

PE1463/WWW

Pam Hodge submission of 4 June 2019

My name is Pam Hodge and I have become aware that the Scottish Parliament will meet on 6 June to discuss PE 01463 Thyroid Petition and that potentially it may bring the Petition to a close.

I am very concerned about this as I am a patient of NHS Tayside who is being denied treatment with Liothyronine (T3) despite my Consultant Endocrinologist adhering to the procedures and protocols laid down by the Health Board. He has followed the process to initiate prescribing T3. He has submitted the appropriate IPTR form (now known as PACS) As recently as March he submitted an Appeal following the Health Board's requested process which he personally prepared and presented. I was extremely dismayed and disappointed to hear in May that the Appeal was also rejected.

NHS Tayside have reassured the Scottish Government that "T3 initiation requests in NHS Tayside are treated as a clinical decision assessed in line with Board procedures and the overall request process is demonstrably clinician led" But this seems at odds with what is happening in my case.

I can only assume that cost is the deciding factor in the Health Board's refusal to allow Liothyronine (T3) to be prescribed to patients who may benefit. "Clinical need should come before financial considerations" to quote both the British Thyroid Association and British Thyroid Foundation

In 2004 I underwent Radioactive Iodine Treatment (RAI) - a treatment which greatly impairs the thyroid glands ability to produce the natural hormones T3 & T4. I am subsequently prescribed a replacement synthetic version of one of these hormones - Levothyroxine (T4) but despite various dosage strengths over the years, I continue to endure many hypothyroid symptoms which affect my overall health and wellbeing.

I am under the care of a Consultant Endocrinologist at Ninewells Hospital, Dundee. Following his assessment of clinical need, in April 2018 he recommended a 4 month trial of Liothyronine (T3) in addition to Levothyroxine (T4). If no benefit was seen after this time it was agreed that I would revert to Levothyroxine alone. However, my GP refused to honour this request citing the recent advice NHS Tayside had given GPs "not to commence the prescribing of Liothyronine" Prior to this new directive, GPs had prescribed Liothyronine for decades but Liothyronine had been removed from the Health Board's Formulary without reference to Endocrinologists as a Group of Consultants.

Unlucky timing for me perhaps. My Endocrinologist then submitted an IPTR form to the Board and after many weeks of waiting and with no explanation or reason given the request was denied.

Following Mr Joe FitzPatrick's letter dated 13 February 2019 which was sent to all Scottish Health Boards, stating clearly and concisely that "an Endocrinologist can recommend prescribing Liothyronine (T3) for an individual patient if their symptoms are not adequately controlled with Levothyroxine (T4)" So in March, my

Endocrinologist submitted an Appeal to the Health Board. My clinical need for Liothyronine (T3) is formally approved by a Consultant Endocrinologist with over 20yrs experience yet the Appeal was denied.

My health and wellbeing continues to be compromised. The stress and anxiety of the decisions the Health Board make has impacted on my mental health and overall quality of life.

My local MSP Mr Graeme Dey has written to the Health Board regarding my specific case but to date has had no reply from them.

I would urge the Scottish Parliament to delay bringing the Petition to a close at this stage.

NHS Principles

- *. that it meets the needs of everyone
- *. that it be free at the point of delivery
- * that it be based on clinical need, not ability to pay