



The Royal New Zealand
College of General Practitioners
Te Whare Tohu Rata o Aotearoa

7 May 2025

Pharmac
PO Box 10254
The Terrace
WELLINGTON 6143

By email: consult@pharmac.govt.nz

Kia ora,

Proposal to support access to budesonide with eformoterol inhalers

The Royal New Zealand College of General Practitioners (the College) is the largest medical college in Aotearoa New Zealand with a membership of 6,018 specialist General Practitioners (GPs). Our General Practice Education Programme (GPEP) and Rural Hospital Medicine Training Programme (RHMTTP) trains the specialist General Practitioner and Rural Hospital Doctor workforce. The Medical Council of New Zealand accredits the College to deliver a Vocationally Registered workforce through its Continuing Professional Development Programme, making up 40 percent of the specialist medical workforce. The College is committed to prioritising the reduction of health inequities experienced by Māori, honouring Te Tiriti o Waitangi, and the rights of Māori. To do this we prioritise initiatives that support our members to develop cultural safety capability through all our Training, Member Professional Development and Quality programmes.

Our members provide medical care to patients and their whānau. Each year approximately 24 million¹ patient contacts are recorded in 1,077 general practice teams across Aotearoa. They deliver first point of contact care to effectively manage 90 percent of all patient healthcare concerns in the community.

Our submission

The College strongly supports:

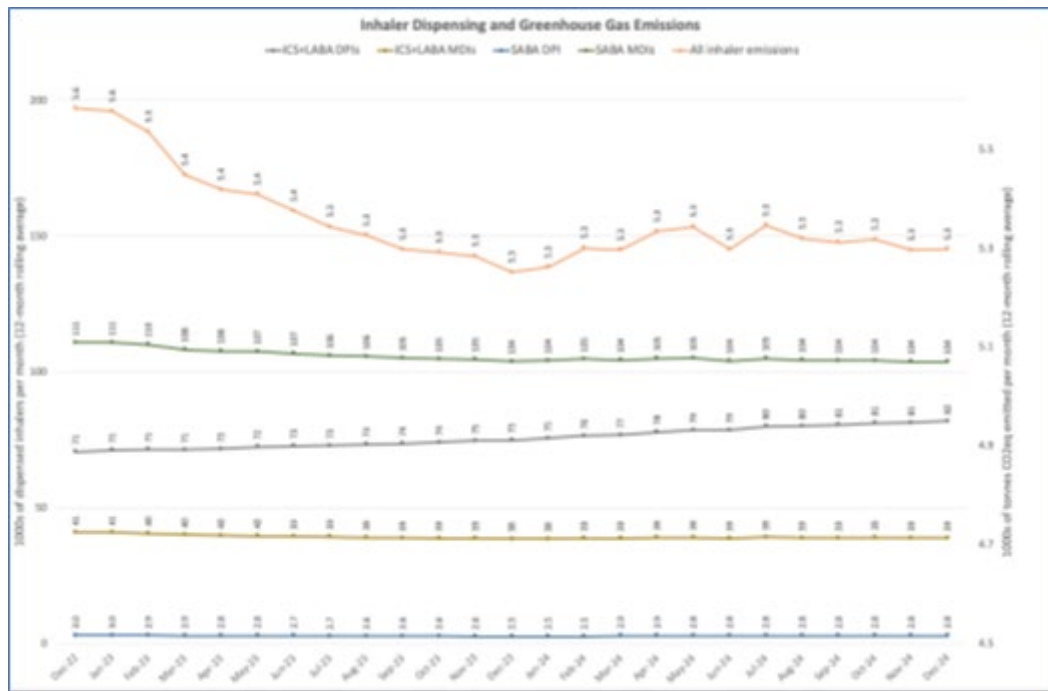
- enabling three months' supply of some budesonide with eformoterol inhalers to be collected at the same time instead of people having to collect them monthly; and
- increasing the way some budesonide with eformoterol inhalers can be accessed, by making them available in clinics through a Practitioners Supply Order (PSO).

We first advocated for exactly these changes in a letter dated 21 August 2023 that was sent to your Medical Director. The letter was based on feedback from College members who attended a workshop on asthma and climate change at our 2023 annual conference.

The proposed changes will remove barriers to recommended asthma treatments for adolescents and adults, and help reduce the significant greenhouse gas emissions associated with meter-dosed inhalers (MDIs), especially from salbutamol MDIs.

The College is committed to helping our members and general practices achieve high-quality care, health equity and low-carbon care.² Our climate and health work includes a programme to raise awareness of the 2020 NZ Adolescent and Adult Asthma Guidelines to improve the treatment and management of asthma and reduce associated greenhouse gas emissions.³

The proposals will support the continued uptake of the combined inhaled corticosteroid and long-acting beta adrenoreceptor agonist (ICS/LABA) dry powder inhalers shown in the chart below, which is based on Health New Zealand data, and will contribute to fewer salbutamol (SABA) MDIs being prescribed and dispensed. This will be good for the health of New Zealanders who suffer from asthma and for the climate.



If you require further clarification, please contact Maureen Gillon, Manager Policy, Advocacy, Insights – Maureen.Gillon@rnzcgp.org.nz.

Nāku noa, nā

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Medical Director | Mātanga Hauora

¹ Ministry of Health, 2024 data.

² Royal New Zealand College of General Practitioners, Position Statement on Climate Change, Health and General Practice in Aotearoa New Zealand and the Pacific, April 2024, <https://www.rnzcgp.org.nz/resources/position-statements/climate-change-health-and-general-practice-in-aotearoa-new-zealand-and-the-pacific-position-statement/>.

³ Asthma and Respiratory Foundation NZ, NZ Adolescent and Adult Asthma Guidelines, 2020, <https://www.asthmafoundation.org.nz/assets/documents/ARFNZ-Adolescent-and-Adult-Asthma-Guidelines.pdf>.