



Aligning commissioning policies across north east London



This is about changes the local NHS is thinking to make. The changes would make sure that everyone who lives in north east London would have access to the same type of care.



We want to know what you think and if there is anything else you want us to think about. We'd like to hear from local people, so please tell your friends and family about this, and ask them to let us know what they think too.



Please tell us what you think by **5pm** on **3 July 2019**.

What's happening?



Across north east London, doctors have been working together to look at how to make sure people, wherever they live, are able to have the same treatments and procedures. At the moment, this can be different from borough to borough, which isn't fair.



In order to make this the same across north east London, we want to make changes to what is known as a commissioning policy. This lists some treatments and procedures the NHS pays for, and who can have them. There are lots of different policies and we want there to be one for everyone.

If we did this it would mean that:

- ✓ everyone would have access to the same type of care, wherever they live
- ✓ the care patients receive would use the same clinical guidance
- ✓ it would be less confusing for doctors and hospitals
- ✓ patients would not have treatments that don't work
- ✓ patients would have treatments that are the best option for them
- ✓ NHS money would pay for procedures that people need, and that would give them a better quality of life.

Note: We do not want to make changes for:

- ✗ People who have cancer, who we think have cancer or who have survived cancer
- ✗ Children (aged under 18) unless we say otherwise
- ✗ People receiving emergency or urgent care
- ✗ Where NHS England is responsible for commissioning the care



We have been looking at what currently happens and hearing what doctors and other experts think. After lots of talking, we have worked out what we think needs to change and we want to know what you think.



Explaining what we want to change uses lots of specialist words that can be hard to understand, especially if you're not a doctor or nurse. This has been written to help you understand what is going on, but if you want to know more about a certain treatment then please ask somebody to help you read the information on our website, which explains what we want to do.



If you don't have anyone who can help, call us on **020 3688 2455** and we will find someone who can help you.

You don't need to read everything, only the bit about where you live.

Barking and Dagenham, Havering and Redbridge



We want to introduce new policies for:

- Chalazia removal (**lumps on the eyelid**)
- Shoulder decompression surgery (to stop **shoulder pain** when you lift your arm)
- Surgery for carpal tunnel syndrome (pressure on a nerve in your wrist. It causes tingling, numbness and **pain in your hand and fingers**)
- Treatments for **back pain**

This is so it is clear who can have these procedures.



We want to change and make clearer who can have the following procedures:

- **Ear surgery** (stopping ears from sticking out)
- **Nose surgery** (helping people to breathe through their nose)
- Dupuytren's contracture release (when your **fingers curl up**)
- **Cataract surgery** (when changes in the lens of the eye make it hard to see clearly)
- **Weight loss surgery** (to help you lose weight if you are very fat)
- **Female breast reduction** (to make big breasts smaller)
- **Grommets for glue ear** in children (Small plastic tubes are put into the ear to help you hear better if your ear is blocked by liquid).
- **Trigger finger treatment** (when it is hard to bend your finger or thumb)
- **Surgery for excessive sweating**

This is so that only people who are likely to benefit from these types of surgery can have it.



We also think that we should no longer routinely pay for the following treatments:

- Dilation and curettage (D&C) for **heavy periods** (an operation to remove tissue from inside the womb)
- **Split ear lobe repair** (when your ear lobes stretch, sometimes from wearing heavy earrings)
- **Herbal medicines**
- Treatment for scarring, skin hyperpigmentation and hypopigmentation (**scarring from pimples, patches of lighter or darker skin**)

This is because there is limited evidence that these procedures work, and/or they are not a good use of limited NHS resources. We believe the NHS should only pay for procedures to deal with medical conditions and symptoms, for people who will benefit clinically from having the treatment. This means that people won't have treatment when they don't need it and the NHS won't waste money.

City and Hackney, Newham, Tower Hamlets and Waltham Forest



We want to introduce new policies for:

- Chalazia removal (**lumps on the eyelid**)
- Shoulder decompression surgery (to **stop shoulder pain** when you lift your arm)
- Treatments for **back pain**
- Haemorrhoidectomy (surgery to **remove lumps inside or around the bottom**)
- **Cataract surgery** (when changes in the lens of the eye make it hard to see clearly)
- **Hip replacement**
- **Knee replacement**
- **Spinal surgery**
- Functional electrical stimulation for foot drop (to **help people walk better**)
- Abdominal wall hernia management and repair (when you have **weak tummy muscles** and a lump pops through)
- **Weight loss surgery** (to help you lose weight when you are very fat)

This is so it is clear who can have these procedures.

City and Hackney, Newham, Tower Hamlets and Waltham Forest



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- **Grommets for glue ear** in children (Small plastic tubes are put into the ear to help you hear better if your ear is blocked by a messy liquid).
- **Trigger finger treatment** (when it is hard to bend your finger or thumb)

This is so that only people who are likely to benefit from these types of surgery can have it.

City and Hackney, Newham, Tower Hamlets and Waltham Forest



We also think that we should no longer routinely pay for the following treatments:

- **Injections for non-specific low back pain**
- **Snoring surgery**
- **Laser surgery for short sightedness**
(when you can't see things far away)

This is because there is limited evidence that these procedures work, and/or they are not a good use of limited NHS resources. We believe the NHS should only pay for procedures to deal with medical conditions and symptoms, for people who will benefit clinically from having the treatment. This means that people won't have unnecessary treatment and the NHS won't waste money.

Tell us what you think



Look at our **websites** and fill in the **questionnaire**:

- www.barkingdagenhamccg.nhs.uk/oncefornelondon
- www.cityandhackneyccg.nhs.uk/oncefornelondon
- www.haveringccg.nhs.uk/oncefornelondon
- www.newhamccg.nhs.uk/oncefornelondon
- www.redbridgeccg.nhs.uk/oncefornelondon
- www.towerhamletsccg.nhs.uk/oncefornelondon
- www.walthamforestccg.nhs.uk/oncefornelondon



Send us an email: **nelcsu.nelsmw@nhs.net**



If you don't have anyone to help you read this document please call us on **0203 688 2455** and we will find someone who can help you.



Write to us on this address: **FREEPOST BHR CCGs**



If you'd like us to come out and **talk to your group** about this, please let us know.



Remember to let us know what you think by **5pm** on **3 July 2019**.