

Dudley Guidance on MECS and Medicines – July 2019

In line with the Dudley CCG Prescribing Policy (<http://www.dudleyformulary.nhs.uk/page/106/self-care>), registered optometrists will be expected to make clear to patients that all pharmacy medicines or GSL (general sales list) medicines will need to be **purchased** over the counter as part of a self-care approach.

Patients should be advised from the outset that any recommendations made by the optometrist cannot be requested on NHS prescription through the patient's own GP where applicable for chronic conditions diagnosed through this service with exception of **moderate to severe dry eyes**. Aligned to locally approved Dry Eye guidance available here [Dry Eye Prescribing Guidelines](#), formulary ocular lubricants will be provided through this service for **moderate to severe dry eyes**. For mild dry eye conditions, patients will be expected to self-purchase and self-care through their community pharmacy. To ensure NHS prescription levy exempt patients are able to access their ocular lubricant through a participating community pharmacy at NHS cost, it is mandatory that the optometrist documents on the written signed order the Oxford Dry Eye grading score (objective assessment for Dry Eye(s)). This can be found on the written order form.

Optometrists participating under this service are expected to prescribe the following formulary approved ocular lubricants:

Severity	Symptoms & Signs	Treatment Options
Moderate	Discomfort: moderate Frequency of discomfort: episodic or chronic Visual symptoms: episodic, limiting activity Corneal staining with fluorescein: variable Conjunctival staining: variable Oxford grade III* FBUT < 10 seconds Schirmer test < 10mm at 5 mins (secondary care)	Daytime Use: 1st line Carmellose 1% 2nd line Optive Fusion® 3rd line Sod. Hyaluronate 0.15% (Hyabak®)RP Nocturnal use: 1st Line: VitaPOS®/ Liquid paraffin eye ointment for use at night 2nd line Artelac® Night time gel(carbomer/triglyceride)*

Severe	<p>Discomfort: severe Frequency of discomfort: constant/disabling</p> <p>Visual symptoms: constant, activity limiting and disabling</p> <p>Corneal staining with fluorescein: marked/severe punctate erosions</p> <p>Conjunctival staining: moderate to marked Oxford grades IV or greater*</p> <p>Corneal signs: mucus filaments or clumping, increased tear debris, corneal ulceration</p> <p>FBUT < 5 seconds</p> <p>Schirmer test < 5mm at 5mins (secondary care)</p>	<p>1st line Hydroxypropyl gum (Systane Ultra® unit dose)</p> <p>2nd line Sod.hyaluronate 0.2% (Hyloforte®)^{RP}</p> <p>3rd line Sod.hyaluronate 0.4%(Clinitas®)</p>
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Reference: Table adapted from Dudley Dry Eye Guidelines, page 6.

Following the initial supply of ocular lubricant via this service for moderate or severe dry eyes, patients can be advised to contact their GP for future supply in line with the local agreed dry eye pathway available here [Dry Eye Pathway](#)

Sodium Cromoglicate 2% eye drops and Chloramphenicol eye formulations (ointment and drops for 2 years and older) for seasonal allergic rhinitis/conjunctivitis and bacterial conjunctivitis respectively are available through a locally commissioned Minor Ailments Service (Pharmacy First) for those who are exempt from NHS prescription charge. Registered Optometrists can access further details about this service here <http://psnc.org.uk/dudley-lpc/services/commissioned-services/pharmacy-first-mas/>

Optometrists may give the patient a written (and signed) order for the patient to obtain medicine from a registered pharmacist for the following prescription only medicines (POMs) for use in the eyes*:

- Chloramphenicol
- Cyclopentolate hydrochloride
- Fusidic Acid
- Tropicamide

*Where a signed order is provided for these prescription only medicines **and** the patient is exempt from NHS prescription charge, the patient will **not** be required to pay for this medicine. All non-exempt patients will be required to pay the standard NHS prescription charge to the pharmacy at the time of supply (presently £9.00 per item)

In making a recommendation or prescribing a treatment to the patient the optometrist must ensure sufficient medical history is obtained to ensure that the chosen therapy is not contra-indicated in the patient; and that the patient has been fully advised on the method and frequency of administration of the product. Written instructions will be supplied to the patient and added to the documentation for pharmacy to supply to comply with Medicine Act (1968).

