

Prescription Advice for Stoma Appliances & Accessories for Primary Care Prescribers

Produced by: The Vale of York Prescribing Team
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Introduction

This prescription advice is to support GPs and other prescribers in the prescription management process around appropriate, cost effective and rational prescribing for stoma products in primary care.

Over-prescribing and over-ordering of stoma products are frequently identified in primary care as an important cause of wasteful prescribing. The Vale of York currently spends around £1.8m per year on stoma appliances.

Some prescribers are also often unfamiliar with the differing needs of stoma patients, the products available and the specific ordering requirements for stoma appliances and accessories. Monitoring and review of prescribing of appliances for stoma patients is also frequently lacking. It is therefore necessary to ensure that stoma prescribing is appropriate. It is also necessary to manage prescribing for this group of patients to avoid wastage. Any improvement to the quality of prescribing of these products would have significant outcomes in terms of cost savings and on the overall care of the patient.

Key Recommendations

- Ensure appropriate quantities of products are prescribed to minimise wastage. Prescribe quantities of stoma appliances & accessories as per the guidance in table 1 & 2. Usage will be higher with new/problematic stomas, but should reduce over time and should be reviewed by the prescriber
- If patients are ordering more than the quantities specified each month, refer to the relevant flowchart and review use.
- Prescribe appropriate quantities on repeat.
- Ensure only 'routinely recommended' accessories are put on repeat. Do not add any occasionally required accessory products on repeat unless recommended by Stoma Care Nurse.
- Ensure regular review of prescribing for all patients with a stoma and assess appliance and accessory use in line with patient needs and prescribing recommendations. Where there is no need for products, discontinue prescribing and remove from repeat.
- Do not routinely prescribe any bag covers, deodorants or barrier creams.
- Any new accessories being prescribed should be reviewed by the Stoma Nurse.
- Prescriptions for appliances should only be issued at the request of the patient/patient's carer.
- Repeat requests should not be accepted from an appliance contractor, significant problems are related to appliance contractors ordering prescriptions on behalf of patients and which can lead to considerable wastage.
- Only appliances which are listed in Part IXA and IXC of the drug tariff may be prescribed under the NHS.

Stoma Care Nurse Contact Details : Jenny Marsden – 01904 725762
jenny.marsden@york.nhs.uk

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Table 1

TYPE OF STOMA	TYPE OF APPLIANCE	FREQUENCY OF APPLIANCE CHANGE	QUANTITY PRESCRIBED PER MONTH	FURTHER INFORMATION
ILEOSTOMY Small bowel stoma, semi formed / loose output Average passed 500-800mls in 24 hours	One Piece Drainable	Change pouch every 1-3 days	15 - 30 Pouches	Bags are Drainable
	Two Piece Drainable	Change flange 2-3 times weekly	10 - 15 Flanges	
		Change pouch every 1-3 days	15 - 30 Pouches	
COLOSTOMY Large bowel stoma, formed stool	One Piece Closed	Change pouch 1 – 3 times daily	30 - 90 Pouches	Bags are not drainable / not re-useable, may need to use ileostomy pouch
	Two Piece Closed	Change flange 2- 3 times weekly	10 - 15 Flanges	
		Change pouch 1- 3 times daily	30 - 90 Pouches	
UROSTOMY / NEPHROSTOMY	One Piece System	Change pouch 1 – 2 days	15 – 30 Pouches	Bags are drained as required during the day. Drained each morning and re-used for one week. Daily change for care facility
	Two Piece System	Change flange 2 – 3 times weekly	10 – 15 Flanges	
		Change pouch every 2- 3 days	10 – 15 Pouches	
	Night Drainage System	Change Weekly	4 bags (1 box of 10 bags every 2 – 3 months)	
Convex pouches to be used only on STOMA NURSE RECOMMENDATIONS	One and Two Piece Closed and Drainable	Amount as above	Amounts as above	For flush or retracted stomas or those in a crease. Note. These are normally packed in boxes of 5,10, 15

