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Future Meeting Dates 2019-20

Prescribing Leads Meeting:

- **Wednesday 23rd October 2019** (in place of 26th September which is cancelled due to clash with PLT)
 - Wednesday 11th Dec 2019
 - Thursday 26th Mar 2020
- *Designed for attendance by prescribing professionals ONLY, e.g. GPs, Nurse, Pharmacist

Practice Admin Forums:

- 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 Clinical reviews including:

- S.T.O.M.P (Medication reviews of pts with Learning Difficulties)
- Care Home patient medication reviews by Care Home Pharmacist

Other projects include:

- Repatriation of specialist drugs of where prescribing should remain with the consultant.
- Highlight prescribing of Perindopril 'Arginine' and 'Dosulepin' which are drugs not advised by NHS England to be routinely prescribed in Primary Care.
- Review of Emollient prescribing to support current local guidance
- Preferred branded generic

Stock Updates

The following medicines are now back in stock:

Microgynon 30 tablets
Salbutamol 2mg/5ml syrup

Mims have recently launched a live stock checker website

<https://www.mims.co.uk/drug-shortages-live-tracker/article/1581516>

Registration is free for GPs and nurses. Pharmacists based in GP practices can also register for free by emailing gponline.support@haymarket.com.

CQC Newsletter Highlights

Post-dated prescriptions – a case study

Post-dated prescriptions were held at a community pharmacy for the patient's representatives to collect when due. A collection was made at the end of January and again in February. The pharmacy received a call at the end of February asking for the patient's medication to be ready for collection the following morning as the patient was unwell. The pharmacist contacted the surgery to check that all prescription items prescribed for the patient were still needed. The surgery called the pharmacist back to inform them that the patient had died in January. The pharmacy had another month of post-dated prescriptions waiting for collection and informed the surgery that 2 collections of medication had been made by the family since the patient's death. In situations described above it is important to check with the prescriber whether the post-dated prescriptions are still needed before dispensing

Mix-ups of oxycodone and oramorph®

There have been reports of administration errors involving liquid morphine and liquid oxycodone preparations. These incidents have involved one drug being administered when the other is intended. Upon investigation, we understand that brands of oxycodone are often mistaken for brands of morphine (especially oxynorm® when oramorph® is prescribed), and vice versa. Continued care is needed when administering these medicines.

Prescription security

We would like to remind surgeries that blank prescriptions should be removed from rooms when they are not being used. This is due to incidents involving the theft of blank prescription forms and the subsequent use of these forms to try to fraudulently obtain controlled drug medication from community pharmacies. The high standard of some of these forgeries has resulted in supplies being made. The thefts of these blank prescription forms have usually taken place from printers in unlocked rooms.

Staying Put - Handyperson service

Susan Hughes from Swale Borough Council provided an overview on the support that 'Staying Put' can provide to help keep Swale residents living safely and independently within their home. They work closely with the Discharge teams at Medway Hospital and the Swale community hospitals to support safe and timely discharge where a minor adaptation may be required to enable a patient to return home.

If you feel one of your patients would benefit from the Staying Put service, the team can be contacted at Swale Borough Council on **01795 417131** or e-mail stayingput@swale.gov.uk

Stop Smoking Services provided by Community Pharmacy

Patients should call the pharmacy in advance to book an initial appointment, or alternatively contact Ony You on 03001231220 or text 'quit' to 87023

Community Pharmacies		
Name	Services	Telephone
Sheerness		
Boots Pharmacy, Sheerness High Street	Nicotine Replacement Therapy Champix Tablets - Mon, Wed, Thur and Fri with alternate Tue and Sat	01795 662649
Well Pharmacy, Queenborough	Nicotine Replacement Therapy	01795 662410
	Cut Down To Quit	
	Champix Tablets – Mon to Fri	
Delmergate, St Georges Ave	Nicotine Replacement Therapy Cut Down To Quit	01795 665246
Delmergate, Sheppey Hospital	Nicotine Replacement Therapy	01795 875541
	Cut Down To Quit	
	Champix Tablets – Mon to Sat	
Leysdown Pharmacy	Nicotine Replacement Therapy	01795 228858
Minster Pharmacy	Nicotine Replacement Therapy	01795 875531
	Champix Tablets – Mon to Sat	
Paydens, Sheerness High Street	Nicotine Replacement Therapy	01795 664601
	Champix Tablets - Mon to Thur	
Sittingbourne		
Delmergate, Memorial Hospital	Nicotine Replacement Therapy	01795 435177
	Cut Down To Quit	
	Champix Tablets - Mon to Fri	
Paydens Kemsley Pharmacy	Nicotine Replacement Therapy – Mon to Fri	01795 431270
	Cut Down To Quit	
	Champix Tablets – Mon to Sat	

Key –
NRT – Nicotine Replacement Therapy.
CDTQ – Cut Down To Quit.

MHRA Safety Updates:

Febuxostat (Adenuric): Increased risk of cardiovascular death

Advice for healthcare professionals:

- Avoid treatment with Febuxostat in patients with pre-existing major cardiovascular disease (for example, myocardial infarction, stroke, or unstable angina), unless no other therapy options are appropriate.
- Note the clinical guidelines for gout (see below), which recommend treatment with Febuxostat only when allopurinol is not tolerated or contraindicated
- Report suspected adverse drug reactions to Febuxostat on a Yellow Card

Emerade® pre-filled pens

Bausch & Lomb UK limited has informed the MHRA of a risk of Emerade® products failing to deliver a dose of adrenaline from the syringe due to blockage of the needle. The alert applies to all strengths of Emerade® devices but not to other marketed brands of adrenaline auto-injectors. The MHRA recommends that Healthcare Professionals should contact all patients, and their carers, who have been supplied with Emerade® device(s) to inform them of the potential defect and reinforce the advice to always carry two in-date adrenaline autoinjectors with them at all times.

