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Medicines Management Newsletter

NHS

Wiltshire

Clinical Commissioning Group

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Intranet site : <https://prescribing.wiltshireccg.nhs.uk>

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ACTIONS this month:-

- Hayfever – GP practices and community pharmacies should implement the mild to moderate Hay Fever guidance and advise patients to visit their pharmacy rather than requesting prescriptions
- Freestyle Libre - GP Practices and Community pharmacies to familiarise themselves with the NHS England criteria for access to FSL on the NHS
- Run reports and review patients to ensure all prescriptions for gabapentin and pregabalin are legally compliant as controlled drugs
- Review patients receiving fluoroquinolones on repeat prescription

Hayfever (mild to moderate Allergic Rhinitis)

Wiltshire CCG does not support prescribing preparations for mild to moderate seasonal hay fever on the NHS. A wide range of medications can be purchased from pharmacies, supermarkets and high street retailers.

- In line with national guidance on Over the Counter preparations from NHS England, hayfever is considered a self-limiting condition which for the majority of patients is suitable for self-care
- Oral antihistamines, intranasal corticosteroids and antihistamine eye drops are the usual treatment options for hayfever. All are available to purchase over-the-counter at the same medicinal strength as prescription only products (beware licensing issues – e.g. intranasal corticosteroids in children)
- Patients do not need to see a GP unless specifically referred by their pharmacist after a consistent trial of different approaches with OTC remedies
- Patients should receive advice on how to avoid triggers (see links below)

To support GP surgeries and pharmacies with this project, Wiltshire CCG has published three documents:

Patient Information leaflet	https://prescribing.wiltshireccg.nhs.uk/?wpdmdl=1821
Practice Information leaflet (for receptionists and Rx clerks)	https://prescribing.wiltshireccg.nhs.uk/?wpdmdl=1820
Hay fever pathway – for GPs to use in severe cases	https://prescribing.wiltshireccg.nhs.uk/?wpdmdl=1805

ACTION: GP practices and community pharmacies should implement the mild to moderate Hay Fever guidance and advise patients to visit their pharmacy rather than requesting prescriptions

Freestyle Libre (FSL) from 1st April 2019

Funding has been approved for Freestyle Libre Sensors on the NHS for up to 20% of Type 1 diabetic patients. The patient criteria are specified in [this document](#) from NHS England. Letters have been sent to all GP practices and community pharmacies in Wiltshire CCG outlining more detailed information. In summary:

Please note the following points :

- FSL should **not** be initiated by GPs in primary care - **Specialist initiation only** to ensure within criteria, receive adequate training and confirm benefit (form completed and sent to GP)
- Pts will still need test strips to be prescribed as this does not totally replace blood glucose testing. It is now accepted by DVLA (14th Feb) instead of blood glucose testing
- To avoid additional costs for expensive prescriptions issue **1 month per script (1 sensor = 14 days)**
- Consider 6 x 1 month batch (repeat dispensing) to tie in with 6 month specialist review
- Patients self-funding or wishing to start should await their **next routine appointment** with a diabetes specialist and NOT be referred to specialist just to access NHS supplies
- If sensors fall off, patient can get a free replacement from Abbott Customer Careline: 0800 170 1177
- The device is not available on prescription- should be provided by specialist or patient can use the app for this on their mobile phone
- Community Pharmacies will need to set up a supply account with Abbott - further information [here](#) (2017)

ACTION: GP Practices and Community pharmacies to familiarise themselves with the NHS England criteria for access to FSL on the NHS

Formulary Update – no update this month

Pregabalin and Gabapentin

Further to information sent in the [previous newsletter](#), Pregabalin and Gabapentin are now Schedule 3 Controlled Drugs.

All prescriptions should be limited to 30 days supply. In order for the clinical systems to monitor compliance, please ensure accurate doses are recorded.

- Check all titration doses are removed after initial prescription
- 'As directed' is no longer acceptable

There are specific searches available on Ardens within TPP SystmOne to identify patients to review in 'Clinical Reporting' :

Ardens → CAS and Alerts → Prescribing → Gabapentin or Pregabalin
.... on repeat.....