Supply via the pharmacy is preferred. The optometrist will not direct the patient to a specific pharmacy. The choice of pharmacy will be selected by the patient from the list of pharmacies contracted to supply medicines under this service.

The College of Optometrists has produced guidelines on the use & supply of drugs as part of its 'Code of Ethics & Guidelines for Professional Conduct' section 2.40.

If the patient is exempt from prescription charges, the supply of the appropriate non-prescription treatments could be covered by the Minor Ailment Services as mentioned above. This is in accordance with the MECS service commissioned to Dudley community pharmacy contractors by the CCG.

In making a recommendation or prescribing a treatment to the patient the optometrist must ensure:

- Sufficient medical history is obtained to ensure that the chosen therapy is not contra-indicated in the patient
- The patient has been fully advised on the method and frequency of administration of the product. Written instructions will be supplied to the patient and added to the documentation for pharmacy to supply

Please note that specifically formulated marketed health supplements for age related macular degeneration (i.e. Macushield®, MacuLEH®, Viteyes® etc) are **not** recommended in Dudley for NHS prescribing due to lack of evidence base. Patients are expected to purchase these over the counter should they choose.

The optometrist will not direct the patient to a specific pharmacy. The choice of pharmacy will be selected by the patient from the list of pharmacies contracted to supply medicines under this service.

Chloramphenicol guidance

Chloramphenicol is a POM medicine for first line topical treatment for superficial ocular infections and as a prophylactic agent following minor ocular trauma.

Chloramphenicol is a P medicine licensed for acute bacterial conjunctivitis only.

Chloramphenicol is allowed to be given to any child over the age of 4 weeks old. A written signed order should be provided to the patient/parent/guardian for use in participating community pharmacies delivering MECS.

FLOW CHART OF PATIENT DIAGNOSED WITH DRY EYE

PX DIAGNOSED WITH DRY EYE



CLASSIFY ACCORDING TO OXFORD GRADING SCORE
(objective assessment for Dry Eye(s))



MILD DRY EYE



MODERATE TO SEVERE DRY EYE



SELF CARE PURCHASE OVER THE COUNTER (OTC)

USE PDF FORM ON OPTOMANAGER AND WRITE DOWN DROPS/DOSAGE
Patient can purchase from optical practice or community pharmacy
ONLY TO USE DROPS FROM DUDLEY FORMULARY FOR MILD DRY EYE

This applies to all patients, whether they are exempt or non-exempt of NHS Charges



WRITTEN SIGNED ORDER

Optometrist must document on this that patient has either moderate or severe dry eyes in order to access ocular lubricants for those patients that are NHS prescription levy exempt

Patient takes this to participating pharmacies – the first batch of medication dispensed

WRITE A LETTER TO GP

In order for the patients to get drops on repeat prescription. **ONLY USE DROPS FROM THE CATEGORY OF MODERATE TO SEVERE DRY EYES FROM DUDLEY FORMULARY**

Note: Theloz Duo: only an ophthalmologist can recommend this free on prescription. If you feel patient needs this long term they need to be referred to secondary care.

FLOW CHART OF PATIENT REQUIRING POM MEDICATION

PX DIAGNOSED WITH A CONDITION THAT REQUIRES POM MEDICATION

Optometrists may give the patient a written (and signed) order for the patient to obtain medicine from a registered pharmacist for the following prescription only medicines (POMs) for use in the eyes:

- Chloramphenicol
- Cyclopentolate hydrochloride
- Fusidic Acid
- Tropicamide

Note: Chloramphenicol can be bought over the counter for acute bacterial conjunctivitis only (P Licensed). However it is a POM when it is used as first line topical treatment for superficial ocular infections and as a prophylactic agent following minor ocular trauma.



