

What's in this Edition

- Future Meeting Dates
- Medicine Optimisation Current Projects
- New Guidance – Antibacterials
- Prescribing Tip
- Pharmacy Collaboration Event feedback
- Simple treatments 'Hay Fever Season'
- Long Terms Stock issues
- MHRA alerts
- Price Concessions – Mar-19

Future Meeting Dates 2019-20

Prescribing Leads Meeting

- Wednesday 12th June 2019
- Thursday 26th Sept 2019
- Wednesday 11th Dec 2019
- Thursday 26th Mar 2020

**Designed for attendance by prescribing professionals ONLY, e.g. GPs, Nurse, Pharmacist*

Practice Admin Forums

- Wednesday 22nd May 2019
- Thursday 18th July 2019
- Thursday 19th September 2019
- Thursday 7th November 2019
- Thursday 23rd Jan 2020
- Thursday 19th Mar 2020

**Designed for attendance by Practice administrative staff who deal with prescription processes, e.g. Prescription Clerks, Receptionists, General Admin*

Current Medicines Optimisation Team Projects

- Medication Optimisation Complex Clinical reviews including:
 - COPD – Triple Therapy
 - NSAID reviews – Coxibs and Diclofenac only
 - Hydrochlorothiazide reviews – following MHRA alert
 - Carbimazole reviews – following MHRA alert
 - S.T.O.M.P (Medication reviews of pts with learning difficulties)
- Review of patients using 'Antimuscarinics' for possible 'drug holiday' as long term use has detrimental side effects on mental health. Including patients with catheters
- Patent Expiry switches – Ensuring drugs coming off patent are written generically to ensure immediate savings.
- Repatriation of specialist drugs of which prescribing should remain with the consultant.

Prescribing Tip

	Price Per Pack	Price Per Tab
Hydrocortisone 2.5mg Buccal Tabs x 20	£7.94	£0.40
Hydrocortisone 10mg Tabs x 30	£22.04	£0.73
Hydrocortisone 20mg MR Tabs x 50	£400.00	£8.00
Hydrocortisone 20mg Tabs x 30	£80.16	£2.67
Hydrocortisone 5mg MR Tabs x 50	£242.50	£4.85

*Highlighted items are high cost preparations; please use the more cost effective strengths to optimise to same dose.

NEW Guidance – 'ANTIBACTERIALS'

As from November 2018, the existing Public Health England guidance on 'management and treatment of common infections - antibiotic guidance for primary care' has been replaced by a new NICE/PHE antimicrobial prescribing guidelines Which can be accessed via <https://www.nice.org.uk/Media/Default/About/what-we-do/NICE-guidance/antimicrobial%20guidance/summary-antimicrobial-prescribing-guidance.pdf>.

The new guidelines offer evidence-based antimicrobial prescribing information for all care settings. They focus on bacterial infections and appropriate antibiotic use. Each guideline topic features a visual summary of the recommendations, a guideline and an evidence review. The visual summary is an overview of the guideline recommendations. It includes a prescribing table to support shared antimicrobial prescribing decisions in line with a health professional's own clinical judgement.

At Swale CCG Medicines Optimisation Team we currently work on simplifying the Urinary Tract Infections Guideline for its use within Primary Care. The Guidance is not yet approved but once ratified it will be disseminated to all practices and will also be available on the CCG formulary via <http://www.medwayswaleformulary.co.uk/>

Medicines with teratogenic potential:

New guidance on contraceptive methods and frequency of pregnancy testing to reduce inadvertent exposures during pregnancy in a woman taking a medicine of teratogenic potential.

The guidance is based on the following considerations:

- The likelihood of pregnancy is not constant and can vary with changes in a woman's circumstances during treatment. Therefore, the likelihood of pregnancy should be assessed before each prescription of a medicine with known teratogenic potential
- Pregnancy tests may not detect an early pregnancy that has occurred after unprotected sex in the preceding 3 weeks. Therefore, women should have a repeat pregnancy test 3 weeks after starting a new contraceptive method if there was any risk of pregnancy at the start of the contraceptive method, even if the first test was negative
- Modern contraceptive methods have low failure rates (0.03–0.6%) when used reliably and consistently ('perfect use'), but failure rates are substantially higher for some methods because of user error or interactions with concomitant medicines ('typical use'). Risk of user error is higher for daily methods than for long-acting reversible contraceptive (LARC) methods and is highest for methods used at time of sexual intercourse
- Choice of contraceptive method is an individual one and can depend on a number of clinical factors as well as the woman's personal preference (see [current clinical guidance on contraception](#) and [statement on teratogenic drugs](#) from the Faculty of Sexual and Reproductive Health [FSRH]). However, different methods have different typical-use failure rates and durations of action, which can affect the frequency of pregnancy testing required

To read the full article click [here](#)

Simple treatments 'Hay Fever Season'

In the year prior to June 2017, the NHS spent approximately £569 million on prescriptions for medicines, which could otherwise be purchased over the counter (OTC) from a pharmacy and/or other outlets such as petrol stations or supermarkets.

