

# MEDICINE RISK MANAGEMENT

List of chronic diseases covered under the Chronic Medication Benefit and guidelines applied when applications are considered for Metropolitan Medical Scheme

DISEASE/CONDITION	DESCRIPTION	REPORTS/ADDITIONAL INFORMATION WHICH MAY BE REQUIRED	COMMENTS/GENERAL NOTES
<b>A. CENTRAL NERVOUS SYSTEM – Illnesses related to the nerves, spine, brain etc.</b>			
Alzheimer's Disease	Disease occurring in middle age or later, affecting thinking and mental processes	Mini-mental test and/or report from a neurologist or psychiatrist	Benefit for certain medicines allowed for a limited period pending follow-up reports
Attention Deficit Hyperactivity Disorder	Condition of inability to concentrate and/or hyperactivity usually found in children	Paediatrician/neurologist prescription or report and evaluation if test results are from a GP	Period of benefit limited based on evaluation
Depression/Dysthymia	Mental state characterised by excessive sadness and disturbed concentration	A motivation if two or more medicines requested or a psychiatrist prescription	No Benzodiazepines (same as for anxiety) Initially limited benefit allowed
Epilepsy	Seizures		
Meniere's Disease	Disease affecting inner ear characterised by ringing in ears, nausea, dizziness and progressive hearing loss		
Migraine (Cluster and Vascular are other headaches included in this category)  (Allowed with protocols)	Throbbing headache often accompanied by nausea/vomiting/sensitivity to light	If two or more preventative medicines are requested, a motivation/specialist prescription is required  Medicines used for acute migraine attacks will require a motivation/specialist prescription	Painkillers are excluded  Certain categories of medicine are allowed for a limited period of benefit
Narcolepsy and Cataplexy	Condition of unusual tendency to fall asleep	Motivation or specialist prescription required	
Parkinson's Disease	Brain disease marked by tremor (shaking), stiffness and difficulty in moving		
Psychosis/Schizophrenia	Mental disorder in which thinking, mood and behaviour are disturbed	Motivation or specialist prescription if three or more medicines requested	No Benzodiazepines. Duration of benefit is limited

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<b>B. EAR, NOSE and THROAT</b>			
Allergic Rhinitis (For adults allowed with Asthma) (For children under the age of 12 approved if treatment required permanently)  (No seasonal treatment allowed)	Inflammation of the mucous membrane of the nose due to allergy	Motivation if both nasal sprays and antihistamine tablets are required or specialist prescription	Nasal sprays restricted to the preventative type. Condition only reimbursed in conjunction with asthma  No combination antihistamine products allowed
<b>C. EYE</b>			
Dry eye syndrome	Inadequate tear secretion	Ophthalmologist report required	Benefit/funding allowed for a limited list of preparations. Only to be reimbursed for people over the age of 60
Glaucoma	Condition of abnormally high pressure in the eye		
<b>D. CARDIOVASCULAR SYSTEM – Illnesses related to the heart</b>			
Arrhythmias	Heart beat abnormalities	Specialist prescription may be required for certain medicines	
Angina	Pain, tightness or feeling of heaviness in the chest due to lack of oxygen supply to heart muscle		
Peripheral Vascular Disease	Disorder of the blood circulation of the extremities	Follow-up report required after initial period of benefit/funding allowed	No topical agents, i.e. creams are covered. The following are examples of medicine funded: Essaven®, Akrinor®  Nootropil® and Geratar® are not covered
Coronary Artery Disease	Obstructed blood flow to the heart muscle		
Cardiac Failure and Cardiomyopathy	Heart failure and enlargement of heart		
Hyperlipidaemia	High Cholesterol – high levels of cholesterol in the blood	Lipogram as well as risk factors, i.e. family history of heart disease, smoking, blood pressure and diabetic status	Evaluated according to international guidelines including Sheffield Table which your doctor can explain to you
Hypertension	Blood pressure higher than normal for one's age group		

