



HERSTMONCEUX INTEGRATIVE HEALTH CENTRE (HIHC)

Newsletter No. 5

Winter 2019

CHRISTMAS/NEW YEAR CLOSURES

The Health Centre is closed over Xmas on 25th, 26th December and 1st January. Warwick and Radcliffe Pharmacy are the same. A list of the pharmacies open over Christmas are not yet available but when they are they will be published on the HIHC website, Facebook and in the Surgery.

Please ensure you submit your repeat prescription requests in good time.

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Don't forget evening and weekend appointments

As part of the drive to increase access to Primary Care Services across the country, GP Extended Access contracts went live in October 2018 and are currently being provided at several practices across East Sussex.

If you are unable to travel to one of the hubs there is also the option of a LIVI consultation which is via video or phone <https://www.livi.co.uk/>. (See next newsletter for more information on available NHS Apps).

The appointments are pre-bookable and available to all patients every evening from Monday to Friday, at weekends and bank holidays.

Appointments are available 365 days a year and can be booked via Herstmonceux Surgery during surgery hours – just explain to the reception team you would like an evening or weekend appointment. The clinician you see will have full access to your clinical record and will be able to do everything your own GP can do.

Throughout July there were approximately 400 of these extended access appointments not utilised, equating to 100 hours of unused appts. Please do ask for these appointments if an evening or weekend appointment is more suitable for you.

The Practice and the PLG would like to wish all patients a very Merry Christmas and a Happy and HEALTHY New Year.





"Lose some weight, quit smoking, move around more and eat the carrot."

STAFF CHANGES

The surgery is pleased to announce the imminent arrival of two new salaried GPs. Dr Andrew Sikorski will be joining us on the 3rd December for two mornings a week on a Tuesday and a Friday. Dr Rachel Harrison will be joining us in February and will be working all day on a Thursday. Both GPs share our passion for health and wellbeing and holistic treatment. We are very much looking forward to welcoming them to the team.

The requirement for extra sessions has come about as the practice is growing which is great news. Not such great news is Dr Richard Blakey has decided to retire from General Practice as at the end of November 2019. We will miss him supporting our GPs but he will be continuing with his Cardiology clinics at Herstmonceux so we will not be saying goodbye fully.

COLD WEATHER AND YOUR LUNGS

Rescue inhalers – take a preventative dose of your rescue inhaler before going outdoors in cold weather, especially if you are planning on taking a walk or doing any kind of exercise. You should also carry your rescue inhaler with you wherever you go.

Source: NHS Be More Self-Care Aware

Would you be interested in joining the HHC Patient Link Group ?

Dr Phil Hammond, GP turned hospital doctor, journalist and broadcaster supporting Patient Participation Awareness Week in June had this to say about Patient Link Groups (PLG's)

"Patients and carers are the smoke alarms for the frontline of the NHS. They are often first to spot poor care and also have great ideas about how to make care better. They need to be involved in decisions not just about their care, but in designing better care for others. Patient Participation Groups are a crucial way of harnessing the voice of the patient in primary care, and have much to contribute in driving up quality".

Richard Baker: Professor of Quality in Health Care, Department of Health Sciences, University of Leicester said.....

'Practices of all types and sizes need PLGs; insights from patients are essential to ensuring a high quality service, and patients can also bring ideas and actions that directly help other patients. Think about joining your PLG if your practice has one, and about starting one if it does not'

Herstmonceux PLG Meetings are held in the Great Space at the surgery, every 6-8 weeks. Our next meeting dates are:

1.30pm Thursday 9th January 2010

6.15pm Monday 20th April 2020

We try to vary the day of the week and times to suit a variety of patients.

If you are interested or need more information please email our PLG Chair:

Lynn Bowman at plg.hmxihc@nhs.net

FOCUS ON DEBBIE HART, ADVANCED NURSE PRACTITIONER



I was born in Yorkshire, moved to Sussex in 1979.....hence the hint of an accent...!!