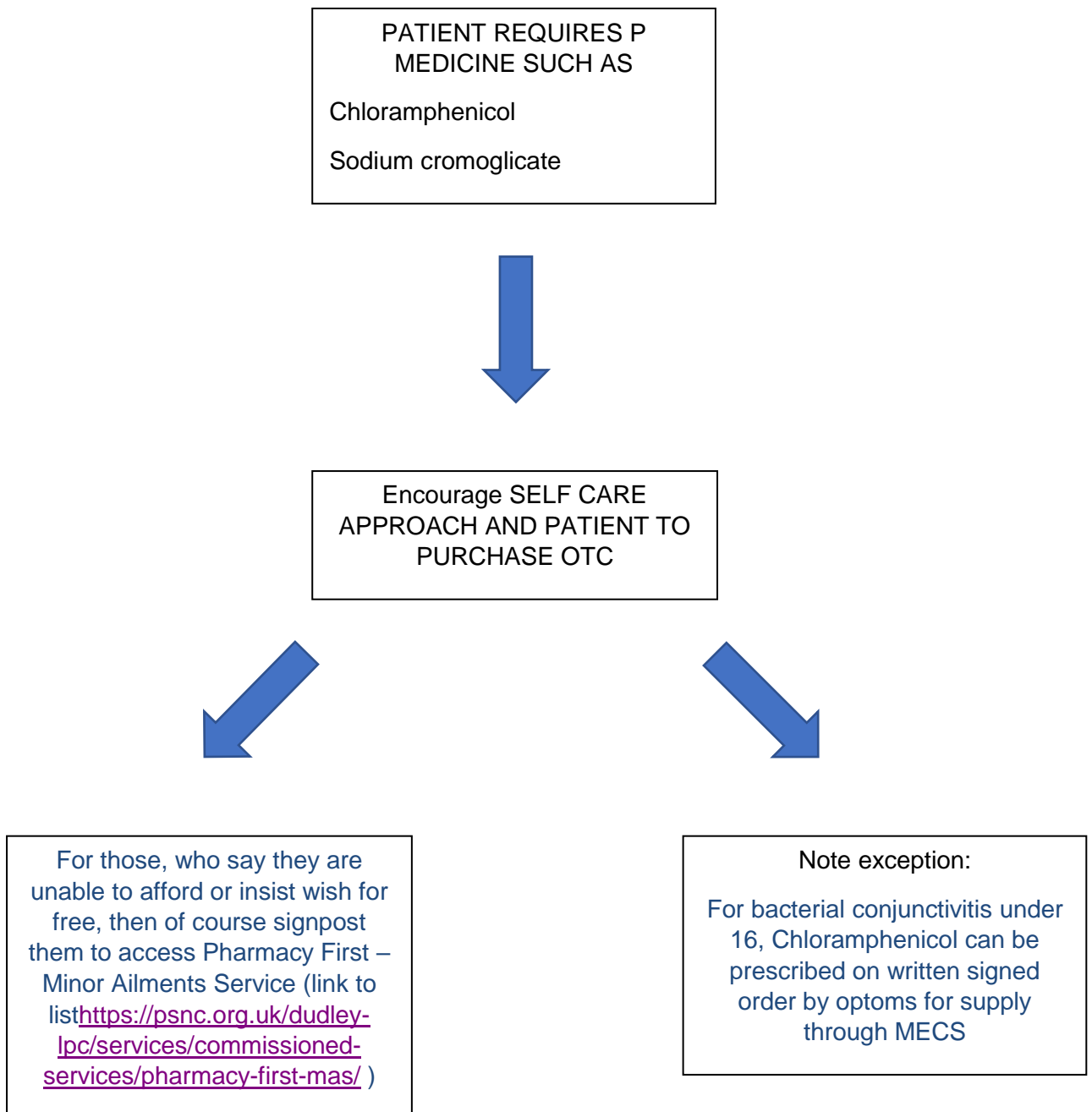
WRITTEN SIGNED ORDER

Patient takes this to participating pharmacies

Any POMs recommended under this service will be dispensed to the patient free of charge, providing the patient is exempt from NHS prescription charges. For those patients non-exempt from prescription charges, an NHS levy will be applicable.

