

Stoma Accessory Switch Toolkit

Using The Toolkit

This toolkit is designed for use by Practice and PCN's to aid review of stoma items prescribed.

All processes have been agreed by specialist stoma hospital nurses at Cambridge University Hospitals NHS Foundation Trust (CUH), North West Anglia NHS Foundation Trust (NWAFT) and Queen Elizabeth Hospital (QEH).

All prescribing should be in line with Cambridgeshire & Peterborough Integrated Care Board (C&P ICB) [stoma formulary](#) unless the item has been recommended by the specialist stoma nurse.

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Stoma Formulary:



Prescriptions should only be issued at the request of the patient/patient's carer.

Requests for prescriptions amendments should only be accepted from a stoma specialist nurse or hospital ward staff.

Requests to change stoma items received from patients should be reviewed by stoma specialist nurses if not in line with C&P ICB stoma formulary.

Specialist Stoma nurses:

- **Cambridge University Hospital: 01223 216505**
 - add-tr.stomacare@nhs.net
- **Hinchingbrooke Hospital: 01480 442891**
 - nwangliaft.stomacarehh@nhs.net
- **Peterborough City Hospital: 01733 677584**
 - nwangliaft.stomacarepch@nhs.net
- **Queen Elizabeth Hospital, Kings Lynn: 01553 613613 or 01553 613234**
 - gehkl-tr.stomacaredept@nhs.net

No appliances should be supplied to a patient without a signed prescription.

Free samples should only be provided via Dispensing Appliance Contractors (DACs) when in line with the Cambridgeshire and Peterborough ICB formulary.

Retrospective prescriptions will **not** be issued by the prescriber.

See [Guidelines for Issuing Prescriptions for Incontinence and Stoma Appliances](#)



No emergency supplies should be made without prior agreement with the prescriber.

Barrier preparations should only be used when the skin is sore and for short term use only (acute prescription). Barrier preparations can be used for other indications such as Wound care. Therefore, ensure indication is for use with stoma before switching to appropriate alternative – Please see relevant formularies for recommended Barrier preparations.

Quantities stated in stoma formulary are a guide. If patients are requesting prescriptions for items more than the recommended quantities, and these have not been recommended by the SSHN. This could indicate an issue with their stoma items and should be referred for review.

All items included in the *products that should not routinely be prescribed in primary care* have been assessed by the SSHN's and are not clinically necessary. Therefore, can be stopped/removed from repeat.

Stoma Referral Flowchart

The following flow chart is to support with review and switch of patient's stoma items. It highlights at what point patients should be referred to a specialist stoma nurse for review.

Patients can be referred directly to the relevant Specialist Stoma nurses for review via the details on the flow chart.

STOP ITEMS

Not recommended to prescribe - **STOP!**

- Deodorants
- Skin Cleansers
- Supportive underwear Level 1
- Disposable gloves
- Filters
- Cotton bag
- Pouch covers
- Bridges

NOTE

- Stoma DAC nurses could deliver AURs via their interface system with an agreement with each GP practice.
- If any products recommended outside C&P ICB stoma formulary REFER to SSHN.
- Barrier creams can be used for other reasons such as Wound care therefore not included in current switch flow chart – Please see relevant formularies for recommended Barrier preparations.

SWITCH ITEMS

- Adhesive remover Wipes
- Adhesive remover spray

****Note: if patient requires both spray and wipes, discuss with Stoma specialist hospital nurse.**

- Stoma washer, ring
- Hydrocolloid Flange extender
- Hernia support underwear
- Caps

- Protective Powder

Short Term Use
3 months

Recommended by Stoma Specialist Hospital Nurse (SSHN)

Yes

Check quantities and frequency of prescription ordering in line with Stoma formulary.

Switch to formulary choice (if appropriate)

- Adhesive pastes
- Seals

Yes

Formulary choice?

No

If any anomalies, discuss with SSHN.

REFER to Stoma Specialist Hospital Nurse (SSHN)

- Support Underwear level 2 & 3 (including Hernia Support belts)
- **Lubricating products** (Needs review by stoma specialist hospital nurse before stopping product)
- **New requests for solidifying agents** – unless recommended by SSHN.

Additional prescriptions or requests requiring SSHN review:

- Patient requesting new items e.g., free samples from DAC.
- New additions of products without Stoma specialist hospital nurse input
- Prescription requests from 3rd party unless agreed with the practice.
- Retrospective prescriptions request

Refer SSHN via relevant generic mailbox:

Cambridge University Hospital:

add-tr.stomacare@nhs.net

Hinchingbrooke Hospital

nwangliaft.stomacarehh@nhs.net

Peterborough City Hospital

nwangliaft.stomacarepch@nhs.net

Queen Elizabeth Hospital:

gehkl-tr.stomacaredept@nhs.net

Stoma Switch Matrix

This contains a list of items prescribed and the formulary alternatives as recommended by the SSHN's.

[Stoma Accessories and Quantity Switch Guide](#)



Document Ratification Details

Ratification Process	Details
Authored by:	Cambridgeshire and Peterborough Integrated Care Board Cambridge University Hospitals NHS Foundation Trust Northwest Anglia NHS Foundation Trust Queen Elizabeth Hospital Kings Lynn NHS Foundation Trust
Ratified by:	Cambridgeshire and Peterborough Joint Prescribing Group
Date ratified:	1 February 2024
Review date:	1 February 2027
Version number:	2

Appendix 1: Patient Information Leaflets

[Patient Information Leaflet for Changes to Prescribed Items](#)



[Patient Information Leaflet for Stopped Stoma Items](#)



Add Surgery Header Here

Dear XXXXXXXX

Important information about your repeat prescription

RE: Changes to your stoma associated items.