I have been nursing in some form since 1986, starting as a Nursing Auxiliary at Princess Alice Hospital in Eastbourne, which has long since gone. I worked as an auxiliary and then health care assistant in all areas of Eastbourne District General Hospital, but also attended college in the evening to gain my GCSEs to apply for my nurse training; on top of bringing up my children.... !

I completed my training in Oct 2000, Dip HE, RGN. Since this time, I have worked at EDGH in general surgery, and trauma & orthopaedics. I fancied a change and went out into the community as a staff nurse.

I'm a glutton for punishment as I applied to do my District Nursing degree after a year in this area and gained my BSc (Hons). I applied to work as a Community Matron in Brighton where I worked for 18 months and then took up the same job nearer to home.

I also gained a PG Dip in Advanced Nurse Practice. This pathway included physical assessment skills and prescribing. I have now been at Herstmonceux Integrative health centre for around 2 ½ years.

In my spare time....!! I look after my beautiful granddaughter Harper and my son's dog Jericho, as well as my own dog, Mr Binx. I enjoy walking, reading, going to concerts - my last one was to see Squeeze in Brighton & one of my first was Wham's final concert. I love to go to the theatre, but most of all I love being with my family, friends & dog...

NHS QUESTION

In international league tables of health care systems, where does the NHS rank?

First

Fifteenth

Twenty-third

Answer on last page

COLD WEATHER AND YOUR LUNGS

Wear protective clothing – cold air is very irritating and drying to the airways, and can cause breathlessness. Wear protective gear (like a scarf over your nose and mouth, or a cold weather mask), and try to breath through your nose instead of your mouth.

Source: NHS Be More Self-Care Aware

Primary Care Networks (PCNs)– an update

As you are aware from previous newsletter, HIHC is now part of a wider PCN. As a reminder: Primary Care Networks (PCNs) form a key building block of the NHS long-term plan. They bring general practices together to work at scale and have been a priority for the NHS for a range of reasons, including: improving the ability of practices to recruit and retain staff; to manage financial and estates pressures; to provide a wider range of services to patients; and to more easily integrate with the wider health and care system.

Our GP practices have been finding different ways of working together over many years, but this is a more formal structure without creating a new statutory body.

The PCNs will eventually be required to deliver a set of 7 national service specifications

Starting in April 2020:

- Structured medication reviews
- Enhanced health in care homes
- Anticipatory care (with community services)
- Personalised care
- Supporting early cancer diagnosis

Starting in April 2021:

- Cardiovascular disease case-finding
- Locally agreed action to tackle inequalities

To do this they will be expected to provide a wider range of primary care services to patients, involving a wider set of staff roles than might be feasible in individual practices, for example: first contact physiotherapy, extended access and social prescribing. Networks will receive specific funding for clinical pharmacists and social prescribing link workers in 2019/20, with funding for physiotherapists, physician associates and paramedics in subsequent years.

They will be focused on service delivery, rather than on the planning and funding of services and are expected to be the building blocks around which integrated care systems are built, having an accountable clinical director as the link between general practice and the wider system.

Our PCN has a Clinical Director and the members meet up on a regular basis; this is an exciting and challenging time for them and will be a great opportunity for them to work together and develop services more bespoke to the communities they serve. Our PCN has the potential to benefit us by offering improved access and extending the range of services available to us as well as helping to integrate primary care with wider health and community services.

If you would like more information on PCNs in general see the link below to the Kings Fund

<https://www.kingsfund.org.uk/publications/primary-care-networks-explained>

CHRISTMAS APPEAL



HELP SUPPORT YOUR FOODBANK WITH FOOD AND FUNDS THIS CHRISTMAS

Throughout the year we feed around 200 people a month and in addition provide additional Christmas food parcels for local individuals and families in crisis.

Thank you for your support

DONATE FOOD

Help by donating an item or two from our shopping list to ensure we can provide food to help people in crisis.



DONATE MONEY

Help to cover the costs of storing and distributing food, as well as developing sustainable projects.