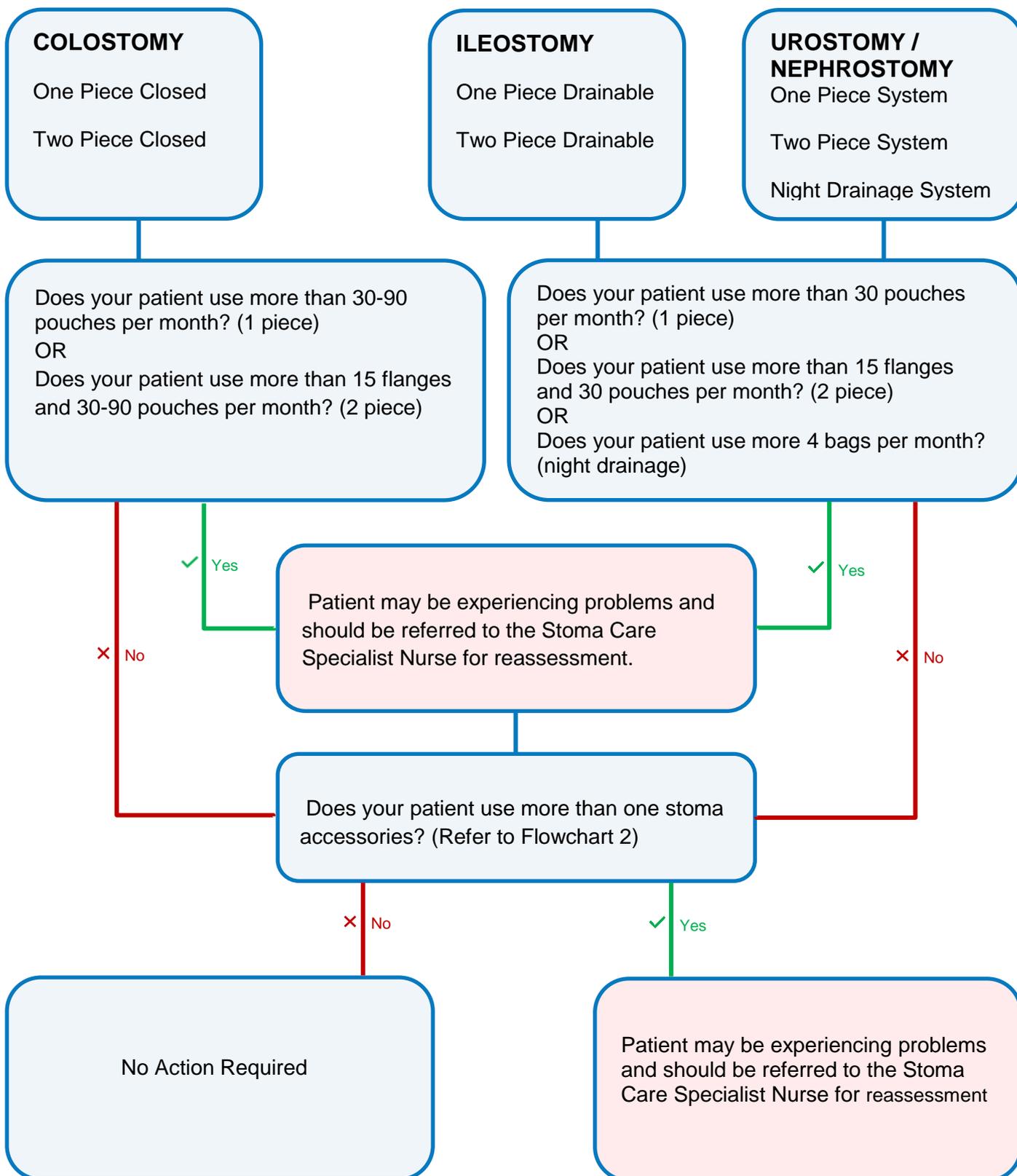
Prescription Advice for Stoma Accessories

Table 2

PRODUCT	FREQUENCY USED	QUANTITY PRESCRIBED PER MONTH	FURTHER INFORMATION
ADHESIVE REMOVER	At each pouch or flange change	1 - 3 cans per month 1-3 box wipes per month (30)	Routinely recommended - used to prevent P-MARSI (peristomal medical adhesive related skin injury). Silicon based products are recommended. Sprays more cost effective than wipes. Usage higher with new stomas/use of skin protectives
SKIN PROTECTIVES (Wipes, films, paste & powders)	At each pouch or flange change	1 powder tube alternative months 1 protective paste monthly or alternate months 1 box protective wipes per month (30)	Used for protection of excoriated skin. Apply sparingly, usually for short term use until problem resolved. Good for patients with high output stoma or urostomy who may experience hydrocolloid breakdown more readily.
PROTECTIVE WAFERS	At each pouch or flange change	10 - 30 per month (boxes of 10)	Short term use only until skin problem resolved. A colostomist with a one piece appliance may require up to 90 wafers and should be referred to stoma nurse.
PROTECTIVE RINGS	At each pouch or flange change	1 per pouch/flange change	Used to fill creases or dips / moats around stoma to ensure a good seal for skin protection.
SKIN FILLERS (Paste)	Use at each appliance change	1 tube per month	Used to fill uneven skin / creases. Especially with new stoma.
CONVEXITY BELTS	Usually work at all times	2 every 6 months	Worn with convex appliances. Washable and re-useable.
BARRIER CREAMS	Not recommended	Not recommended	Not usually recommended as they reduce adhesion of bags / flanges. Ideally short term use only
DEODORANTS	Not recommended	Not recommended	Household air freshener are recommended in most cases. Mints e.g. tic-tacs can be put into pouch.
HERNIA SUPPORT BELTS	Used for prevention and post hernia support medium to firm support	If stoma nurse requests; 3 per year	One should be ordered first to ensure patient can manage before requesting another. Must be measured.
FLANGE EXTENDER	At each pouch or flange change	1 - 3 packs per month	Used if patient has a hernia or skin crease , extends wear time. Not routinely recommended.
LUBRICATING GELS	1 squirt into bag before use	1 bottle	Only recommend if having difficulty with pancaking. Bottles more cost effective than sachets.
THICKENERS	1 sachet each time pouch emptied	1 box per month if packed in boxes of 150	For those with high output stomas and patients with Crohns disease who may require more than 1 box.

Review Overuse of Stoma Appliances

Flowchart 1



Review Overuse of Stoma Accessories

Flowchart 2