We regularly review our prescribing to ensure all our patients receive safe and effective treatment using cost-effective medicines and appliances. Prescribing in this way allows NHS resources to go further, so that we can continue to provide important health services and treatment for all our patients.

We have been reviewing our prescribing of Stoma products in conjunction with the local specialist Stoma Nurses, to support patients. Your doctor has reviewed your current treatment and has made the following changes to your prescription:

From:	To NEW:
<OLD>	<NEW>

The new product will have the same functionality as your previous item. You will still be able to use the new item in the same way as your previous ones. The NHS considers this a more cost-effective treatment regime as well as clinically appropriate. The new products have been reviewed by specialists locally and are used UK wide.

Your new item has been added to your repeat prescription and we kindly ask you to please try the new item the next time you order.

Please finish any of your current stock you may still have, before ordering your new item, to prevent wastage.

We do not expect that you will have any problems with this change.

Information with regards to these changes can be found on the Cambridgeshire and Peterborough ICS website

[Stoma Formulary:](#)

[Patient information leaflet:](#)



Please contact your Stoma Nurse should you have any other questions about this change as they are better suited to answer these.

Thank you for your support.

Yours Sincerely,

<GP Practice.>

Hospital Stoma Nurse Contacts:

- **Cambridge University Hospital: 01223 216505**
add-tr.stomacare@nhs.net
- **Hinchingbrooke Hospital: 01480 442891**
nwangliaft.stomacarehh@nhs.net
- **Peterborough City Hospital: 01733 677584**
nwangliaft.stomacarepch@nhs.net
- **Queen Elizabeth Hospital, Kings Lynn: 01553 613613 or 01553 613234**
gehkl-tr.stomacaredept@nhs.net

Place Surgery Header Here

Dear XXXXXXXX

Important information about your repeat prescription

RE: Changes to your Stoma associated items.

We regularly review our prescribing to ensure all our patients receive safe and effective treatment using cost-effective medicines and appliances. Prescribing in this way allows NHS resources to go further, so that we can continue to provide important health services and treatment for all our patients.

The Stoma Nurses in conjunction with the Cambridgeshire and Peterborough Joint Prescribing Group have devised a limited **formulary for stoma accessories**: these are regarded as clinically and cost-effective choices.

Therefore, in line with this. Your doctor has reviewed your current treatment, and the following items are no longer recommended to be prescribed on an NHS prescription for patients with a stoma.

Current item	Recommendation
<OLD>	<Recommendation: to be taken off the Stoma formulary>

Should you feel you benefit from using this product. Please discuss with your stoma nurse as it maybe that an alternative item maybe more suitable.

Information with regards to these changes can be found on the Cambridgeshire and Peterborough ICS website

[Stoma Formulary:](#)



[Patient information leaflet:](#)



Please contact your Stoma Nurse should you have any other questions about this change as they are better suited to answer these.

Thank you for your support.

Yours Sincerely,

<GP Practice.>

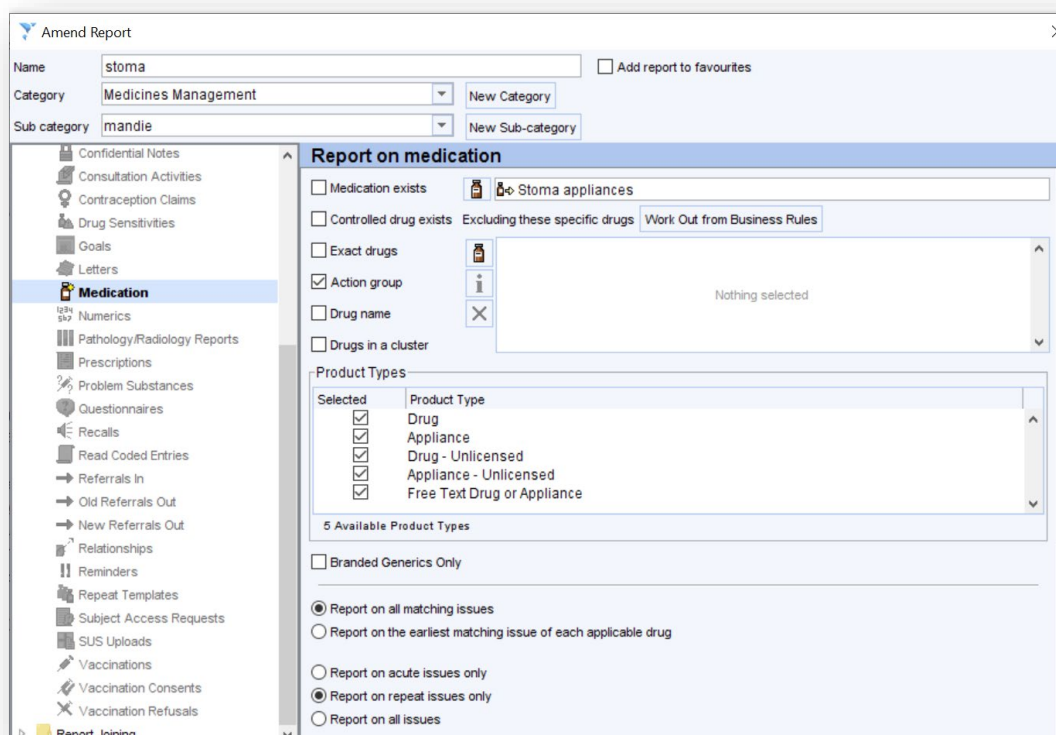
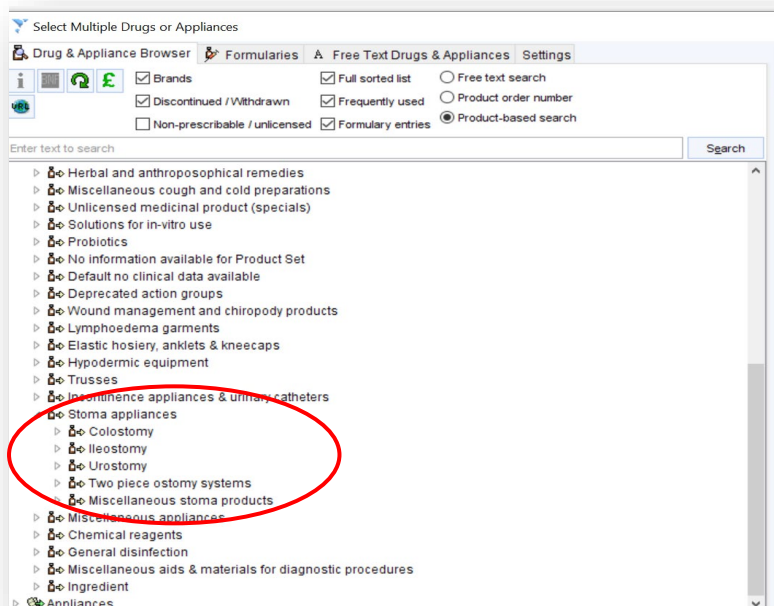
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- **Cambridge University Hospital: 01223 216505**
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- **Hinchingbrooke Hospital: 01480 442891**
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- **Queen Elizabeth Hospital, Kings Lynn: 01553 613613 or 01553 613234**
gehkl-tr.stomacaredept@nhs.net

