



TARA ROAD MEDICAL CENTRE
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Statement on Six-Month Prescribing Policy (in stead of 12 months prescribing)

At Tara Road Medical Centre, patient safety and high quality clinical care are our highest priorities. Recent changes to national prescribing regulations have expanded the maximum allowable prescription length from three to twelve months. While this offers potential convenience for some patients, we have carefully reviewed the **Royal New Zealand College of General Practitioners (RNZCGP)** position and professional guidance on this topic.

The RNZCGP supports increased flexibility in prescription duration **only where it is clinically appropriate and safe**, emphasising that decisions must be based on sound clinical judgement and ongoing patient monitoring. The College has raised specific concerns about the risks associated with longer prescription durations, particularly in situations where there is reduced opportunity for clinical review and monitoring.

The College's feedback during consultation on extending prescription length highlighted that extending scripts to twelve months could:

- reduce opportunities for regular clinical review and monitoring of patient health;
- potentially delay identification of changes in condition or adverse effects;
- increase risk of medication issues going undetected; and
- undermine continuity of care, especially for complex or unstable conditions.

Because of these safety concerns, the RNZCGP supported a **six-month prescribing option** as a safer compromise that maintains regular clinical oversight while providing some reduction in administrative burden and appointments for stable patients.

In line with these principles, **our medical centre will:**

- **Offer prescriptions of up to six months' duration only for patients with stable chronic conditions where ongoing monitoring and review can be appropriately scheduled;**
- **Continue to require more frequent review for conditions that need close monitoring, dose adjustments, laboratory testing, or where there is increased clinical risk;**
- **Apply clinical judgement to ensure ongoing safe, patient-centred care for all prescriptions.**

We believe this approach best balances patient convenience with the essential need for regular assessment and safe prescribing practice.

If you have questions about how this policy affects your care or prescription schedule, please speak with your clinician.