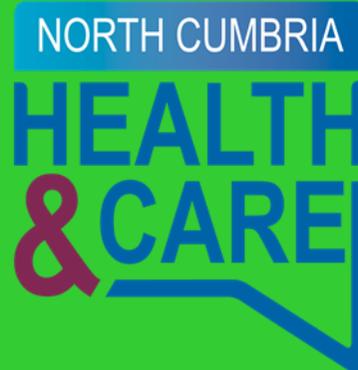


PRESCRIPTION PAD



Medicines Optimisation
Committee newsletter

October 2019

No. 02

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Primary Care News	Secondary Care News	Updates from the MHRA & NICE	North of Tyne APC and formulary update
<p>North Cumbria Wound Care Formulary update</p> <p>North Cumbria Podiatry Formulary update</p> <p>Primary Care information for the prescribing of Buccal Midazolam.</p> <p>CQC 2018 Controlled Drugs Annual Report</p> <p>North Cumbria Lithium Care Bundle</p> <p>North Cumbria Valproate Care Bundle</p> <p>National Self Care week 18th – 24th November 2019</p> <p>TA597 Dapagliflozin with insulin</p>	<p>Prescribing guidance and SOP for Flash Glucose Monitoring within secondary care</p> <p>North Cumbria Safety Summit – Sept 2019</p> <p>European Antibiotic Awareness Day (EAAD) 18th November 2019</p>	<p>Drug Safety Update Sept 2019</p> <p>NICE Clinical Guidelines:</p> <p>NG135: Alcohol interventions in secondary care and further education</p> <p>NG136: Hypertension in adults: Diagnosis and management</p>	<p>APC decision summary 8th October 2019</p>

Primary Care News

North Cumbria Wound Care Formulary update

North Cumbria now has an updated Wound Care formulary. The updated list contains products that have been chosen for use across North Cumbria from the larger over-arching North of Tyne wound care formulary. All the updated wound care product formulary and order sheets can be found at: <https://medicines.necsu.nhs.uk/cumbria-wound-formulary/>

North Cumbria Podiatry Formulary update

North Cumbria now has an updated Podiatry formulary. The updated list contains products that have been chosen for use across North Cumbria from the larger over-arching North of Tyne formulary. All the updated podiatry care product formulary and order sheets can be found at: <https://medicines.necsu.nhs.uk/cumbria-wound-formulary/>

Primary Care information for the prescribing of Buccal Midazolam.

Secondary care clinicians have written an information guide for use across Primary care when prescribing and administering Buccal Midazolam and Rectal Diazepam to young people and adults. This also includes a useful section on the use of benzodiazepines in people with learning disabilities and the awareness of benzodiazepine load. <https://medicines.necsu.nhs.uk/download/primary-care-guide-on-the-prescribing-and-administration-of-buccal-midazolam-and-rectal-diazepam-in-young-people-and-adults/>

CQC 2018 Controlled Drugs Annual Report

CQC have published their 2018 Controlled Drugs Annual report. The report main focus is on the increase in opioid prescribing across the UK, the way forward following the Gosport report, continuing concerns regarding lower schedule-controlled drugs and the introduction of legislation for cannabis based medicinal products. <https://www.cqc.org.uk/publications/major-report/safer-management-controlled-drugs>

North Cumbria Lithium Care Bundle

North Cumbria now has a Lithium Care Bundle which can be used within practices to audit your lithium patients. These audit results can then be used as evidence for your QOF. All North Cumbria care bundles can be found at <https://medicines.necsu.nhs.uk/cumbria-practice-resources/>

North Cumbria Valproate Care Bundle	North Cumbria now has a ValproateCare Bundle which can be used within practices to audit your Valproate patients. These audit results can then be used as evidence for your QOF. All North Cumbria care bundles can be found at https://medicines.necsu.nhs.uk/cumbria-practice-resources/
National Self Care week 18-24th Nov 2019	North Cumbria MO team will again be promoting National Self Care week from the 18 th – 24 th November 2019. The MO team will be issuing promotional materials to all practices to further promote the great work already achieved across North Cumbria. The National resources are available at: http://www.selfcareforum.org/events/self-care-week-resources Further self care resources: https://medicines.necsu.nhs.uk/guidelines/cumbria-guidelines/
TA597 – Dapagliflozin with insulin GREEN +	Dapagliflozin with insulin is recommended as an option for treating type 1 diabetes in adults with a body mass index (BMI) of at least 27 kg/m ² , when insulin alone does not provide adequate glycaemic control despite optimal insulin therapy. Treatment is to be initiated and supervised by secondary care.

