

Medicines Optimisation intervention brief

Medicines Optimisation Incentive Scheme 18/19 – NHSE (Items which should Not be routinely Prescribed in primary care) Interventions - rubefaciants

TITLE?
INP1.15 Deprescribe all rubefaciants
WHAT?
<ul style="list-style-type: none"> In December 2017 NHS England¹ made the following recommendation regarding rubefaciants: <ul style="list-style-type: none"> Prescribers in primary care should not initiate rubefaciants for any new patient CCGs should support prescribers in deprescribing rubefaciants in all patients This does not include topical non-steroidal anti-inflammatory (NSAID) preparations
WHY?
<ul style="list-style-type: none"> Rubefaciants are topical preparations that cause irritation and reddening of the skin due to increased blood flow They may contain nicotinate compounds, salicylate compounds, essential oils and camphor. The evidence available does not support the use of topical rubefaciants in acute or chronic musculoskeletal pain.² NICE have reviewed the evidence and have made a do not prescribe recommendation for rubefaciants in the treatment of osteoarthritis.³
WHO?
<ul style="list-style-type: none"> All patients prescribed a rubefaciant
TIPS?
<ul style="list-style-type: none"> Rubefaciants can be purchased over the counter should patients wish to continue using them For some patients with chronic conditions, consideration should be given to recommending or prescribing an effective alternative treatment
HOW?
<ul style="list-style-type: none"> Search for all patients prescribed a rubefaciant Contact each patient according to the review process agreed with an individual practice <ul style="list-style-type: none"> Agree any patients who can have their rubefaciant discontinued without a review Consider the use of alternative preparations for patients with uncontrolled pain Remove rubefaciant from 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. BNF <https://bnf.nice.org.uk/treatment-summary/soft-tissue-disorders.html>
3. NICE clinical guideline 177. Osteoarthritis: care and management <https://www.nice.org.uk/guidance/cg177>
4. WHCCG Policy Statement reference no. [PS009](#)