SHOPPING LIST TOP TEN ITEMS

Childrens selection packs
Box of chocolates
Savoury biscuits
Crisps/Nuts
Longlife orange juice
Longlife milk

Don't forget...

You can help transform more lives with a financial donation too.



HIHC WILL BE PUTTING OUT THE FOODBANK BASKET IN THE WAITING ROOM AREA ON 2nd DECEMBER 2019



Hailsham foodbank
hailsham.foodbank.org.uk

Registered Charity in England & Wales (1041018)

ELIGIBILITY FOR SHINGLES VACCINE



Public Health
England



September 2019 – 31 August 2020

Shingles eligibility

- ✓ Eligible
- ✗ Non eligible



Patients remain eligible for the shingles vaccine up until their 80th birthday

PLEASE CONTACT THE SURGERY IF YOU ARE ELIGIBLE AND WANT TO BOOK YOURSELF IN FOR THIS VACCINATION.

Pneumococcal vaccination – you might be eligible for this

The pneumococcal vaccine protects against serious and potentially fatal pneumococcal infections. It's also known as the pneumonia vaccine.

Pneumococcal infections are caused by the bacterium *Streptococcus pneumoniae* and can lead to pneumonia, septicaemia (a kind of blood poisoning) and meningitis.

At their worst, they can cause permanent brain damage, or even kill.

Who should have the pneumococcal vaccine?

A pneumococcal infection can affect anyone. But some people are at higher risk of serious illness, so it's recommended they're given the pneumococcal vaccination on the NHS.

These include:

babies

adults aged 65 or over

children and adults with certain long-term health conditions, such as a serious heart or kidney condition

How often is the pneumococcal vaccine given?

Babies receive 3 doses of pneumococcal vaccine at:

8 weeks

16 weeks

1 year

People aged 65 and over only need a **single** pneumococcal vaccination. This vaccine is not given annually like the flu jab.

People with a long-term health condition may need just a single one-off pneumococcal vaccination or vaccination every 5 years, depending on their underlying health problem.

PLEASE CONTACT THE SURGERY IF YOU ARE ELIGIBLE AND WANT TO BOOK YOURSELF IN FOR THIS VACCINATION.

COLD WEATHER AND YOUR LUNGS

Exercise indoors – people with respiratory conditions are strongly advised to exercise, but when cold weather makes it uncomfortable or impossible, try exercising indoors.

If you must exercise outdoors, be sure to warm up indoors first, for at least 15-20 minutes.

If you don't exercise, try and move around at least once an hour.

Source: NHS Be More Self-Care Aware



VITALITY VILLAGES NEWS

Men's Shed

The Herstmonceux Men's Shed continues to expand and gain new members – phone Alan for more details if you are interested in coming along for a visit.

Members have worked on different projects including repairing a rotavator which was donated; it is now available at the allotment site for plot holders to borrow. Items from local charity shops have also been repaired so that they can be sold. All the bird-boxes made by members were sold at the recent Wartling Christmas Fair but orders can be taken if you want to buy one for a Christmas gift.

Men's Shed is not necessarily about having a project; you are welcome to pop in for a cup of tea and a chat. We meet on Wednesdays, 1pm until 4pm, but plan to open for more hours from January 2020 to be flexible at this new location. Call Alan on 01323 833306 or 07946 604201 to check the opening times.

Community Choir

The community choir welcomes everyone; they sing for fun, with no auditions. They meet on Wednesday evenings, 6.45pm until 8.45pm, at the Herstmonceux Integrative Health Centre. Contact Laura 07905 745384

Fundraising Dinner 16 November 2019

Many thanks for the volunteers and guests who all contributed to making the event so successful.

Coffee Mornings

The coffee mornings are held in the Great Space at Herstmonceux Health Centre on the third Monday of each month:

Monday 16 December 2019 - come and join us for carol singing and mince pies

Monday 20 January 2020 – Mrs Pam Russell will be talking about the work of St Wilfrid's Hospice

Monday 17 February 2020 – Mr Bish, a Fellow of the Institute the Conservation of Art, will talk about book and paper conservation

Bill Bryson's Fascinating Facts

Your Brain is marvellously efficient. It requires only about 400 calories of energy a day – about the same as you get in a blueberry muffin. Try running your laptop for 24 hours on a muffin and see how far you get.