The optometrist will not direct the patient to a specific pharmacy. The choice of pharmacy will be selected by the patient from the list of pharmacies contracted to supply medicines under this service

FLOW CHART OF PATIENT THAT REQUIRES P MEDICINE



FORM TO BE USED WHEN ADVISING PATIENTS TO BUY MEDICATION OTC

(will be available on optomanager as a PDF)



To buy the drops Over the counter (OTC)

CONFIDENTIAL- Minor Eye Conditions Service

PRIVATE & CONFIDENTIAL

TO THE PHARMACIST Please supply to:

PATIENT NAME AND ADDRESS

DOB:

NHS NO [if known]:

INSERT GP PRACTICE DETAILS

Preparation(s) and usage instructions:

Signed:

Date:

Practice Address:

Practitioner name (capitals):

GOC Number:

Comments:

Insert reason for OTC policy exemption:

Pharmacy / CCG Use



WRITTEN ORDER FORM FOR PATIENTS REQUIRING POM MEDICATION

(use in conjunction with written order form on optomanager)

Service User Name	
Date of Birth	
Address	
NHS Number	
GP Name & Address	

Diagnosis	Please select (✓)
Pupil Dilation	<input type="checkbox"/>
Allergic conjunctivitis	<input type="checkbox"/>
Infective conjunctivitis	<input type="checkbox"/>
Dry Eyes*	<input type="checkbox"/>
*Dry Eyes Oxford Grading Scale Classification	
Mild	<input type="checkbox"/>
Moderate	<input type="checkbox"/>
Severe	<input type="checkbox"/>

Any Additional Information (e.g. Smoking cessation advice needed)

Name of Optometrist:
Ophthalmic List Number:
Date:
Contact Phone No:
Optometrist's Stamp:

Medication	Please select (✓)
	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>

<p>Following consultation, if a medicine is required the Optometrist should complete this form with diagnosis and medication sections complete. Only products within the MECs formulary can be prescribed. The form should be given to the service user to access an eligible community pharmacy. *Medication must be supplied within 28 days.</p>
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Name of Pharmacist:
Date:
Provider Stamp

<p>If the service user is exempt from prescription charges, they will be asked by the Provider to sign the declaration of exemption on the back of this form and then supplied with the medicine free of charge. If the service user is not exempt from prescription charges, the pharmacist will sell medicines over the counter and charge the service user retail price. Where the product supplied is a POM, a levy fee will be applicable. Please note this supply pathway can only be used for medicines specified as per the Dudley approved ophthalmic formulary table.</p>

Is the Service user exempt from prescription charges? Yes No

Client Exemption Status

To the client - please tick the appropriate box. I do not have to pay because:

- I am under 16 years of
- I am 16,17 or 18 and in full time education
- I am 60 years of age or older
- I have a valid maternity exemption certificate
- I have a valid medical exemption certificate
- I have a valid prescription pre-payment certificate
- I have a war pension exemption certificate
- I am named on a current HC2 charges certificate
- I get income-based jobseekers' allowance
- I get income support or income related Employment & Support allowance
- I have a partner who gets PCGC
- I am entitled to, or named on a valid NHS tax credit exemption certificate

I am the patient Service Users representative

Declaration

I declare that the information I have given on this form is correct and complete. I understand that if it is not, appropriate action may be taken. I confirm proper entitlement to exemption. To enable the NHS to check I have a valid exemption and to prevent and detect fraud and incorrectness, I consent to the disclosure of relevant information from this form to and by the NHS Business Authority, the Department for Work and Pensions and Local Authorities.

