

Medicines

Optimisation intervention brief

Medicines Optimisation Incentive Scheme 2018/19- NHSE (Items which should Not be routinely Prescribed in primary care) Interventions

TITLE?
INP1.10 Lutein and anti-oxidant preparations for eye health.
WHAT?
<p>In December 2017 NHS England¹ made the following recommendations regarding antioxidant supplements for age-related macular degeneration (AMD):</p> <ul style="list-style-type: none"> • Prescribers in primary care should not initiate lutein and anti-oxidants for any new patient. • CCGs should support prescribers in deprescribing lutein and anti-oxidants in all patients.
WHY?
<ul style="list-style-type: none"> • The balance of benefits and risks of taking anti-oxidant supplements for AMD is not currently clear.^{2,4} • The following adverse effects of vitamins have been observed:² <ul style="list-style-type: none"> ○ Zinc; genito-urinary conditions such as infection, urinary stones, urinary retention and prostatic hyperplasia ○ Vitamin E; increased risk of heart failure in people with diabetes or vascular disease ○ Beta-carotene; increased risk of lung cancer in people who smoke, have smoked or have been exposed to asbestos • NICE CG has concluded that further research is required before prescribing of anti-oxidant supplements can be supported within the NHS.⁴
WHO?
<ul style="list-style-type: none"> • All patients prescribed lutein and anti-oxidant supplements for eye health. • Products prescribed by west Hampshire GP practices in the last 12 months include: <ul style="list-style-type: none"> ○ Eye Essentials ○ ICaps ○ MacuLEH Light ○ Ocuvite ○ PreserVision ○ Visionace ○ Viteyes • The guidance applies to all formulations of these brands.
TIPS?
<ul style="list-style-type: none"> • The products listed above are not licensed and are only marketed as supplements to improve eye health. They should not be prescribed for any indication. • The WHCCG patient review letter template³ contains information for patients who wish to purchase supplements. • WHCCG has issued a policy statement re-iterating that prescribing is not supported.⁵



HOW?

- Search for patients prescribed the products above.
- Send a copy of the WHCCG patient review letter³ or alternative patient letter to each patient as agreed with individual practices.
- Remove item from repeat prescription list for each patient and add explanatory note to the patient consultation record.

SO WHAT?

- 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. Anti-oxidants supplements for AMD. Bulletin 206, PrescQIPP
3. WHCCG patient review letter template for lutein and anti-oxidants.
4. NICE Guideline 82: Age-related macular degeneration, published January 2018 <https://www.nice.org.uk/guidance/ng82>
5. WHCCG Policy Statement reference no. [PS001](#)