Extract from Bill Bryson's Book "The Body"

COLD WEATHER AND YOUR LUNGS

Don't smoke – when you combine smoking with cold air your symptoms of breathlessness can rapidly increase.

For help with giving up smoking contact:

One You East Sussex on 01323 404600 or visit www.oneyoueastsussex.org.uk

Source: NHS Be More Self-Care Aware

**BUMP & BEYOND - Antenatal classes in Eastbourne, Hailsham & Seaford CCG
FOR FIRST-TIME PREGNANT WOMEN**

Free antenatal classes for first-time pregnant women, and partners or support person.

Bump Workshop (1 day session).... Between 16-22 weeks gestation

Discussing fetal development, including the human brain, building a loving relationship, lifestyle choices and the changes for the pregnant women. Partners welcome. **Booking required.**

Birth & Beyond (4 weekly day sessions) Between 28 - 36 weeks gestation

Discussing preparation for labour, labour and giving birth, meeting baby, caring for baby, safe sleep recommendations, crying baby, bathing baby, baby cues and feeding methods, mental health awareness and support in the community. Partners welcome. **Booking required.**

The above sessions will be held at:

Hailsham Children's Centre, Vega Close Hailsham BN27 2JZ	Thursday	13.30 - 15.30
Shinewater Children's Centre, Milfoil Drive, Eastbourne BN23 8ED	Friday	13.30 - 15.30

OR Evening Classes – between 30 – 36 weeks gestation:

Two weekly sessions which will cover looking at giving birth, meeting and caring for your baby, your health and wellbeing, baby cues and feeding, and who is there for you. Partners welcome. **Booking required.** These evening classes will be held at:

The Elim Family Centre, 1A Hartfield Rd, Eastbourne BN21 2ET	Wednesday	18.00 – 21.00
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Bumps & babies- small steps for first-time pregnant women under 21 years of age

6 week Antenatal course/group and postnatal sessions. 26- 32 weeks gestation (4-5 courses/groups a year). Looking at topics in both Bump Workshop and Birth & Beyond .

Held at Devonshire Children's Centre 43 Seaside Rd, Eastbourne BN22 7ND

For Bookings call Charlotte and Karen – Children Centre Admin. 01424 726450 / 01424 726440

**Any questions or a referral, contact Karen Farrow - Antenatal Specialist Health Practitioner
Mobile 07786 111325. E mail karen.farrow@nhs.net**

THE HEALTH BENEFITS OF WALKING

I am always at my happiest when I am walking my 2 ridiculously badly behaved Labradors out in nature, be it on the south downs, in our local woods or more recently in the Peak District. It gives me a chance to relax and take stock of my day. I can feel any tension that I have built in my body start to unwind and enjoy witnessing the changing seasons and listening to the chatter of the birds.

According to new research from the University of East Anglia, living close to nature and spending time outside has significant and wide-ranging health benefits on your health and wellbeing.

A new report published, reveals that exposure to green space reduces the risk of type II diabetes, cardiovascular disease, premature death, preterm birth, stress, and high blood pressure.

Lead author Caoimhe Twohig-Bennett, from UEA's Norwich Medical School, said: "Spending time in nature certainly makes us feel healthier, but until now the impact on our long-term wellbeing hasn't been fully understood.

"We gathered evidence from over 140 studies involving more than 290 million people to see whether nature really does provide a health boost."

"We found that spending time in, or living close to, natural green spaces is associated with diverse and significant health benefits. It reduces the risk of type II diabetes, cardiovascular disease, premature death, preterm birth, increases sleep duration and significantly reduces people's levels of salivary cortisol -- a physiological marker of stress.