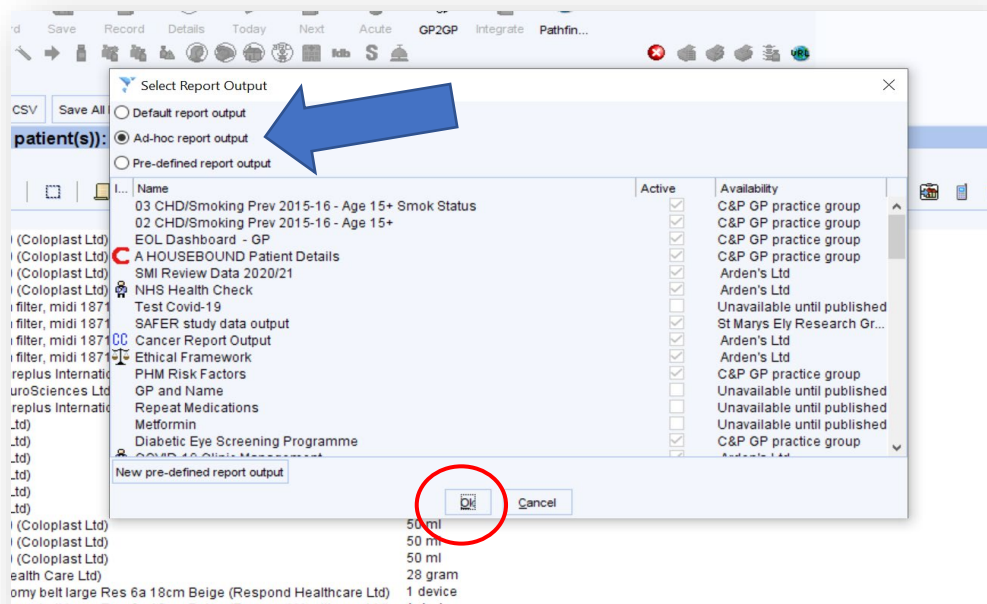
Appendix 4: Stoma searches (screenshots)– SystmOne and EMIS web

Stoma Search – SystmOne

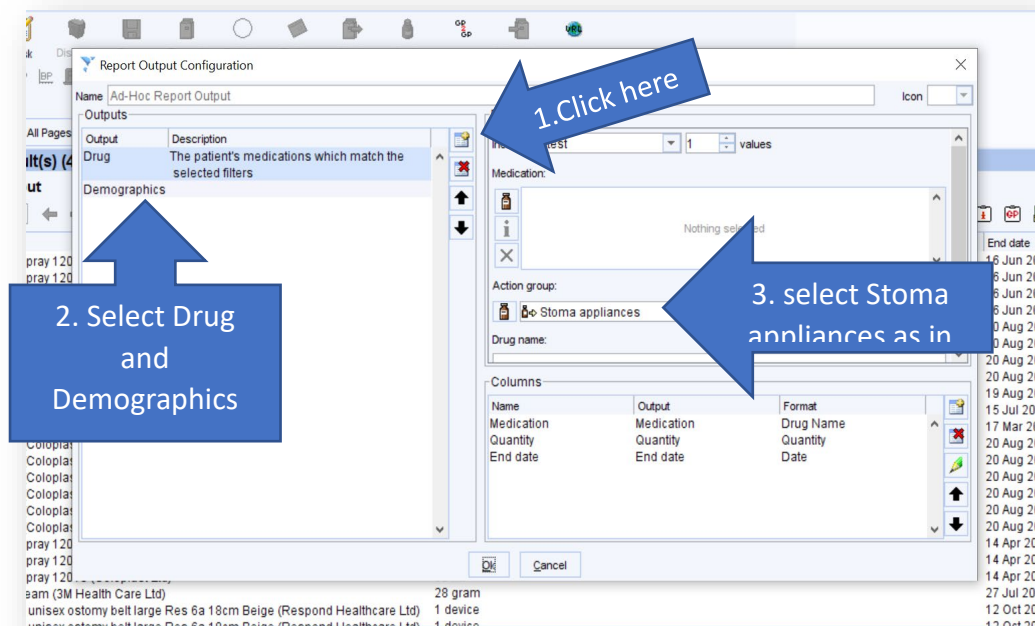
- When starting the search . Click on Actions and scroll down to Stoma Appliances .
- Select the whole section (As Below)

