It's about the group you think you belong to.		
	Any white background	✓Tick
	Any mixed background	
	Any Asian background	
	Any other group. Please tell us what?	
	Prefer not to say	

Are you telling us your thoughts as:		✓Tick
  	A local person	
	On behalf of an organisation or group	
	If so, which? _____	
	A healthcare professional	
	Someone who would be affected by the changes	
Other		
If so, why? _____		

Please tell us what you think about:

Our ideas to change IVF services?	
 A composite image showing a microscope with a petri dish containing several blue eggs, and a close-up of a baby's face.	Your comments here
Our ideas to stop paying for sterilisation ?	
 A close-up of a baby's face with a red circle and a diagonal slash over it, indicating prohibition or restriction.	Your comments here
The local NHS no longer funding gluten free food ?	
 A circular logo with the words "GLUTEN FREE" around the top edge. Inside the circle are three wheat stalks and a diagonal slash through the center.	Your comments here
GPs no longer prescribing dental medicines ?	
 A collection of dental items including a blue dental chair arm, a pair of orange dentures, a glass of red liquid, and a blue dental tool.	Your comments here
GPs no longer prescribing medicines that can be bought over the counter, like vitamins and muscle rub?	
 A collection of over-the-counter products including several colorful vitamin pills (labeled A, B1, B2, B3, B5, B6, B7, C, D, E, K) and a box of "DEEP HEAT" muscle rub.	Your comments here
Our idea to stop paying for soya-based baby formula ?	
 A collection of items including a carton of "Soya" milk, a baby bottle, and a bowl of yellow baby formula.	Your comments here

Travellers having to pay for some of their own travel vaccines?	
	Your comments here
No more cosmetic procedures unless the patient has had cancer, trauma or burns?	
	Your comments here
Weight-loss surgery only for people with diabetes type 2 and a BMI over 35?	
	Your comments here
Are there any other things you can think of to help save the NHS money? Or do you have any other comment you would like to make about this document?	
	Your comments here

Thank you for taking the time to let us know what you think.