The annual spend on simple Hay fever treatment was **£1,100,000**. Hay fever is a common allergic condition that affects up to one in five people. There's currently no cure for hay fever, but most people with mild to moderate symptoms are able to relieve symptoms with OTC treatments recommended by a pharmacist.

Long term stock issues

There continues to be an interruption to the supply of Adalat LA 20mg, 30mg and 60mg prolonged-release tablets. These packs will continue to be out-of-stock with resupply to the UK market expected in 2021.

Sinemet 12.5mg/50mg, Sinemet 25mg/250mg and Sinemet Plus 25mg/100mg are currently experiencing intermittent supply issues. Other forms of Sinemet and Sinemet CR are unaffected at this time.

Fluoroquinolone antibiotics: new restrictions and precautions:

Disabling, long-lasting or potentially irreversible adverse reactions affecting musculoskeletal and nervous systems have been reported very rarely with fluoroquinolone antibiotics. Fluoroquinolone treatment should be discontinued at the first signs of a serious adverse reaction, including tendon pain or inflammation.

Advice for healthcare professionals:

- systemic fluoroquinolones can very rarely cause long-lasting (up to months or years), disabling, and potentially irreversible side effects, sometimes affecting multiple systems, organ classes, and senses
- advise patients to stop treatment at the first signs of a serious adverse reaction and to contact their doctor immediately for further advice
- do not prescribe fluoroquinolones:
 - for non-severe or self-limiting infections, or non-bacterial conditions
 - for some mild to moderate infections unless other antibiotics that are commonly recommended for these infections are considered inappropriate
- ciprofloxacin or levofloxacin should no longer be prescribed for uncomplicated cystitis unless other antibiotics that are commonly recommended are considered inappropriate (see below)
- avoid use in patients who have previously had serious adverse reactions with a quinolone or fluoroquinolone antibiotic
- prescribe with special caution for people older than 60 years and for those with renal impairment or solid-organ transplants because they are at a higher risk of tendon injury
- avoid use of a corticosteroid with a fluoroquinolone since co-administration could exacerbate fluoroquinolone-induced tendinitis and tendon rupture

To read the full article click [here](#)

Updated Drug Prices for March 19 – Due to Stock Shortages

Drug	Pack size	Concession Price	Previous Price	Price Increase
Sevelamer 800mg tablets	180	£150.74	31.52	£119.22
Ibandronic acid 50mg tablets	28	£65.50	6.86	£58.64
Risperidone 3mg tablets	60	£23.95	1.82	£22.13
Risperidone 4mg tablets	60	£22.87	1.96	£20.91
Risperidone 2mg tablets	60	£17.01	1.51	£15.50
Alverine 60mg capsules	100	£2.82	2.65	£0.17
Brimonidine 0.2% eye drops	5ml	£3.20	1.35	£1.85
Bumetanide 1mg tablets	28	£1.94	1.15	£0.79
Candesartan 4mg tablets	7	£0.76	0.48	£0.28
Carvedilol 6.25mg tablets	28	£0.83	0.81	£0.02
Carvedilol 25mg tablets	28	£3.87	1.11	£2.76
Co-careldopa 25/100mg tablets	100	£10.05	6.75	£3.30
Desmopressin 200microgram tablets	30	£9.01	5.09	£3.92
Dosulepin 25mg capsules	28	£1.99	0.99	£1.00
Dosulepin 75mg tablets	28	£13.45	1.31	£12.14
Furosemide 20mg tablets	28	£0.93	0.56	£0.37
Glyceryl trinitrate 400micrograms/ dose pump sublingual spray	200 dose	£2.09	1.88	£0.21
Irbesartan 75mg tablets	28	£2.66	1.13	£1.53
Irbesartan 150mg tablets	28	£3.90	1.93	£1.97
Lofepamine 70mg tablets	56	£20.05	10.28	£9.77
Losartan 100mg tablets	28	£4.59	1.23	£3.36
Mefenamic acid 500mg tablets	28	£27.57	24.72	£2.85
Orlistat 120mg capsules	84	£23.99	15.9	£8.09
Piroxicam 0.5% gel	112g	£3.15	3.01	£0.14
Pramipexole 88microgram tablets	30	£4.85	3.01	£1.84
Quetiapine 200mg tablets	60	£17.39	12.39	£5.00
Quetiapine 300mg tablets	60	£9.99	6.39	£3.60
Risperidone 500microgram tablets	20	£2.69	0.63	£2.06
Sodium Valproate 500mg gastro- resistant tablets	100	£16.45	10.42	£6.03
Tadalafil 5mg tablets	28	£19.90	8.55	£11.35
Tizanidine 2mg tablets	120	£7.19	2.95	£4.24
Valsartan 40mg capsules	28	£4.00	2.68	£1.32
Valsartan 80mg capsules	28	£6.65	3.34	£3.31
Valsartan 160mg capsules	28	£7.70	6.14	£1.56