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All Medicines Optimisation guidance, Shared Care Guidelines, PGDs and other resources can now be found on the NECS Medicines Optimisation Website.

<http://medicines.necsu.nhs.uk/guidelines/cumbria-guidelines/>

Secondary Care News

Prescribing guidance and SOP for Flash Glucose Monitoring within secondary care

The Consultant Endocrinologists within secondary care have written some guidance and an SOP for the prescribing of Flash Glucose Monitoring devices within the secondary care setting. This includes information on the initiation process within secondary care and the transfer process to primary care.

North Cumbria Safety Summit – Sept 2019

Thank you to all who attended this years highly successful North Cumbria Safety Summit on the 19th September at Castle Inn.

European Antibiotic Awareness Day (EAAD) 18th November 2019

European Antibiotic Awareness Day (EAAD) will be marked on Monday 18 November 2019, in partnership with WHO's World Antibiotic Awareness Week (18 – 24 November 2019).

The day is a platform for governmental institutions, professional and patient organisations, country representatives and media to come together and discuss the current situation regarding antibiotic resistance and the actions taken to address them by all stakeholders, both at EU/EEA and national levels.

The day also marks the 12th European Antibiotic Awareness Day. Don't forget to sign up to become an Antibiotic Guardian.

<https://antibioticguardian.com/>

Toolkit for healthcare professionals in secondary care

<https://antibiotic.ecdc.europa.eu/en/communication-toolkit-professionals-hospitals-and-other-healthcare-settings>

Toolkit for primary care prescribers

<https://antibiotic.ecdc.europa.eu/en/toolkit-primary-care-prescribers>

Updates from the MHRA & NICE

Hormone replacement therapy (HRT): further information on the known increased risk of breast cancer with HRT and its persistence after stopping

(Drug Safety Update Sept 19)

New data have confirmed that the risk of breast cancer is increased during use of all types of HRT, except vaginal estrogens, and have also shown that an excess risk of breast cancer persists for longer after stopping HRT than previously thought. Prescribers of HRT should discuss the updated total risk with women using HRT at their next routine appointment.

Advice for healthcare professionals:

- a new meta-analysis of more than 100,000 women with breast cancer has shown that some excess risk of breast cancer with systemic HRT persists for more than 10 years after stopping; the total increased risk of breast cancer is therefore higher than previous estimates
- prescribers of HRT should inform women who use or are considering starting HRT of the new information about breast cancer risk at their next routine appointment
- only prescribe HRT to relieve post-menopausal symptoms that are adversely affecting quality of life and regularly review patients using HRT to ensure it is used for the shortest time and at the lowest dose
- remind current and past HRT users to be vigilant for signs of breast cancer and encourage them to attend for breast screening when invited

https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/832681/Sept-2019-PDF.pdf

Montelukast (Singulair): reminder of the risk of neuropsychiatric reactions.

(Drug Safety Update Sept 19)

Prescribers should be alert for neuropsychiatric reactions in patients taking montelukast and carefully consider the benefits and risks of continuing treatment if they occur.

Advice for healthcare professionals:

- be alert for neuropsychiatric reactions in patients taking montelukast; events have been reported in adults, adolescents, and children
- advise patients and their caregivers to read carefully the list of neuropsychiatric reactions in the patient information leaflet and seek medical advice immediately should they occur
- evaluate carefully the risks and benefits of continuing treatment if neuropsychiatric reactions occur
- be aware of newly recognised neuropsychiatric reactions of speech impairment (stuttering) and obsessive-compulsive symptoms

https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/832681/Sept-2019-PDF.pdf

Updates from NICE

NG135: Alcohol interventions in secondary care and further education

This guideline covers interventions in secondary and further education to prevent and reduce alcohol use among children and young people aged 11 up to and including 18. It also covers people aged 11 to 25 with special educational needs or disabilities in full-time education. It will also be relevant to children aged 11 in year 6 of primary school.

