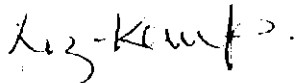




**Guidance On Prescribing Of Gluten Free Food
Products In NHS Grampian**

Co-ordinators: Principal Pharmacist Pharmaceutical Services Dietetic Prescribing Advisor	Consultation Group: See page 4	Approver: Medicine Guidelines and Policies Group
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Signature:  		Signature: 
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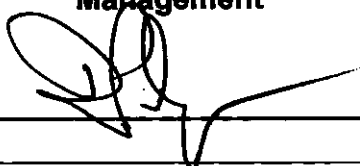
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Version 1

Executive Sign-Off

**This document has been endorsed by the Director of Pharmacy and Medicines
Management**

Signature: _____



Title: Guidance On Prescribing Of Gluten Free Food Products In NHS Grampian

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Lead Author/Co-ordinator: Principal Pharmacist Pharmaceutical Services/Dietetic Prescribing Advisor

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Document application: NHS Grampian

Purpose/description: To ensure appropriate and cost effective prescribing of Gluten Free products and to provide guidance to all prescribers on the range and quantities of products to be prescribed for Coeliac and Dermatitis Herpetiformis patients in NHS Grampian.

Responsibilities for implementation:

Organisational: Chief Executive and Management Teams
Corporate: Senior Managers
Departmental: Heads of Service/Clinical Leads
Area: Line Managers
Hospital/Interface services: Assistant General Managers and Group Clinical Directors
Operational Management Unit: Unit Operational Managers
Policy statement: It is the responsibility of all staff to ensure that they are working to the most up to date and relevant policies, protocols procedures.

Review: This policy will be reviewed in two years or sooner if current treatment recommendations change

This document is also available in large print and other formats and languages, upon request. Please call NHS Grampian Corporate Communications on (01224) 551116 or (01224) 552245.

Responsibilities for review of this document: Principal Pharmacist Pharmaceutical Services/Dietetic Prescribing Advisor

Responsibilities for ensuring registration of this document on the NHS Grampian Information/ Document Silo: Pharmacy and Medicines Directorate

Physical location of the original of this document: Pharmacy and Medicines Directorate

Job/group title of those who have control over this document: Principal Pharmacist Pharmaceutical Services/Dietetic Prescribing Advisor

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Revision History:

Revision Date	Previous Revision Date	Summary of Changes (Descriptive summary of the changes made)	Changes Marked* (Identify page numbers and section heading)
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* Changes marked should detail the section(s) of the document that have been amended, i.e. page number and section heading.

Guidance On Prescribing Of Gluten Free Food Products In NHS Grampian

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Guidance On Prescribing Of Gluten Free Food Products In NHS Grampian

1. Introduction

1.1 Objectives

This document, when used in conjunction with the NHS Grampian Gluten Free (GF) Prescribable Products List, provides guidance to all prescribers on the range and quantities of food products which may be prescribed for NHS Grampian patients with coeliac disease (CD) or dermatitis herpetiformis (DH).

Products are listed in Appendix A2.6 Foods for Special Diets in the British National Formulary. Not all are approved for use in NHS Grampian.

1.2 Background

*The Department of Health, through the Advisory Committee on Borderline Substances (ACBS) supports the prescribing of GF foods for patients with established CD or DH. The intention is to promote compliance with a restricted diet and to ensure appropriate nutritional requirements are met. **The ACBS does not approve prescribing these foods for other conditions such as Irritable Bowel Syndrome (IBS) or wheat intolerance.***

The British Society of Gastroenterology guidance on coeliac disease¹ (2010) recommends the minimum monthly prescription of gluten-free food products on the basis that approximately 15% of energy intake is derived from these products. The remainder of energy intake should be derived from normal food products like potatoes and rice which do not contain gluten.

Until recently, General Practitioners (GPs) were responsible for prescribing of all GF food products for patients with a diagnosis of CD or DH. With the introduction of the National Gluten-Free Foods Service (GFFS), provided from all community pharmacies, an alternative supply option is now available to patients with these two conditions. Patients who wish to use GFFS must be referred by their GP and register for the service with their local pharmacy (a GFFS referral form is available in all GP practices). Those patients without a confirmed diagnosis, i.e. those with Irritable Bowel Syndrome, wheat intolerance, self diagnosed gluten intolerance, or children with autism are not eligible.

Full details of the service can be found at:

http://www.communitypharmacy.scot.nhs.uk/nhs_boards/NHS_Grampian/gluten_free.html

Note: Patients that live in a care home are currently not eligible for the GFFS and the GP should continue to prescribe following the guidance on range and quantities as described below.

1.3 Definition of Coeliac Disease

CD is an inflammatory condition of the small intestinal mucosa that is induced by the ingestion of gluten and which improves clinically and histologically when gluten is excluded from the diet. **Note: Wheat intolerance is not the same as coeliac disease and does not require a GF diet.**

1.4 Definition of Dermatitis Herpetiformis

DH is a cutaneous manifestation of coeliac disease.

