

## **NHS FORTH VALLEY**

# **Stoma Appliances Guidance for Primary Care**

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## Consultation and Change Record – for ALL documents

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## 1. Introduction

This guideline aims to promote the cost-effective prescribing of stoma products. It is intended for use across primary care.

It is intended that this guidance will provide first line information around the prescribing of stoma products, appropriate quantities and local access to services.

**Further advice and support is available from the specialist stoma care nurse telephone 01324 566299.**

There is a Forth Valley stoma formulary that was developed for use within the acute hospital setting for new patients in line with the national recommendations. If patients require products that are not on this formulary, specialist stoma nurses can recommend these products..

## 2. Recommendations

### 2.1. Ordering of Appliances

#### 2.1.1. General Points for prescribers / providers

- Whilst it is essential for patients to have an adequate stock of stoma appliances and be able to order additional supplies in plenty of time, this must be balanced against over ordering / prescribing.
- No patient should order in excess of **three months'** supply at any one time (see [page 7](#) for details of appropriate quantities). However it should be recognised that, on occasion, patients may require larger quantities than normal.
- If patients are identified as routinely over ordering, it would be appropriate to refer the patient to a specialist stoma nurse for review. A telephone consultation between the specialist stoma care nurse and the patient may be appropriate.
- The use of (and appropriate quantities of) stoma appliances or accessories will be advised on an individual patient need basis by the specialist stoma nurse (see [page 7](#) for further information on accessories). Any changes or recommendation initiated by the patient, appliance supplier should be endorsed by the specialist stoma care nurse. In such circumstances, it may be necessary to liaise with the patient and the specialist stoma care nurse.
- In general, if the correct pouch is used, cut to the correct size this minimises any need for additional products on prescription.
- There may be situations where the stoma nurse may request additional items on their eforms but these are generally kept to a minimum and are often short term

#### 2.1.2. For New Patients

- All patients discharged from hospital with a new stoma are given the choice of having prescriptions for stoma appliances supplied from either a local community pharmacy contractor or a dispensing appliance contractor (DAC).
- On discharge, all patients should be supplied with a 7-10 day supply of stoma appliances from hospital stock.
- The stoma nurse will provide the patient's GP practice with a request for the products being used by that patient.
- GP practices should use the information provided to update the patient's repeat prescription list.

- Where patients choose to have their products supplied by a community pharmacy, the stoma nurse, with the patient's consent, will also endeavour to provide the Pharmacy with a list of products.

The product information provided will include:

- Name and type of product
- Manufacturer
- Product code / product order number
- Pack size
- Suggested quantity required each month

(Please note that this may alter as the stoma becomes established).

- Following a review with a specialist stoma nurse, any changes made to a patient's products will be notified to the patient's GP practice in writing in order to ensure prescriptions are accurate. A copy of this list may also be sent to the relevant community pharmacy or dispensing appliance contractor (with the patient's consent).

### 2.1.3 Repeat Prescriptions

A list of prescribable products can be found

<https://www.isdscotland.org/Health-Topics/Prescribing-and-Medicines/Stoma-Supplies>

#### *Ordering Prescriptions*

- Patients, their carers (including care home staff) or dispensing appliance contractors should be advised that only products that are actually required should be ordered, in order to reduce wastage.
- Patients, their carers (including care home staff) or dispensing appliance contractors should be advised that they should only order items that are on the current repeat prescription list, **unless a change has been advised by the stoma nurse or prescriber (under advice from stoma nurse)**
- Patients may request or be offered free samples of stoma appliances or accessories (e.g. deodorants, wipes, etc) by Company Representatives/ websites /open days. If the patient perceives these products to be used on a regular basis they should discuss their requirements with a specialist stoma nurse or prescriber (under the advice of the stoma nurse) prior to requesting a prescription or a supply from their usual dispenser. No new item should be added the patient's record without endorsement from the stoma nurse.

#### *Issuing Prescriptions*

- To prevent waste, prescriptions should be checked to ensure that products and quantities requested are appropriate to the needs of the patient and not excessive. If it appears that excess quantities are being requested, it would be appropriate to refer the patient to the specialist stoma nurse for review.
- Prescriptions for stoma appliances should be issued on separate prescription forms to other items requested by a patient, e.g. medication. This will avoid problems if the patient chooses to use a dispensing appliance contractor for their stoma appliances and a community pharmacy for their medicines.

- No appliances should be supplied to a patient prior to a prescription being issued. Requests for 'retrospective' prescriptions should not be granted except in emergency situations (at the request of the patient, specialist stoma nurse or community pharmacy contractor) e.g. if the condition of the stoma changes.
- There may be some occasions when a patient who is newly discharged from hospital with a stoma will require products quickly and may need frequent product changes until the stoma stabilises. The specialist stoma nurse may arrange to (temporarily) supply products to the patient from (hospital) ward stock. After these initial supplies, prescriptions should then be issued via the normal repeat process.
- Additional products requested by the appliance contractor or the patient that are not on the repeat list should be checked with the patient and specialist stoma nurse to ensure that the product is necessary and appropriate.
- No new products should be added to a prescription without discussion with or advice from the specialist stoma care nurse.

### **Practical Points:**

- When issuing prescriptions, the product code can be entered under "Drug Name". This helps to ensure that the correct product is selected. On Emis, a "space" should be entered before the code number.
- If no quantity is stated on the prescription request, please refer to [Appendix 1](#) for suggested quantities.
- A patient information leaflet used by the stoma service may be used- see [Appendix 2](#)

GPs or other practice staff can also telephone 01324 566299 to obtain advice from the specialist stoma nurse.