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<b>E. RESPIRATORY SYSTEM (illnesses related to the lungs)</b>			
Asthma	Periodic shortness of breath, wheezing due to sensitive airways	Motivation or specialist prescription required for certain medicine (see notes)	Nebulisation solution will require further motivation unless required by elderly or very young
Chronic Obstructive Airways Disease (including Emphysema)	A chronic lung condition characterised by a shortness of breath		
Cystic Fibrosis	Disorder characterised by lung infections and digestive problems		Certain medicine not covered – application reviewed on merit
<b>F. ENDOCRINE SYSTEM</b>			
Diabetes Mellitus (Type I and II)	Disease where the body produces no insulin or is unable to use the insulin present	Motivation is required if three or more oral medicines (taken by mouth) are required	Testing strips are not covered if the patient is not on medication
Diabetes Insipidus	Disorder where patient produces large amounts of dilute urine	Motivation/specialist prescription required	
Hypothyroidism	Condition caused by thyroid hormone deficiency		
Hyperthyroidism	Excessive secretion of thyroid hormones by the thyroid gland		Neomercazole and Propranolol only
Menopause	Female hormone deficiency		
<b>G. BLOOD AND CLOTTING DISORDERS (illnesses of the blood)</b>			
Deep Vein Thrombosis	Blood clot formation in non-superficial veins		Certain medicine not covered – application reviewed on merit
<b>H. GASTROINTESTINAL TRACT (illnesses of the stomach)</b>			
Crohn's Disease	Chronic inflammatory disease of digestive tract		
Ulcerative Colitis	Chronic, recurrent inflammation and ulceration of colon		
Gastro-oesophageal Reflux	Backward flow of stomach contents into oesophagus	Gastroscopy report	

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<b>H. GASTROINTESTINAL TRACT (illnesses of the stomach)</b>			
Chronic Recurring Peptic Ulcer (Allowed if non-responsive to triple therapy)	Open sore in the digestive tract (stomach/oesophagus/antibiotics excluded colon)	Gastroscopy report	Certain medicine funded for a limited period
<b>I. GENITO-URINARY DISORDER (illnesses of the bladder etc.)</b>			
Chronic Renal Failure	The inability of the kidneys to maintain normal everyday function		
Enuresis/Incontinence	Inability to control natural function of the bladder/Involuntarily passing of urine		
Benign Prostatic Hypertrophy	Enlargement of the prostate gland causing problems with urination		
<b>J. MUSCULOSKELETAL DISORDERS (illnesses of the blood, bones etc.)</b>			
Gout	Episodic painful joints due to elevated levels of uric acid	Motivation required for more than one preventative treatment. Medication for acute attacks not covered	Certain medicine funded for a limited period only
Gouty Arthritis	Joint inflammation caused by gout	Motivation or rheumatologist report if medicine like Vioxx or Celebrex requested	
Osteo-arthritis	Joint pain and deformity caused by degeneration	Motivation or rheumatologist report if medicine like Vioxx or Celebrex requested	
Rheumatoid Arthritis	Chronic inflammation of one or more joints, usually of unknown origin	Motivation or rheumatologist report if medicine like Vioxx or Celebrex requested	
Multiple Sclerosis	Disease of the central nervous system with various fluctuating symptoms	Motivation for Betaferon and medicine of the same class	
Myasthenia Gravis	Fluctuating muscular weakness		
Osteoporosis	Demineralisation of bones which may lead to fractures	Bone Mineral Densitometry (BMD) report Certain medication: both a BMD and motivation required	Calcium products containing vitamins are excluded
Systemic Lupus/Erythematosus	A multi-system disease of connective tissue		

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<b>K. SKIN DISORDERS</b>			
Eczema	A red, itchy skin condition	Dermatologist report or motivation if medication is required longer than the initial benefit period allowed or for re-applications	Moisturising agents like Epizone are excluded when used on its own
Psoriasis	A chronic, often hereditary, recurring skin condition	Dermatologist report or motivation for certain medication	Moisturising agents like Epizone are excluded when used on its own