If you are wanting to know where to get started, at HIHC we have a patient walking group that runs from April to October every Thursday and there are other walking groups locally. In the lobby at HIHC, we have local walking maps created by Stephen Burke.

www.wealden.gov.uk have further information on walks and the Vitality Villages Directory has a list of groups locally that support activities outside.

The photos below were taken by a member of our Patient Walking Group on their last walk of the year - at the end of October at Ashburnham Place. Believe it or not, it didn't rain every day in October!

Dr John Simmons



MUSIC, EXERCISE, FUN!



HERSTMONCEUX ACTIVE

A 1 hour gentle exercise class with our qualified instructor Andrea. We welcome all ages and all abilities. This class is a great way to ease yourself back into exercise.

All shapes and sizes No surprises



Your first 4 sessions are Free, No Excuses! 😊 🔍 🗨

If you wish to continue the fun we suggest a £2.50 donation per session.

WHEN? Friday evenings 6:30pm to 7:30pm

WHERE? Herstmonceux Integrative Health Centre,
Hailsham Road, Herstmonceux, BN27 4JX

If you can't make Friday you can join us at the Hailsham Active sessions on Saturday mornings at 9am and/or 10am & Tuesday evenings at 6:30pm at The James West Community Centre, Brunel Drive, Hailsham.

CONTACT US

Email: AndreaAttilane@gmail.com

Email: Steve@pro-eco.co.uk



Health and Wellbeing Workshop

The Personalised Care and Support programme aims to improve care and support for people living with a diagnosis of cancer.

We would like to learn from your experiences to ensure we are providing the right level of information at the right time. This is an exciting opportunity to get involved with, and influence, the development of cancer services in your area.

Who can attend?

- Anyone who has been affected by a cancer
- Health or social care professionals working across Surrey and Sussex in Primary, Community and Acute Care and supporting /treating patients with cancer.
- Anyone working in the charity sector.

This event has been developed in collaboration with Macmillan Cancer Support.

Date: Tuesday, 10th December, 2019, 13:30 – 16:00

Venue: Fleder Filter Systems Lounge

AMEX Stadium, Village Way, Brighton BN1 9BL

- free parking and disabled access

To book a place: <https://www.eventbrite.com/e/surrey-and-sussex-cancer-alliance-health-and-wellbeing-workshop-tickets-78615467981>

Note there is no charge to attend this event and refreshments will be provided.

PARSNIP, CHESTNUT & SCALLOP SOUP

Preparation time: less than 30 minutes

Cooking time: 10 – 30 minutes

Serves: 4 – 6

A delicious winter parsnip soup with extra richness from the chestnuts. Make it ahead for a Christmas starter – just fry the scallops at the last minute.

Ingredients:

100g unsalted butter
600g parsnips, chopped
1 small leek, trimmed and chopped
150ml white wine
200g cooked chestnuts (sold vacuum-packed)
1.5 litres vegetable stock (preferably homemade)
S & P
8 scallops (optional)

Method:

1. Melt half of the butter in a large heavy-based saucepan over a gentle heat but do not allow it to colour. Add the parsnips and leek and let them fry gently for about 4-5 minutes, or until the parsnip is soft.
2. Add the white wine and chestnuts (reserving some whole chestnuts for garnish) and fry gently for a further 7-8 minutes. Season the mixture with salt and pepper to taste.
3. Add the stock to the saucepan and bring to the boil, then simmer for 5-6 minutes. Remove the pan from the heat and blend with an immersion blender or in a food-processor until it's nice and smooth. (If you are using a food processor, allow the soup to cool a little before you blend it). Pass the soup through a fine sieve and serve, or set aside and proceed as below if you are including scallops.
4. Heat a large frying pan and add the remaining butter. Once melted, add the scallops and cook on each side for 1-2 minutes.
5. Divide the seared scallops among four shallow serving bowls and ladle the soup around. Grate the reserved chestnuts on top.

By Bryn Williams, from Christmas Kitchen.



BRANDED OR GENERIC MEDICINE – WHAT’S THE DIFFERENCE?