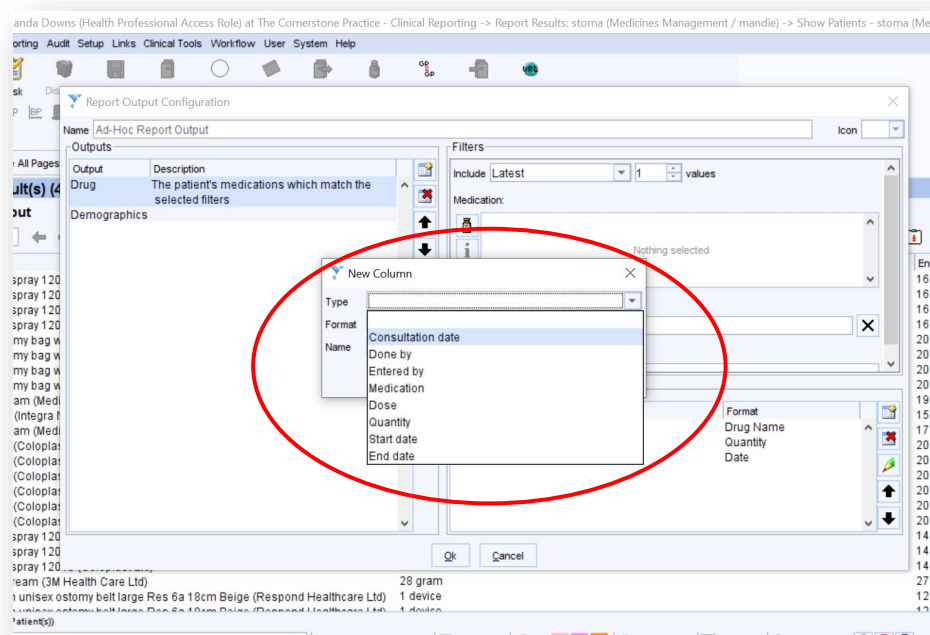
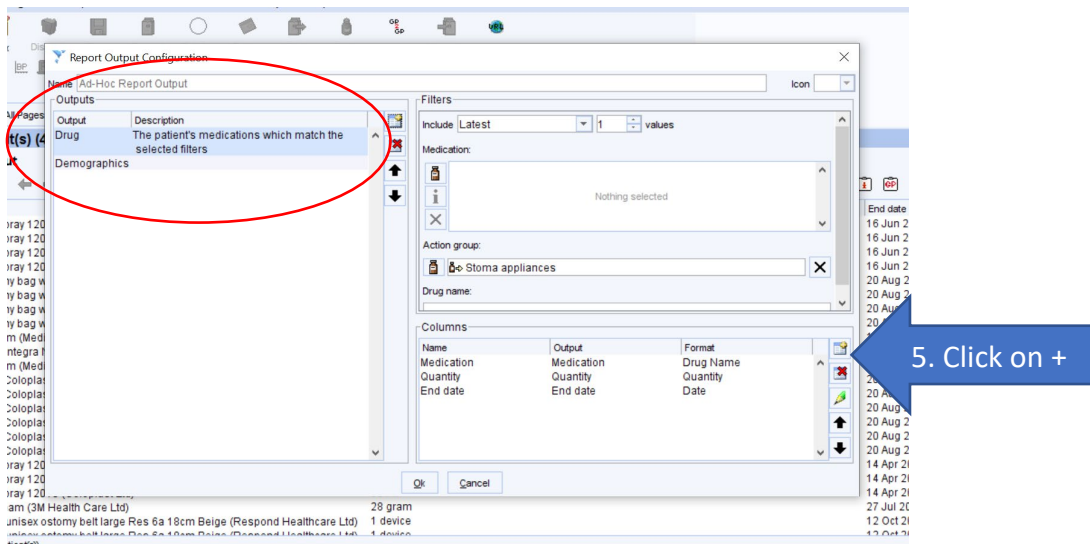


- Run search for at least 6 months.
- Once report done – Breakdown results.
- Issues – Drug
- Click on show patients (magnifying glass)
- Select output.
- Ad- hoc report output (see below)



- Select OK
- Ensure Drug field highlighted.
- New section will pop up - In drop down box select:
 - Medication – Drug name
 - Quantity – Quantity
 - End Date – Date
- Now highlight Demographics on left hand side
- Select + on right hand side (as in step 5)
- In drop down box – select NHS number.





Select Ok – This will breakdown the search so that you can see the quantity prescribed and when it was last issued.