#### **2.1.4. Dispensing Prescriptions**

- Patients have the choice of where they want their prescriptions to be dispensed. Stoma appliances can be dispensed by an appropriately authorised community pharmacy contractor or dispensing appliance contractor (homecare delivery company)
- Community pharmacy contractors or dispensing appliance contractors should not routinely dispense stoma appliances before receipt of a valid prescription.
- In exceptional circumstances, a contractor may dispense urgent supplies of stoma appliances before receiving a prescription at the request of a prescriber or specialist stoma nurse (with the prior permission of the prescriber). In such circumstances the prescriber must undertake to issue a prescription for the contractor within 72 hours.
- Alternatively, in urgent situations when the prescriber is unavailable, the community pharmacy contractor may supply stoma appliances under CPUS (Community Pharmacy Urgent Supply). CPUS is not available from dispensing appliance contractors.
- If a community pharmacy contractor is unable to source a particular product before the discharge supply for a new patient runs out, they should contact the specialist stoma nurse who can arrange a small interim supply until the prescription is able to be filled.  
(the stoma care service does not have an exhaustive supply of products or budget but can assist in an emergency)

**Acknowledgement**

This guidance is based on the 'Policy for the Prescribing of Stoma Appliances in NHS Highland (Excluding Argyll and Bute CHP)'. We are very grateful to NHS Highland for allowing us to adapt their policy for use in NHS Forth Valley.

Appliance	Usual Monthly Quantity	Prescription Directions	Notes
Colostomy bags	30-90 bags ( 1-3 pouches per day) Up to 120 pouches acceptable	Remove and discard after use	Bags are not drainable/reusable. Usual use: 1-3 bags per day. Flushable bags only to be used on advice of stoma nurse.
Ileostomy bags	15-30 bags (1 per day)	Drain as required throughout the day. Use a new bag every 1-3 days	Bags are drainable
Urostomy bags	10-20 bags (1 per day)	Drain as required throughout the day. Generally replace bag every 2 days	Bags are drainable
Night drainable bags for urostomy patients Single use overnight bags	4 bags (1 box of 10 bags every 2-3 months) 3 x box ( 10 per pack )	Use a new bag every 7 days  Daily use	Bags are drainable  Single use only
Flange (base plate for two piece systems)	10- 15 flanges per month	Change every 2-3 days	The flange is not usually changed at every bag change
Flange extenders ( for one and two piece systems)	10-90 flange extenders	Change every time bag is changed	Often required for extra security if the patient has a hernia or skin creases and there is leakage around the stoma
Belts (for convex pouches)	Usually 3 per year Up to max 6. Every 2-3 months as washing stretches belt	1 to wear 1 in the wash, 1 for spare	Washable and re-usable
Adhesive removers – sprays or wipes	1-2 cans (depending on frequency of bag changes) 1 wipe per pouch change.	Use each time stoma bag is changed	Sprays may be more cost-effective than wipes however this is dependent on patient technique. A “non-sting”, silicone based product is recommended.
Deodorants	<b>Not routinely required.</b> Maximum 1	Use as needed when changing stoma bag	<b>Should not be required.</b> If correctly fitted, no odour should be apparent except when bag is emptied or changed. Household air freshener is sufficient in most cases
Lubricating deodorant gels	1-2 bottles	Put one squirt in to stoma bag before use	Only recommended if patients have difficulty with “pancaking” (bag sticks together and prevent faeces dropping to the bottom of the bag). Bottles are more cost effective than sachets. Under the advice of the stoma care nurse a few drops of baby oil or olive oil can be used as an alternative.
Skin fillers	Follow directions of stoma nurse	Change each time bag is changed	<b>Filler pastes/washers</b> are used to fill creases or dips in the skin to ensure a seal
Skin protectives (wipes, films, pastes and powders)	Follow directions of stoma nurse	Apply when bag is changed as directed	<b>Short term use only (acute prescription):</b> may be used on skin that is broken, sore or weepy to promote healing. If used for > 3 months, refer patient to stoma nurse. Barrier creams are not recommended as they reduce adhesiveness of bags/flanges

- If quantities ordered exceed those listed without good reason (e.g. number of bags in times of diarrhoea), refer to stoma nurse
- ‘Stoma underwear’ is not necessary and should not be prescribed, unless a patient develops a parastomal hernia and has been advised to wear ‘support underwear’ or a belt.

## Appendix 2

### **Patient Information Leaflet**

This leaflet is designed to provide stoma product users and their carers with information to help with ordering their prescriptions for stoma products.

### **Dispensing of Stoma Appliances**

If you have a stoma you have a choice of where your stoma supplies are dispensed. This can either be from a community pharmacy or a dispensing appliance contractor (DAC).

### **Ordering Prescriptions**

Please:

- Only order the products that you actually require.
- Only order items on the current repeat prescription list which has been recommended by the stoma nurse
- Order no more than 2 months supply at any one time.
- Allow sufficient time for your practice to process your prescription request. Most practices require 3-4 working days to process a request. A community pharmacy or dispensing appliance contractor may have to order the product which can delay you receiving your prescription. This delay may be longer if the pouches have to be cut to size.
- Contact the stoma nurse if have an issue that may require any change in your stoma prescription.

### **For information**

- The community pharmacy or dispensing appliance contractor should provide you with sufficient disposal bags and dry wipes. If you require more please ask them.
- Stoma nurses can be contacted on 01324 566299



### **Publications in Alternative Formats**

NHS Forth Valley is happy to consider requests for publications in other language or formats such as large print.

To request another language for a patient, please contact 01786 434784.

For other formats contact 01324 590886,

text 07990 690605,

fax 01324 590867 or

e-mail - [fv-uhb.nhsfv-alternativeformats@nhs.net](mailto:fv-uhb.nhsfv-alternativeformats@nhs.net)