1.5 Clinical Situation

Treatment of Coeliac disease and Dermatitis Herpetiformis

The cornerstone of treatment for coeliac disease is a lifelong GF diet. Following the diagnosis of CD or DH, it is recommended that the patient is referred to a dietician for on-going expert advice regarding a well balanced GF diet.

1.6 Rationale For The Gluten Free Foods Service

The aims of the GFFS are:

- a) To improve equity of care for patients with CD/DH.
- b) To improve quality of care to patients with CD/DH.
- c) To ensure appropriate expenditure on prescribing GF products.

1.7 Prescribing Guidance for GPs and Pharmacists

The following webpage provides information on the Department of Health regarding ACBS approval and GF products: <https://www.coeliac.org.uk/gluten-free-diet-and-lifestyle/prescriptions/>.

People with CD and DH have varying nutritional requirements for GF foods depending on their age, gender, occupation and lifestyle.

Table 1 in the Guidance in [Appendix 1](#) details the monthly allocation in units of prescribable GF food products based on age and sex.

No more than 3 units of sweet biscuits per month should be supplied per patient, in line with Grampian guidance. Table 2, in [Appendix 1](#) provides examples of the number of units associated with each GF food product item. Using these tables a patient can request the products they need to meet their dietary requirements based on their unit allocation and advice from the dietician.

Where a patient is not eligible for the GFFS, they should be reviewed by the GP on their continuing need for GF food products. If appropriate, patients should be put forward for diagnostic confirmation of CD or DH. Where the GP feels it essential to

continue to prescribe GF food products they should do so in line with the guidance in [Appendix 1](#).

1.8 Prescribing guidance for secondary and acute care

Where a CD or DH patient is admitted to hospital, their dietary needs should be identified during the routine ward mealtime processes and appropriate meals should be ordered.

2. Further Reading

1. British Society of Gastroenterology - The Management of Adults with Coeliac Disease 2010. Ciclitira P J, Dewar D H, McLaughlin S D, Sanders DS
http://www.bsg.org.uk/images/stories/clinical/bsg_coeliac_10.pdf
2. Primary Care Society of Gastroenterology (PCSG) (2006) The management of adults with coeliac disease in primary care. www.pcsog.org.uk.
3. British Society of Gastroenterology (2014) Diagnosis and Management of adult coeliac disease: guidelines from the British Society of Gastroenterology. Ludvigsson JF, et al. Gut 2014;0:1–20.
4. Joint British Society of Paediatric Gastroenterology Hepatology and Nutrition (BSPGHAN) and Coeliac UK (2013). Simon Much, Huw Jenkins, Marcus Auth et al. Arch Dis in Childhood 2013 98: 806-811.
5. Coeliac UK www.coeliac.org.uk.

3. Consultation List

Mrs Elsie Carnegie	Paediatric Dietician, Royal Aberdeen Children's Hospital
Mrs Elizabeth Kemp	Principal Pharmacist, Pharmaceutical Services, NHS Grampian
Dr Alastair McKinlay	Consultant Gastroenterologist, Aberdeen Royal Infirmary
Mrs Fiona McKnight	Dietician, Aberdeen Royal Infirmary
Mrs Elaine Neil	Lead Pharmacist, Aberdeenshire
Miss Carole Noble	Community Dietician, Aberdeen Community Health and Care Village
Mr Stephen Watkins	Grampian Pharmacy Contractors Committee

4. Distribution List

General Practitioners
Lead Pharmacists
Dietetic Managers
Gastroenterology Consultants
Community Pharmacists
Lead Nurses

Table 1

Age And Sex	Number Of Units
child 1-3 years	10
child 4-6 years	11
child 7-10 years	13
child 11-14 years	15
child 15-18 years	18
male 19-59 years	18
male 60-74 years	16
male 75+ years	14
female 19-74 years	14
female 75+ years	12
breastfeeding	add 4
3rd trimester pregnancy	add 1
high physical activity level	add 4

Table 2

Gluten-free foods have been given a unit value

1 unit tends to = 1 packet of the product however there are some exceptions - see table below:

Food Item	Number Of Units
400g bread/rolls/baguettes	1
500g mix/ flour mix	2
200g biscuits/crackers	1
250g pasta	1
200g crispbread	1
500g pasta	2
2 x 110-180g pizza base	1

Example: Male aged 15-59 years requires 18 units per month.

This could be made up of the following GF food products:

- 10 x 400g loaves of bread (= 10 units)
- 1 x 5 pack of rolls (= 1 unit)
- 1 x 2 pack of pizza (= 1 unit)
- 1 x 500g pasta (= 2 units)
- 1 x 200g crackers (= 1 unit)
- 1 x 200g crispbread (= 1 unit)
- 1 x 500g flour mix (= 2 units)

A full list of those items recommended by NHS Grampian is available at http://www.communitypharmacy.scot.nhs.uk/nhs_boards/NHS_Grampian/gluten_free.html.