<https://www.nice.org.uk/guidance/ng135>

August 2019

NG136: Hypertension in adults: diagnosis and management

This guideline covers identifying and treating primary hypertension (high blood pressure) in people aged 18 and over, including people with type 2 diabetes. It aims to reduce the risk of cardiovascular problems such as heart attacks and strokes by helping healthcare professionals to diagnose hypertension accurately and treat it effectively.

NICE visual summary also available at <https://www.nice.org.uk/guidance/ng136/resources/visual-summary-pdf-6899919517>

August 2019

<https://www.nice.org.uk/guidance/ng136>

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<http://medicines.necu.nhs.uk/guidelines/cumbria-guidelines/>

North of Tyne APC and formulary update

North of Tyne, Gateshead and North Cumbria APC website: <http://www.northoftyneapc.nhs.uk/>

North of Tyne, Gateshead & North Cumbria Formulary: <http://northoftyneandgatesheadformulary.nhs.uk/default.asp>

Product	Decision			Comments/notes
	Approved	Refused	Deferred	
New Product Requests				
Follitropin delta (Rekovellev[®]) injection	✓ R			<p>Follitropin delta (Rekovellev[®]) has been requested for a 100 patient evaluation to establish if the Rekovellev[®] dosing algorithm is beneficial for women at risk of ovarian hyper stimulation syndrome (OHSS) where standard dosing with FSH results in all or nothing responses. Compared with standard dose rFSH Rekovellev[®] was non-inferior in terms of ongoing pregnancy rates and had lower rates of excessive ovarian responses and requirements for OHSS interventions.</p> <p>Decision: The committee approved the addition of Rekovellev[®] to the formulary for the purposes of a 100 patient evaluation only. This is subject to the applicants providing a time scale for the evaluation and report of outcomes to the committee.</p>
Del Nido cardioplegia solution	✓ R			<p>Del Nido cardioplegia solution has been requested for use in paediatric and adult congenital cardiac surgery at NUTH.</p> <p>It has been requested on the grounds that it gives prolonged periods of arrest (up to 3 hours) whereas St Thomas's (Harefield) solution has a duration of 25-30 minutes, requiring top up doses. The evidence suggests that the use of Del Nido reduces cross clamp times, bypass times, ventricular fibrillation post cross clamp, and troponin T release post-surgery, with no differences in outcomes at 30 days. Some studies also showed a reduced time on ICU and hospital length of stay. The solution will be prepared in NUTH pharmacy production unit.</p> <p>Decision: The committee approved the addition of Del Nido cardioplegia solution to the formulary, subject to the usual governance arrangements for unlicensed medicines being in place.</p>
New formulations & extensions to use				
Progesterone 25mg SC/IM Injection (Lubion[®])	✓ R			<p>Progesterone 25mg SC/IM Injection (Lubion[®]) has been requested by the Newcastle Fertility Centre for luteal support, in addition to vaginal progesterone, for frozen embryo transfer (FET) cycles in women who've experienced a prior biochemical pregnancy loss in a FET cycle. In fresh embryo cycles Lubion[®] is non-inferior to progesterone vaginal gel / pessaries. In frozen blastocyst transfer cycles a combination of IM oily progesterone plus progesterone pessaries or IM oily progesterone was more effective than vaginal progesterone alone for luteal support, leading to a significantly higher ongoing pregnancy rate. A different progesterone preparation was used in this study, but the exposure would be similar given the proposed dose of Lubion[®]. Concerns were raised regarding the generalisability of the results but it was recognised that the Newcastle Fertility Centre continually monitor their outcomes. The applicant has confirmed (post FSC) that women are allowed 3 egg collections cycles on the NHS and that the majority women don't have any eggs left over for subsequent frozen cycles.</p> <p>Decision: The committee agreed that Lubion[®] would be added to the formulary for luteal support in patients who've had a previous failed biochemical pregnancy in a FET cycle. This is subject to a report of outcomes after 40 patients.</p>

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<http://medicines.necsu.nhs.uk/guidelines/cumbria-guidelines/>