

Position statement on the prescribing of drug for sleeping problems

Following the local Spending NHS Money Wisely public consultation, the Governing Bodies of the BHR CCGs met in common on 14th December 2017 to agree changes to prescribing across Barking and Dagenham, Havering and Redbridge.

From 8th January 2018
Barking and Dagenham, Havering and Redbridge Clinical Commissioning Groups (BHR CCGs) no longer supports the prescribing of drugs used to treat mild sleeping problems in the short term.

Decision

- The decision to stop prescribing over the counter (OTC) drugs used to treat short term sleeping problems applies to ALL patients across Barking and Dagenham, Havering and Redbridge, where the below listed exceptions do not apply

Exceptions

BHR CCGs have agreed exceptions to this recommendation, where they accept that prescribing should continue. These include:

- Prescribing of prescription only medicines used to treat moderate to severe sleeping problems
- Prescribing for patients with long standing sleep issues

This decision was made because:

- The decision to stop prescribing for mild sleeping problems is aimed at reducing the prescribing of both OTC medicines and stronger prescription only medicines for this use
- BHR CCGs believe treatments for mild sleeping problems in the short term, should be bought from a pharmacy, who can advise how to use them
- GP practices are still able to prescribe medicines to treat moderate or severe sleeping problems for longer term use in line with clinical judgement
- 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