This way certain things can be filtered out if not issued in a while – e.g.: Barrier creams (These can be checked at the end to see if on repeat and not issued, or on acute)

Right click and Open as CSV

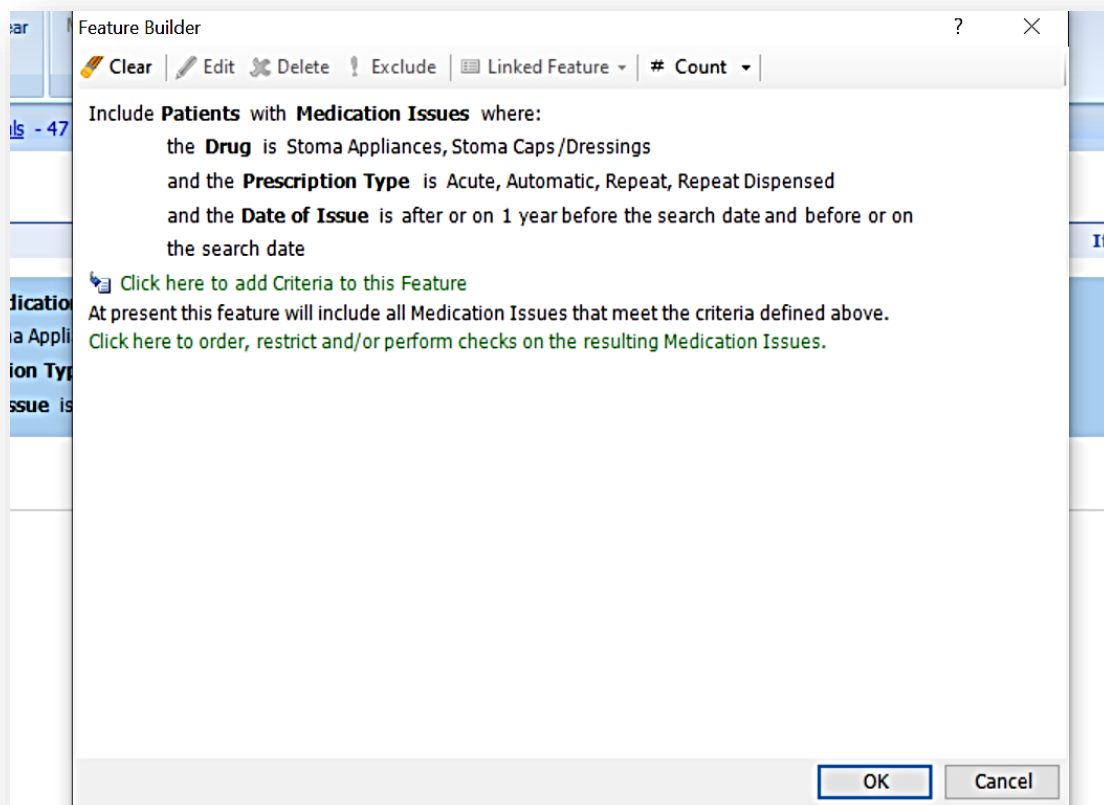
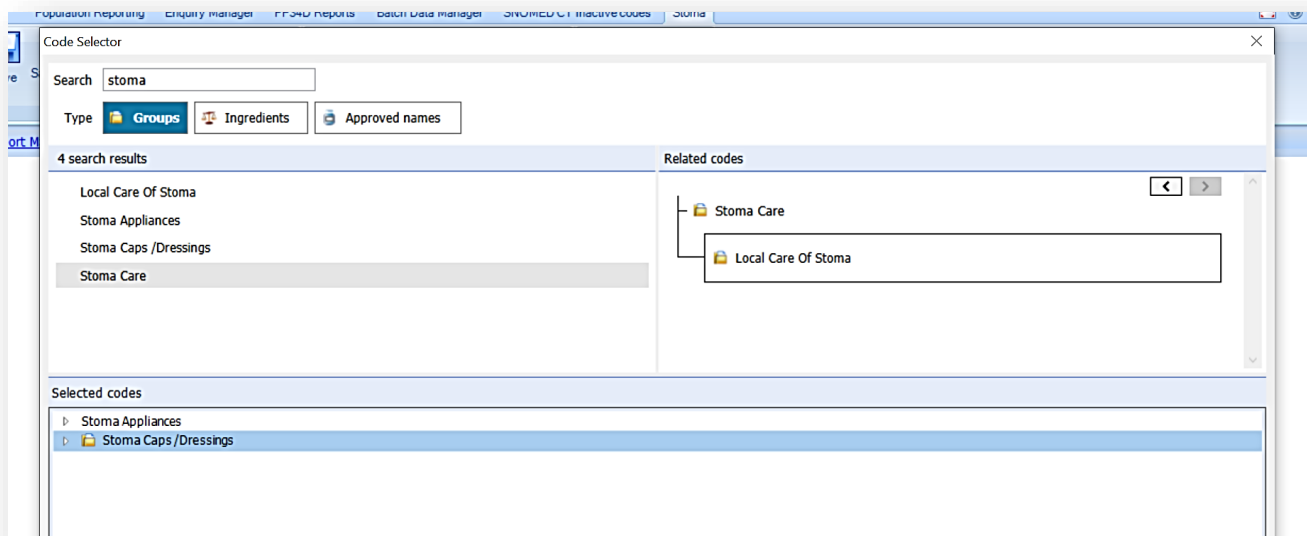
Once open in Excel this can be filtered to remove all the Bags.

- Colostomy bags
- Ileostomy bags
- Two-piece ostomy systems
- Urostomy bags

Quantities can be checked when looking at the accessories.

Stoma Searches – EMIS

- Population reporting – Add – Patient Search



- Run Patient list.

