

Position statement on the prescribing of rubefacients

Following the local Spending NHS Money Wisely public consultation, the Governing Bodies of the BHR CCGs met in common on 29th June 2017 to agree changes to prescribing across Barking and Dagenham, Havering and Redbridge.

From 10th July 2017

Barking and Dagenham, Havering and Redbridge Clinical Commissioning Groups (BHR CCGs) no longer supports the prescribing of rubefacients

Decision

- The decision to stop the prescribing of rubefacients applies to ALL patients across Barking and Dagenham, Havering and Redbridge. BHR CCGs have agreed NO exceptions to this recommendation
- These products include Algesal cream, Balmosa cream, Deep Freeze cold gel 2%, Movelat cream, Movelat gel, Ralgex Heat spray and Transvasin Heat Rub (not an exhaustive list)
- It should be noted that creams, gels and sprays which contain non-steroidal anti-inflammatory drugs (NSAIDs) are not considered rubefacients

This decision was made because:

- The National Institute for Health and Clinical Excellence's (NICE) clinical guideline on osteoarthritis does not recommend rubefacients for treating osteoarthritis
- There is a lack of evidence to support the use of rubefacients in acute or chronic musculoskeletal pain
- If people want to continue using rubefacient, they are widely available to purchase at reasonable cost at supermarkets, pharmacies and other retailers
- BHR CCGs have a duty to spend taxpayer's money wisely, to make sure they get the best value possible – especially when NHS funding is being severely squeezed and more patients are being seen with more complex health issues than ever before