



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

3 June 2025

Pharmac
PO Box 10254
The Terrace
WELLINGTON 6143

By email: consult@pharmac.govt.nz

Tēnā koe

Pharmac proposal to fully fund two liquid nutrition replacements for adults with Crohn's disease requiring Exclusive Enteral Nutrition (EEN)

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 throughout our Training, Member Professional Development and Quality programmes.

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

Our submission

The College supports the Pharmac proposal to fully fund two liquid nutrition replacements for adults with Crohn's disease who need to use them for an extended period as their only source of nutrition and full diet for a period of 4–12 weeks.

We recognise Exclusive Enteral Nutrition (EEN) as a viable alternative to corticosteroids and an accessible, non-pharmacological option for patients transitioning to a normal diet. EEN is a well-established, evidence-based therapy for inducing remission in Crohn's disease (CD), offering a standardized, corticosteroid-sparing approach that improves clinical, biochemical, and endoscopic outcomes. Recent guidelines and expert consensus support its use in adults with active disease.^{2 3}

Thank you for the opportunity to provide comment on this consultation. If you require further clarification, please contact Maureen Gillon, Manager Policy, Advocacy, Insights – Maureen.Gillon@rnzcgcp.org.nz.

Nāku noa, nā

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¹ Ministry of Health, 2024 data.

² Day A, Wood J, Melton S, Bryant R. Exclusive enteral nutrition: An optimal care pathway for use in adult patients with active Crohn's disease JGH Open. 2019 Sep 10;4(2):260–266.doi: [10.1002/jgh3.12256](https://doi.org/10.1002/jgh3.12256).

³ Mitrev N, Huang H, Hannah B, et al. Review of exclusive enteral therapy in adult Crohn's disease. BMJ Open Gastro 2021;8:e000745. doi:10.1136/bmjgast-2021-000745. Available at: <https://bmjopengastro.bmj.com/content/bmjgast/8/1/e000745.full.pdf>