Medication Issues

Columns

Name, Dosage and Quantity

Quantity

Date of Issue

Prescription Type

Criteria

Include **Medication Issues** where:

the **Drug** is Stoma Appliances, Stoma Caps /Dressings

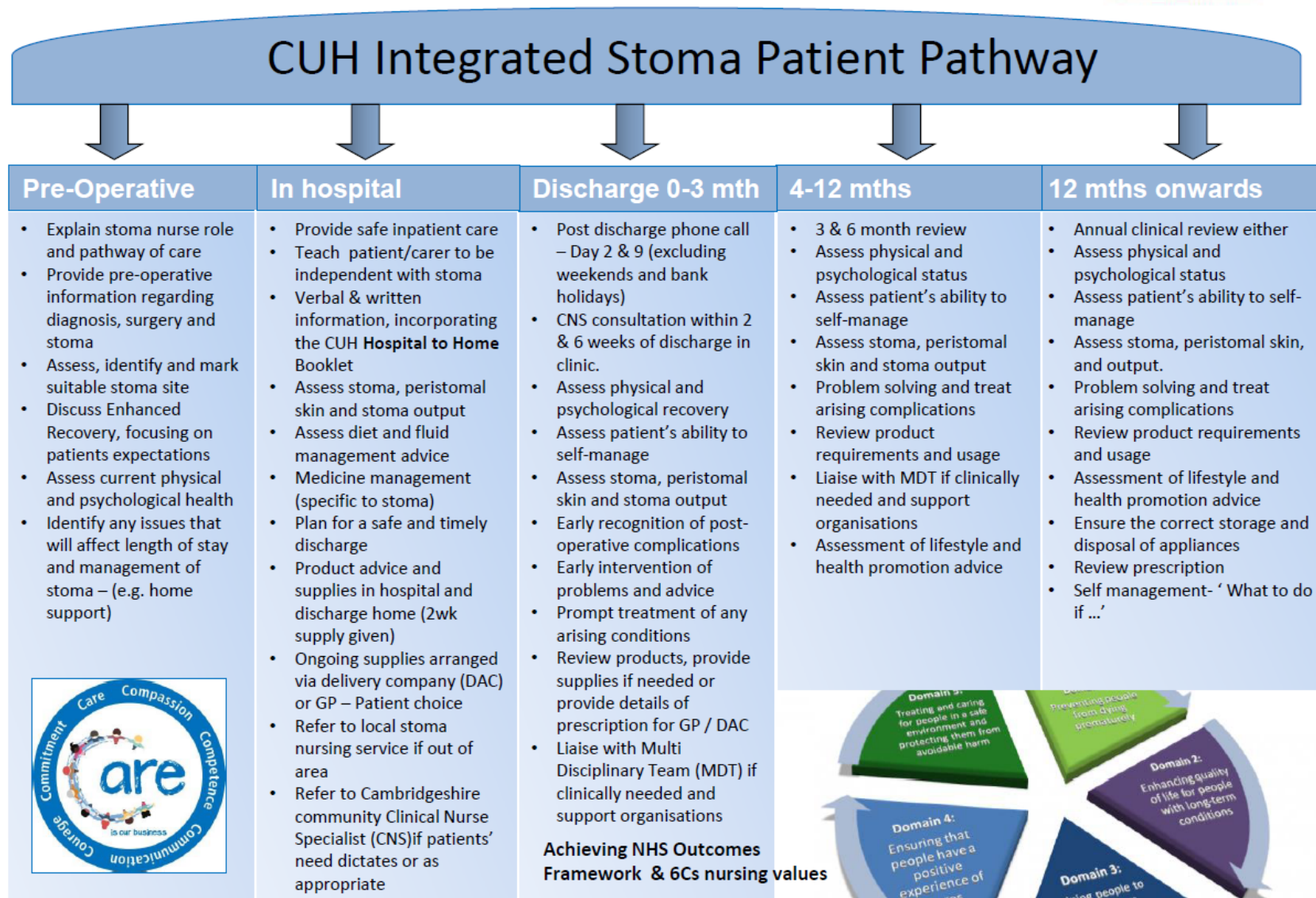
and the **Prescription Type** is Acute, Automatic, Repeat, Repeat Dispensed

and the **Date of Issue** is after or on 1 year before the search date and before or on the search date

Ordering by **Date of Issue** select the latest

Sorting

- Save and run.
- Export to CSV. Save as Excel and filter out Bags from report.





Stoma Care Service

Lead Nurse
Anna Brewer

Clinical Nurse Specialists
Vanessa Coleman | Sophie Munns | Abeshin Acar

Stoma Support Sisters
Nancy Mukumbira | Elisabeth Karampasidi

The CUH specialist nursing service is dedicated to providing individualised, expert and research-based nursing within the field of stoma care. We aim to offer sustainable services for both inpatients and outpatients, providing an exceptional experience for all.

We are able to offer regular clinical reviews as part of ongoing pathway of care

- Improved patient satisfaction
- Prevention of stoma complications
- Reducing unplanned admissions
- Reviewing product usage to prevent over-ordering, ensuring prescribing is in line with the Cambridge stoma accessory formulary and reducing high spend

Please get in touch with the team if you would like to discuss or refer any patients living with a stoma.

01223 216505

add-tr.stomacare@nhs.net

To find out more, visit cuh.nhs.uk/stomacare

Appendix 6: Standard Operating Procedure for Stoma (Ostomy) prescribing review and switch.

Cambridgeshire and Peterborough Integrated care Board Medicines Optimisation Team have compiled this Standard Operating Procedure (SOP) as a guide to support stoma item review and amendments in Practices.

