

Stoma

This briefing provides recommendations for prescribing stoma appliances and accessories in order to improve patient care and reduce waste. It is important that stoma appliances are prescribed appropriately to reduce skin complications, infection, and overordering or waste.

Key recommendations

- Only those appliances listed in the relevant Drug Tariff may be issued using an NHS prescription.
- Prescriptions for appliances should only be issued at the request of the patient or their carer and they should not routinely be accepted from dispensing appliance contractors. See [PrescQIPP appliance formulary development guidance](#) for further information.
- Follow a local formulary for stoma appliances (see [PrescQIPP appliance formulary development guidance](#)) that reflects local needs, reduces variation in prescribing and supports the selection of appropriate, cost-effective products. Ensure that Stoma Nurse Specialists and local stakeholders are involved in any formulary decisions relating to stoma appliances.
- Carry out regular audits to ensure that stoma products are being prescribed in accordance with local appliance formulary guidance, so that appropriate quantities are prescribed, to minimise wastage and to identify any potential issues that require referral to the patient's specialist stoma nurse.
- Any change to a patient's stoma appliances should be approved by a stoma nurse in consultation with the patient.
- Ensure that the patient receives an appliance use review on an annual basis from a stoma nurse to support appropriate use and good prescribing practice.
- Do not routinely prescribe deodorisers, skin cleansers, light support underwear, pouch covers, barrier creams, stoma filters, gauze swabs, or combinations of a spray and wipes of the same product for patients with a stoma.
- Only prescribe lubricating deodorants, ring seals, stoma collars, pastes, powders or stoma underwear for parastomal hernia prevention in high-risk patients or management of parastomal hernia if requested by a specialist stoma nurse. If these items are requested by a specialist stoma nurse, they should be prescribed based on the recommended quantities (see Table 1) unless otherwise recommended and they should be regularly reviewed.
- Refer patients who are requesting large quantities of stoma products or overusing stoma accessories to a stoma care nurse as this may indicate that they are experiencing problems.
- Consider any adjustments that may need to be made to a patient's medicines in view of their stoma on discharge from hospital and at regular medication reviews.

Costs and savings (NHSBSA England, Wales, Isle of Man Jun-Aug23, Public Health Scotland Mar-May23)

In England, Scotland, Wales and the Isle of Man, approximately £423million is spent on stoma appliances (bags and accessories) annually.

It can be argued that the most effective way of reducing the cost of stoma care is to find the right appliance for the individual. As well as reducing wastage of the stoma bags themselves, this can reduce (or eliminate) the need for accessories.¹ A 10% reduction in the cost of prescribed stoma appliances resulting from patient review would represent a **significant saving to the NHS of over £33.5million annually or £46,578 per 100,000 population**. This saving may result from the switching to more suitable, cost-effective alternative products in line with local formulary decisions and ensuring that prescribed quantities are appropriate to reduce unnecessary over-ordering.

A 25% reduction in the prescribing of stoma accessories such as deodorisers, skin cleansers, light support underwear, pouch covers, barrier preparations, lubricating deodorants, gauze swabs, ring seals, pastes, powders, stoma collars, stoma filters, and stoma underwear, could also **produce savings of approximately £31.3million or £43,575 per 100,000 population**.

References

1. Bird A. Stoma care in a time of financial pressures: can we cut the costs? British Journal of Nursing 2017; 26(22): S14-S16. https://www.magonlinelibrary.com/doi/abs/10.12968/bjon.2017.26.22.S14?rfr_dat=cr_pub++0pubmed&url_ver=Z39.88-2003&rfr_id=ori%3Arid%3Acrossref.org

Additional resources available	Bulletin	https://www.prescqipp.info/our-resources/bulletins/bulletin-338-stoma/
	Tools	
	Data pack	https://data.prescqipp.info/views/B338_Stoma/FrontPage?%3Aembed=y&%3Aiid=1&%3AisGuestRedirectFromVizportal=y

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