

Medicines Optimisation

Prescribing Memo

Prescribing Reminder - Subcutaneous Methotrexate

Date: 18th Dec 2014

Memo Number: 20/14

Main points

Across Darlington, DDES and North Durham CCGs a small number of rheumatology patients who are unsuitable for oral methotrexate are prescribed subcutaneous methotrexate. This should be initiated under the supervision of a rheumatologist before being transferred to shared care with their GP once stable.

For CDDFT patients once shared care is agreed, and with the approval of the GP, the Rheumatologist will register the patient with a company called Alcura who will send a special blank prescription form for completion and return. Alcura will then arrange delivery of the drug to the patient along with training.

A small number of GPs decide to use their local Pharmacy for supply, in which case an FP10 is used, but arrangements need to be made for the safe disposal of the cytotoxic waste. In addition to this the practice will need to train the patient on the safe use of the drug.

Irrespective of the route of supply of the drug, prescribers are reminded to ensure that all patients receiving subcutaneous methotrexate:

- Are being monitored in line with the Shared Care Documentation for Methotrexate which can be found here : <http://medicines.necsu.nhs.uk/wp-content/uploads/2014/04/Methotrexate-Shared-Care.pdf> and all patients should be receiving ongoing follow up from their rheumatologist
- All prescriptions should be written for a maximum of one month's supply at a time and recorded on the GP clinical system in a way that regular prescriptions cannot be issued i.e. not as a repeatable item, but alerts about interactions etc will still be triggered
- Prescriptions should be for weekly administration
- No patients should be receiving oral and subcutaneous methotrexate at the same time
- Patients who will be receiving supplies from Alcura should be told to contact their Rheumatologist if they do not hear from Alcura to arrange training and delivery
- Prescribers who have agreed to patients being registered with Alcura should contact their Rheumatologist if they do not receive prescriptions from Alcura for completion.