Generic drugs are copies of brand-name drugs that have exactly the same dosage, intended use, effects, side effects, route of administration, risks, safety, and strength as the original drug. In other words, their pharmacological effects are exactly the same as those of their brand-name counterparts.

An example of a generic drug, one used for diabetes, is metformin. A brand name for metformin is Glucophage. (Brand names are usually capitalized while generic names are not.) A generic drug, one used for hypertension, is metoprolol, whereas a brand name for the same drug is Lopressor.

Many people become concerned because generic drugs are often substantially cheaper than the brand-name versions. They wonder if the quality and effectiveness have been compromised to make the less expensive products. It is a requirement that generic drugs be as safe and effective as brand-name drugs.

Actually, generic drugs are only cheaper because the manufacturers have not had the expenses of developing and marketing a new drug. When a company brings a new drug onto the market, the firm has already spent substantial money on research, development, marketing and promotion of the drug. A patent is granted that gives the company that developed the drug an exclusive right to sell the drug as long as the patent is in effect.

As the patent nears expiration, manufacturers can apply for permission to make and sell generic versions of the drug; and without the start-up costs for development of the drug, other companies can afford to make and sell it more cheaply. When multiple companies begin producing and selling a drug, the competition among them can also drive the price down even further.

So there's no truth in the myths that generic drugs are manufactured in poorer-quality facilities or are inferior in quality to brand-name drugs. The same standards are applied for all drug manufacturing facilities, and many companies manufacture both brand-name and generic drugs. In fact, it is estimated that 50% of generic drug production is by brand-name companies.

Another common misbelief is that generic drugs take longer to work. It is required that generic drugs work as fast and as effectively as the original brand-name products.

Below are some commonly prescribed brand medications and their generic equivalents. This sample list is for reference only. It does not represent a complete list of drugs covered under a patient’s care plan and is not intended to be a substitute for a physician’s clinical knowledge and judgment. Treatment decisions always reside solely with the patient and their physician.

Next time you are buying over-the-counter medicines, ask your local pharmacists if there is a generic version available – it could save you money.

Source: <https://www.medicinenet.com>

Some examples of Branded versus Generic medicines:

<i>Nurofen</i>	<i>- v -</i>	<i>Ibuprofen</i>	<i>Anadin</i>	<i>- v -</i>	<i>Aspirin</i>
<i>Panadol</i>	<i>- v -</i>	<i>Paracetamol</i>	<i>Lipitor</i>	<i>- v -</i>	<i>Atorvastatin</i>
<i>Imodium</i>	<i>-v -</i>	<i>Loperamide</i>	<i>Zantac</i>	<i>- v -</i>	<i>Ranitine</i>

WHAT IS A BIOSIMILAR?

On the previous page we explained the difference between simple branded drugs and the generic form of that drug; they are identical.

However, for the past couple of years, there are increasing alternatives to the more complex branded drugs called biosimilars, which are often referred to by the NHS as biologics.

If a biosimilar is a biologic, then what is a biologic?

Biological products can include a wide range of products including:

- Vaccines
- blood components
- gene therapy
- tissues
- proteins, like monoclonal antibodies and cell signaling proteins

Unlike most chemically-derived small-molecule drugs, biological products are generally derived from a living organism, such as humans, animals, microorganisms or yeast. Clinically, they are used to treat patients with cancer, kidney diseases and autoimmune diseases, such as rheumatoid arthritis and Crohn's disease.

For example, Enbrel (etanercept) or Humira (adalimumab) are referred to as “large-molecule” drugs because they are larger and more complex in structure than small-molecule drugs and as a consequence these products are very expensive due to costs linked to complicated development and manufacturing.

So what is a biosimilar? They are just that; similar because they do not have to be exact copies of the active ingredient, as with small-molecule drug generics.

The definition is as follows:

A biosimilar medicine is a biological medicine which has been shown not to have any clinically meaningful differences from the originator medicine in terms of quality, safety and efficacy. Where NICE has already recommended the originator biological medicine, the same guidance will normally apply to a biosimilar of that originator.

