

Medicines Optimisation **intervention brief**

Medicines Optimisation Incentive Scheme 18/19 – NHSE (Items which should Not be routinely Prescribed in primary care) Interventions – omega-3 fatty acid compounds

TITLE?
INP1.11 Deprescribe all preparations containing omega-3 fatty acid compounds
WHAT?
In December 2017 NHS England ¹ made the following recommendation regarding omega-3 fatty acid compounds: <ul style="list-style-type: none"> • Prescribers in primary care should not initiate omega-3 fatty acids for any new patient • CCGs should support prescribers in deprescribing omega-3 fatty acids in all patients
WHY?
<ul style="list-style-type: none"> • There is a lack of evidence for effectiveness • NICE have reviewed the evidence and have made do not prescribe recommendations for omega-3 fatty acids in the following conditions: <ul style="list-style-type: none"> ○ After a myocardial infarction to prevent occurrence of another infarction ○ For primary prevention of cardiovascular disease ○ For secondary prevention of cardiovascular disease ○ Chronic kidney disease ○ Diabetes type 1 or type 2 ○ Non-alcoholic fatty liver disease ○ Autism ○ Familial hypercholesterolaemia ○ Multiple sclerosis • Omega-3 fatty acid compounds are essential fatty acids that can be obtained from the diet
WHO?
<ul style="list-style-type: none"> • All patients prescribed preparations containing omega-3 fatty acid compounds
TIPS?
<ul style="list-style-type: none"> • Omega-3 fatty acids may have been prescribed in exceptional circumstances through the Individual Funding Route. Any medication review will need to consider the information presented as part of the case for funding
HOW?
<ul style="list-style-type: none"> • Search for all patients prescribed a preparation containing omega-3 fatty acid compounds • Contact each patient according to the process agreed with an individual practice • Remove the item from the repeat prescription list and add an explanatory note to the patient consultation record
SO WHAT?
<ul style="list-style-type: none"> • NHS England guidance implemented



FURTHER INFORMATION

1. Items which should not routinely be prescribed in primary care: Guidance for CCGs. NHS England December 2017 <https://www.england.nhs.uk/wp-content/uploads/2017/11/items-which-should-not-be-routinely-prescribed-in-pc-ccg-guidance.pdf>
2. National Institute for Health and Care Excellence <https://www.nice.org.uk>
3. Food Fact Sheet, Omega-3. The British Dietetic Association. September 2017 <https://www.bda.uk.com/foodfacts/omega3.pdf>
4. WHCCG Policy Statement reference no. [PS008](#)