Signed

Print Name &
Address

<u>List of participating Pharmacists in Dudley area that will dispense WRITTEN ORDERS</u>	Trading Name	Contactor	Address
Provider			
Holly Hall Pharmacy T/A T D Pharma	Knights Pharmacy	Holly Hall Pharmacy	178 Stourbridge Road
Northway Pharmacy (Knights)	Knights Pharmacy	Northway Pharmacy	6 Alderwood Precinct, Dudley, Sedgely DY3 3QY
Arcade Pharmacy (Knights Group)	Knights Pharmacy	Norchem LTD	4 The Arcade, Dudleym DY3 2DA
Asda Pharmacy (Branch: 4187 - Pearson Street)	Asda	Asda Pharmacy Brierley Hill	Pearson Street, Brierley Hill, West Midlands, DY5 3BJ
Asda Pharmacy (Branch: 4274 - Queensway Mall)	Asda	Asda	Asda Pharmacy Halesowen (Branch: 4274)
Asda Pharmacy (Branch: 4964 - Merry Hill Centre)	Asda	ASDA PHARMACY	Merry Hill Centre, Brierley Hill, Dudley, DY5 1QL
Mid Counties Co-operative Pharmacy (Gornal Wood)	MIDCOUNTRIES COOPERATIVE	MIDCOUNTRIES CO-OP PHARMACY	18 Abbey Road, Gornal Wood, Dudley, DY3 2PG
Mid Counties Co-operative Pharmacy (Maple Green)	MIDCOUNTRIES COOPERATIVE	Co-operative pharmacy	100 Maple Green, wrens nest road, Dudley, DY1 3QZ
Mid Counties Co-operative Pharmacy (Woodsetton)	MIDCOUNTRIES COOPERATIVE	MIDCOUNTRIES COOPERATIVE	The health centre, Brook street, Woodsetton, Dudley, DY1 1AF
Murrays Healthcare (Cross Street)	Murrays Healthcare (Cross Street)	Murrays Healthcare	Cross Street Health Centre, Cross Street, Dudley, West Midlands DY1 1RN
Murrays Healthcare (Halesowen Road)	Murrays Healthcare (Halesowen Road)	Murrays Healthcare	6 Halesowen Road, Halesowen, West Midlands B62 9AA
Murrays Healthcare (Kingswinford)	Murrays Healthcare (Kingswinford)	Murrays Healthcare	9 Market Street, Kingswinford, West Midlands DY6 9JS
Murrays HealthCare (Murrays Lion Health)	Murrays HealthCare (Murrays Lion Health)	Murrays Pharmacy	Lion Medical Centre, 2 Lowndes Road, Stourbridge, West Midlands DY8 3SS
Murrays Healthcare (Quarry Bank)	Murrays Healthcare (Quarry Bank)	Murrays Healthcare	37-38 High Street, Quarry Bank, West Midlands DY5 2AA
Murrays Healthcare (Queensway)	Murrays Healthcare (Queensway)	Murrays Healthcare	57 Queensway, Halesowen, West Midlands B634AG
Murrays Healthcare (St James Medical Practice)	Murrays Healthcare (St James Medical Practice)	Murrays Healthcare	St James Medical Practice, Malthouse Drive, Dudley West Midlands DY1 2BY
Murrays Healthcare (Thornhill Road)	Murrays Healthcare (Thornhill Road)	Murrays Healthcare	33 Thornhill Road, Halesowen, West Midlands B63 1AU
Murrays Healthcare	Murrays	Murrays Healthcare	Glebefields Health Centre, St Marks Road, Tipton, West Midlands DY4 0SN
County Pharmacy Ltd	County Pharmacy	County Pharmacy Ltd	Wordsley
Brettell Lane Pharmacy		Brettell Lane Pharmacy	108b Brettell Lane, Stourbridge, DY8 4BS
Evergreen Pharmacy		Evergreen Pharmacy	161 Coombs road, Halesowen, West Midlands, B62 8AF
Grange Pharmacy		grange pharmacy	8 HOWLEY GRANGE ROAD
Hawne Chemist		Hawne Chemist	177 STOURBRIDGE ROAD HALESOWEN B63 3UD
Ian McArdle Ltd	McArdle Pharmacy	Ian McArdle Ltd	92 HIGH STREET, Brierley Hill
Lad Chemist LTD		Lad Chemist Ltd	30 Madeley Road, Kingswinford. DY6 8PF
Lye Pharmacy		Lye pharmacy	37 HIGH STREET, LYE, STOURBRIDGE
Manor Pharmacy (Previously Turners Pharmacy)		Manor Pharmacy	12 MANOR LANE

Millard and Bullock	Millard and Bullock	Raylane limited	Unit 2 Josiah House, Castle Street, Coseley, WV14 9DD
Priory Community Pharmacy	Priory Community Pharmacy	The Priory Community Pharmacy	95-97 Priory Road, Dudley DY1 4EH
Swinford Pharmacy	Swinford Pharmacy	swinford pharmacy	90 hagley rd stourbridge dy8 1qu
Tesco Instore Pharmacy (Dudley)	Tesco Instore Pharmacy (Dudley)	Tesco Stores Ltd	Birmingham Road Dudley DY1 4RP
The Pharmacy Galleria	The Pharmacy Galleria	Ramzan Ltd	96 High Street, Pensnett, Dudley
Well (Branch: 200330 - Cradley - Windmill Hill)	Well (Branch: 200330 - Cradley - Windmill Hill)	Well Pharmacy	18 Windmill Hill, Halesowen West Midlands, B632DB