Why is the NHS so excited by the emergence of biosimilars?

Biological medicines are currently the largest cost and cost growth areas in the NHS medicines budget, and because of the patent expiries of several drugs and the approval of biosimilars, the NHS has saved more than £700 million from the annual medicines bill to reinvest in new treatments.

https://www.england.nhs.uk/2019/08/nhs-cuts-medicines-costs-by-three-quarters-of-a-billion-pounds/?utm_source=feedburner&utm_medium=email&utm_campaign=Feed%3A+NHSCBoard+%28NHS+England%29

A recent publication on the NHS England website gives very positive news that the NHS-wide campaign to support patients and doctors to maximise the use of ‘generic’ and best value ‘biologic’ (or biosimilar) treatments to treat conditions including arthritis and cancer, has lowered costs to taxpayers by £294 million last year alone, on track to meet its ambitious target of a further £400 million annual savings by 2021.

A single drug – adalimumab – treatment for arthritis and other diseases, saved £110 million alone thanks to a ‘smart procurement’, after the drug came off patent at the end of 2018.

continued on next page.....

Previously adalimumab was the individual medicine on which hospitals spend the most, at a cost of more than £400 million a year.

Simon Stevens, NHS chief executive, said: “The NHS is one of the most efficient health services in the world but as part of the Long Term Plan, we will continue to drive changes to ensure every NHS pound is spent wisely and patients have access to innovative life changing medicines.

“Use of the best value versions of expensive medicines is already delivering effective treatment for patients across the NHS, including those with cancer, offering the right care for patients while saving the tax payer hundreds of millions of pounds.”

The savings for 2018-19 come on top of the £413 million saved from the annual medicines bill in the previous two years by maximising the use of best value generic and biologic treatments.

Taken together the savings mean the campaign to drive take-up has seen more than £700 million freed up to reinvest in other effective medicines.

These benefits have only been possible by working closely with patients, clinical teams and NHS trusts. The decision to switch to a best value medicine should always be done in consultation with the patient, through shared decision making.

Medicine	Treats	2018-2019 savings delivered
Adalimumab best value biologic uptake	Rheumatoid diseases, dermatological and inflammatory bowel diseases	£109,668,408
Infliximab best value biologic uptake	Rheumatoid diseases and inflammatory bowel diseases	£31,964,413
Etanercept best value biologic uptake	Rheumatoid diseases	£36,077,607
Rituximab best value biologic uptake	Certain cancers and rheumatoid conditions	£45,174,920
Imatinib generic uptake	Types of cancer	£18,848,913
Linezolid generic uptake	Types of bacterial infection	£2,037,999
Prednisolone Soluble	Asthma	£37,786
Valganciclovir generic uptake	Types of fungal infection	£3,833,955
Voriconazole generic uptake	Types of fungal infection	£6,983,219
Caspofungin generic uptake	Types of fungal infection	£8,485,062
Trastuzumab best value biologic uptake	Breast cancers	£24,254,902
Total		£293,785,789

ANSWERS

Answer to NHS question :

This is a trick question - they are all correct!

Very often it is difficult to compare health care between countries as we may not have the same information to compare them on. There are also a variety of measures that can be used to tell us how a health service is performing, and all of these rankings have used different combinations of measures which accounts for why the NHS has ranked between the first and fifteenth in these surveys.

A 2018 Lancet study of access to care and quality of care placed the UK **23rd out of 195 countries** across the world.

The study focuses on how well different countries perform on preventing disease or death where high-quality health care is easily available. This includes where vaccines are available or where health conditions can be avoided through surgery, such as appendicitis.

JOKES - Please email any suitable jokes you might have to Bea Simmons: bea.simmons@nhs.net

FUTURE NEWSLETTER ARTICLES - Please email to:

Lynn Bowman (Editor) at plg.hmxihc@nhs.net or lyndaprimrose27@talktalk.net