ACTION: Run reports and review patients to ensure all prescriptions for gabapentin and pregabalin are legally compliant as controlled drugs

Safety Update Fluoroquinolones: Ciprofloxacin, levofloxacin, moxifloxacin, ofloxacin

The MHRA have sent out an alert this month, warning that disabling, long-lasting or potentially irreversible adverse reactions affecting musculoskeletal (including tendonitis and tendon rupture) and nervous systems have been reported with fluoroquinolone antibiotics – see [Drug Safety Update](#) for more information.

Prescribers and dispensers of fluoroquinolones should advise patients to stop treatment at the first signs of a serious adverse reaction, such as tendinitis or tendon rupture, muscle pain, muscle weakness, joint pain, joint swelling, peripheral neuropathy, and central nervous system effects, and to contact their doctor immediately for further advice.

[MHRA sheet to discuss measures with patients](#)

ACTION: Review patients receiving fluoroquinolones on repeat prescription and consider the appropriateness of continuing

Availability Update

HRT Elleste range unavailable	Menopause Matters website is a useful resource to identify alternative manufacturers with products that contain the same ingredients. See HRT Guidance for equivalent formulary products.	Community pharmacies to advise prescriber which preparations are available at time of query.
Metoprolol 50mg and 100mg tablets – intermittent supply for next few months	UK Medicine Information memo No definitive guidance for dose conversion between beta-blockers. Clinical judgement will be required in considering where the metoprolol dose sits within the dose range of the alternative beta-blocker.	Where possible prescribe a drug that is taken only once a day and prescribe generically
Carbagen (Carbamazepine) – unavailable until mid-late 2019	<ul style="list-style-type: none"> • 200mg and 400mg Immediate Release Tablets • 200mg and 400mg Modified Release Tablets UKMI Memo to support clinicians in switching a category 1 anti-epileptic. Tegretol manufacturers Novartis have confirmed they are able to support additional demand	Identify potentially affected patients as soon as possible and ensure they are managed appropriately

Website Updates

New Documents	
NICE Bites – COPD	https://prescribing.wiltshireccg.nhs.uk/?wpdmdl=1819
Hay Fever – Patient Information Leaflet	https://prescribing.wiltshireccg.nhs.uk/?wpdmdl=1821
Hay Fever (Seasonal Allergic Rhinitis)	https://prescribing.wiltshireccg.nhs.uk/?wpdmdl=1820
Updated Documents	
TPP Formulary Instructions	https://prescribing.wiltshireccg.nhs.uk/?wpdmdl=147
Antibiotic ADULT summary March 2019 NICE update	https://prescribing.wiltshireccg.nhs.uk/?wpdmdl=1567
Guidance on converting between anticoagulants	https://prescribing.wiltshireccg.nhs.uk/?wpdmdl=1666
Controlled drugs summary of information (March 2019)	https://prescribing.wiltshireccg.nhs.uk/?wpdmdl=18
Care Home Forms	
Refrigerator storage information	https://prescribing.wiltshireccg.nhs.uk/?wpdmdl=1822
Expiry Date guidelines	https://prescribing.wiltshireccg.nhs.uk/?wpdmdl=1824
MOCH Monthly order process	https://prescribing.wiltshireccg.nhs.uk/?wpdmdl=1823
Care Home Interim Request form	https://prescribing.wiltshireccg.nhs.uk/?wpdmdl=1813
Example Homely Remedy Agreement form	https://prescribing.wiltshireccg.nhs.uk/?wpdmdl=1814
Homely Remedy Information for GPs	https://prescribing.wiltshireccg.nhs.uk/?wpdmdl=1815
Homely Remedy information for Care Home Staff	https://prescribing.wiltshireccg.nhs.uk/?wpdmdl=1816
Paracetamol Dosing	https://prescribing.wiltshireccg.nhs.uk/?wpdmdl=1817
Missed doses of medication	https://prescribing.wiltshireccg.nhs.uk/?wpdmdl=1818