This document is intended for use by NHS healthcare professionals, working within the National Health Service. Reproduction or use by commercial organisations for any purpose is not permitted, without the express prior written permission of the Cambridgeshire and Peterborough Integrated Care Board (C&P ICB).

Where necessary, healthcare professionals should consult the latest summary of product characteristics or other relevant prescribing information.

The C&P ICB is not responsible for the content of any external websites which are referenced or linked to in this document.

Individual practices and prescribers implementing suggestions, or initiated within a practice, remain accountable for prescribing for their patients; they can adopt or adapt this SOP.

GP Prescribing Lead Name:

Signature:

Date:

Aim and Background

1.1. Aim

To identify, prioritise and review prescribing of patients identified as having Stoma/Ostomy items on repeat. To ensure prescribing is in line with the Cambridgeshire and Peterborough Integrated care system (C&P ICS) Stoma Formulary and to reduce unnecessary hospital admissions.

1.2. Objective

- Ensure that stoma products are being prescribed in accordance with local appliance and [formulary](#) guidance and recommendations to minimise wastage.

❖ **Stoma Formulary:**



- Ensure regular review of prescribing for all patients with a stoma. And assess appliance and accessory use in line with patient needs and prescribing recommendations. Where there is no need for products, discontinue prescribing and remove from repeat.
- Review appliance quantities requested in line with recommendations. Overuse should prompt referral to specialist nurse for a review of patient stoma and appliance use.
- Accessory switches to be made in line with [Stoma Switch Matrix](#) - authorised by Specialist Stoma nurses.
- Seek advice from the specialist stoma nurses if there are concerns about a patient with a stoma.

- Monitor the adherence levels to the formulary to determine whether further work must be done to raise awareness of its existence to prescribers.
- To reduce total prescribing and hospital admission costs in this cohort of patients.

1.3. Background

Nationally over £233.5 million is spent annually on stoma products, of which £63.4 million is for stoma accessories (*data taken from PrescQIPP stoma bulletin*).

Prescribers are often unfamiliar with the differing needs of stoma patients, the products available and the specific monitoring requirements for stoma appliances and accessories.

Cambridgeshire and Peterborough ICS have been looking to improve the continued care of their Stoma patients. Therefore, Specialist Stoma Nurses in conjunction with the Cambridgeshire and Peterborough Joint Prescribing Group have devised a limited formulary for stoma accessories. These are regarded as both the most clinically appropriate and cost-effective choices.

National guidance

NICE has produced several guidelines that mention incontinence, ileostomy, or colostomy. The guidelines outline criteria where stoma is a treatment option. In such cases, NICE recommends that the advice of a stoma specialist is available to patients. Relevant guidelines and notable information are listed below.

NICE Guidelines CG 49 (June 2007)

[Faecal incontinence: The management of faecal incontinence in adults](#)

Method

2.1. Initial Agreement with the GP Prescribing Lead

Agree with lead GP. A process to provide Stoma quantities and accessory reviews in line with C&P ICS [Stoma formulary](#), and agree in principle to:

1. Establish the exact model of working, so that responsibilities are clear, and tasks are allocated appropriately; consulting with the patient at the first stage of the review process to gather information to support clinical interventions - preferred model.
2. Agree the preferred method of communication for informing the GP/ prescriber of key interventions/ recommendations. This may include:
 - a. Escalation process for urgent interventions where an immediate risk to patient safety has been identified – Referral to Specialist Hospital Stoma nurses for review.
 - b. Preferred method of communication process and escalation process (for all non-urgent interventions).
 - c. Realistic time frames for all stages of review to be completed.
 - d. Duration of repeat template and the date of next medicines' review

2.2. Target Patients and Inclusion Criteria

- All patients prescribed Stoma/Ostomy Bags and Accessories.

Please refer to [Appendix 4](#) for further details on how to perform a search on SystmOne® and EMIS WEB®.

2.3. Exclusion Criteria

- Patients identified by the GP/prescriber as being unsuitable for this Appliance review process.
- Patients having current problems with their stoma and are receiving specialist input from the stoma nurses.

- Patients with an active infection at the stoma site.

Ostomy Appliance Review Process

1. From the clinical system, perform a search to identify patients prescribed Stoma/Ostomy items (please refer to [Appendix 4](#) for further details on how to perform a search).
2. Prioritise patients for review in the following order:
 - a. Patients prescribed Ostomy Accessories that are not recommended – Stop items.
 - b. Patients prescribed Ostomy accessories that are non-formulary.
 - c. Patients prescribed formulary choice accessories and Ostomy Appliances
3. Export the results to Excel worksheet. Send list of patients to GP prescribing lead for them to approve switches, quantity amendments and stopped items.
4. Remove patients that have been highlighted as not suitable to be switched. Ensure these have been referred to Specialist Stoma nurses for review at a Stoma clinic – If not refer
 - ❖ Review all patients in line with [Stoma Formulary](#). Excluding patients that fall into the exclusion criteria above. Refer to [Stoma Flow chart](#) for areas to refer to Specialist Stoma nurses for review.

[Stoma Accessories and Quantity switch guide \(Switch Matrix\)](#)



- **Stop** items in line with Stoma Formulary.
 - Deodorants
 - Filters
 - Skin Cleansers
 - Level 1 Supportive underwear
 - Disposable gloves
 - Cotton bag
 - Pouch covers
 - Bridges
 - Disposable Wipes and Bags (these should be provided FOC by appliance contractors)
- **Switch** to formulary choices and **check quantities** in line with Stoma Formulary for
 - Adhesive remover wipes and Sprays.
 - Barrier wipes and sprays
 - *Barrier creams are not included in this review as they may be used for other conditions. (Please refer to relevant formulary for recommended choice)*
 - *Barrier preparations should only be used short term whilst skin is sore. Long term use of barrier Preparations should be referred to specialist stoma nurses for review as this could indicate a problem with the stoma.*
- **Check quantities and switch to formulary choice alternatives.** If appropriate
 - Adhesive paste.
 - Stoma washers, seals, or rings
 - Hydrocolloid Flange extender
 - Hernia support Belts
 - Caps
 - Protective powder (for short term use only)

- Ensure **non-formulary items** have been recommended by Specialist Stoma Nurse. If so, check quantities in line with Stoma Formulary, and amend as needed. **If not** refer to Specialist Stoma nurses to review at Stoma clinic.
- **Refer** Patients prescribed the following items if they have not been initiated by the specialist stoma nurse.
 - Support Underwear levels 2 & 3
 - Filters, Cotton bag or Pouch covers
 - Bridges
 - Solidifying agents
 - Lubricating products

All switches should be made in line with Stoma Switch Matrix which has been authorised by Specialist Stoma nurses (See [Stoma Switch Matrix](#))

5. Ensure Note/Consultation is added to Patients Records and appropriate read code added. Available SNOMED codes – SystmOne:
 - Follow-up Ostomy assessment – 170900006
 - Ostomy monitoring – 170898009
 - Ostomy Patient problem – 170901005
 - Ostomy treatment changed – 170902003.
6. The practice should ensure any additional monitoring which they deem to be appropriate following the switch is undertaken. e.g.
 - a) ensuring switched items are not switched back unless on the recommendation of Specialised Stoma Nurse.
 - b) Patients experiencing problems with switched items are referred to Specialist Stoma Nurses for review
7. The practice should ensure patients who are impacted by this switch are informed in an appropriate manner such as a letter or phone call. See appropriate letter template. ([Appendix 1](#) and [Appendix 2](#))
8. Action After the Appliance Review
 1. Ensure the patient's Nominated Pharmacy or DAC is advised of the Changes made to ensure items are not switched back without being authorised by Specialist Stoma Nurse. Via Letter or Telephone call
 2. Any Patients requiring referral to Specialist Stoma Nurses should be referred directly:

Cambridge University Hospital: 01223 216505

add-tr.stomacare@nhs.net

Hinchingbrooke Hospital: 01480 442891

nwangliaft.stomacarehh@nhs.net

Peterborough City Hospital: 01733 677584

nwangliaft.stomacarepch@nhs.net

Queen Elizabeth Hospital, Kings Lynn: 01553 613613 or 01553 613234

gehkl-tr.stomacaredept@nhs.net

3. The Lead GP or nominated member of the surgery should be informed of any switches made. To ensure items are not switched back without review by Stoma nurse.

Follow-up

- Prescription Clerks/Surgery Staff to be aware of C&P ICB Stoma formulary, and to refer patients to Specialist Stoma nurses if patients report problems with switched items etc.
- Previous products should not be prescribed or added to repeat without review and recommendation by Specialist Stoma Nurses
- Free samples provided by DACs should only be in line with C&P ICB Stoma formulary and as such should not be added to repeats if requested by patients or Appliance Contractors – Unless initiated by Specialist Stoma Nurse
- Prescriptions for appliances should only be issued at the request of the patient/patient's carer.
- Repeat requests should not be accepted from an appliance contractor- significant problems are related to appliance contractors ordering prescriptions on behalf of patients and which can lead to considerable wastage.
- No appliances should be supplied to a patient without a signed prescription.
- Retrospective prescriptions should not be issued by the prescriber.

Clinical Outcomes Report

- Compliance and effectiveness to be monitored at appropriate intervals in line with local Stoma Formulary.
- reduced prescribing of Ostomy accessories
- reduced prescribing Quantities of stoma appliances.

Appendix 7: Local Support (Peterborough area)

In some areas of the country, local groups have formed to offer mutual support and information. These groups usually have a range of in person and online meetings, with guest speakers covering medical and non-medical topics. They also hold social and fundraising events.



If you are interested in joining in with Cambridges locally-based groups, please contact the helpline 01386 430140 (UK) or by email via our website, urostomyassociation.org.uk, and you will be put in touch with a local co-ordinator.



Local website: peterborough.iasupport.org

49 Keys Park, Parnwell Way

Peterborough

PE1 4SL

Tel: 01733 750780

Email: peterborough@iasupport.org

Ostomistics

**DO YOU HAVE A COLOSTOMY,
ILEOSTOMY OR UROSTOMY?**

<http://ostomistics.org>

Then come and join the PETERBOROUGH OSTOMISTICS SUPPORT GROUP for patients, carers and interaction with fellow Ostomists.

**PRODUCT DEMONSTRATIONS, STOMA NURSE SUPPORT,
PRODUCT REVIEW BY GROUP,
SUPPLIERS PARTICIPATION, ALL AGES WELCOME**

2nd AND 4th MONDAY OF EVERY MONTH
Between 2pm and 4pm
At THE GEORGE ALCOCK CENTRE
(previously Stanground Community Centre)
WHITTLESEY ROAD (B1092)
STANGROUND, PETERBOROUGH
PE2 8QS

CONTACT
Pat: 01733 247135
07721 189813
Maria: 01778 702237
Allan: 01354 653290
07836 661102
E: aww100gun@aol.com

Founded by Heather Connor