Patients who have had only one Emerade® device prescribed and/or have not been advised to carry two at all times should be offered a prescription for a second device. Healthcare professionals are also advised to reinforce the advice to always carry two in-date adrenaline auto-injectors

The full MHRA Drug Safety Updates will be sent out with this newsletter.

Dapagliflozin and Type 1 diabetes

Earlier this year the European Commission approved the use of Dapagliflozin (Forxiga) in the treatment of Type 1 Diabetes. Dapagliflozin is available to prescribe the Medway and Swale Joint formulary.

Dapagliflozin can be used as an adjunct to insulin in T1DM patients with a BMI >27kg/m². Dapagliflozin should be initiated by a specialist, and the recommended daily dose is 5mg. Patients should be informed, in a dedicated education session, of the risk of DKA, how to recognise DKA risk factors, signs or symptoms, how and when to monitor ketone levels and what actions to take at elevated ketone readings, and during the initial 2 weeks of therapy ketones should be monitored on a regular basis.

National Diabetes Prevention Programme

As you will be aware transition between National Diabetes Prevention Programme providers is underway. The current provider Ingeus will stop accepting referrals on 24th July. From 25th July onwards, all new referrals should be sent to ICS Health and Wellbeing.

The website for ICS Health and Wellbeing is here: <https://preventing-diabetes.co.uk/> There will be a section which goes live for Kent and Medway. Patients can access signposting information from here and once courses are booked, you will be able to find out dates/times/locations etc.

Please note, there is no change to eligibility criteria:

Over 18 years of age, Not pregnant, HbA1c between 42-47 mmol/mol (6.0-6.4%) or Fasting Plasma Glucose between 5.5-6.9 mmol/l within the last 12 months and able to take part in light/moderate activity

ICS Health and Wellbeing have asked if there are any practices who have space, and would be willing to let the programme be delivered on-site. If you would be willing to do this, please contact Ian Butcher ian.butcher@nhs.net and he will pass your details on.

HRT shortages set to continue, manufacturers confirm

Manufacturers have confirmed that several widely prescribed brands of HRT will remain out of stock for the next few months.

Most strengths of Elleste tablets and all strengths of FemSeven patches are currently unavailable, and shortages of Evorel patches are anticipated to begin in September. Prescribers can find suitable alternatives using the HRT comparison table sent out with this newsletter and follow the latest stock updates with the live MIMS drug shortages tracker.

Mylan, which produces Elleste, told MIMS: "Our manufacturing partner continues to experience interruptions in the production of certain strengths of Elleste, Mylan's HRT. We will continue to provide updates, including timing for resolution, as we receive them". They offer a website for healthcare professionals, called MyWay HRT Hub & Treatment Navigator that includes a dedicated section showing the latest stock constraints and alternative choices from Mylan's HRT portfolio.

Janssen, the manufacturer of Evorel, says shortages of other products have increased demand for Evorel. Evorel Conti (estradiol/norethisterone) patches and Evorel (estradiol) 100 patches are expected to be out of stock from September; Evorel Sequi (estradiol/norethisterone) and Evorel 50 and 75 patches from October; and Evorel 25 patches from March 2020.

Both FemSeven Sequi and FemSeven Conti (estradiol/levonorgestrel) have been out of stock in the UK since the end of 2018 and have been removed from MIMS until they are relaunched. Manufacturer Theramex says they are unlikely to be available again before early 2020. Theramex says there is no other HRT with precisely the same composition as FemSeven Conti and Sequi and so it is unable to suggest any alternative treatments.

Updated Drug Prices for June 2019 – Due to Stock Shortages

Drug	Pack size	Concession Price	Previous Price	Price Increase	Possible alternative for top 10 items by cost
Riluzole 50mg tablets	56	£49.33	£17.76	£31.57	No alternative
Tolbutamide 500mg tablets	28	£17.25	£3.74	£13.51	No alternative
Cyclizine 50mg/1ml solution for injection ampoules	5	£15.24	£2.82	£12.42	No alternative
Risedronate sodium 35mg tablets	4	£11.68	£0.77	£10.91	No alternative
Ibandronic acid 150mg tablets	1	£9.95	£2.18	£7.77	No alternative
Topiramate 100mg tablets	60	£21.13	£14.83	£6.30	No alternative
Celecoxib 200mg capsules	30	£9.43	£2.46	£6.97	2x100mg (price per month £2.72)
Alverine 60mg capsules	100	£9.80	£3.09	£6.71	No alternative
Valsartan 160mg capsules	28	£14.99	£9.74	£5.25	No alternative
Valsartan 80mg capsules	28	£11.90	£6.95	£4.95	2x40mg (price per month £9.06)

Drug	Pack size	Concession Price	Previous Price	Price Increase
Betahistine 16mg tablets	84	£2.50	£1.64	£0.86
Betahistine 8mg tablets	84	£1.37	£1.16	£0.21
Bumetanide 1mg tablets	28	£1.65	£1.31	£0.34
Buspirone 10mg tablets	30	£3.47	£3.43	£0.04
Cefalexin 250mg/5ml oral suspension	100ml	£1.95	£1.40	£0.55
Co-amilofruse 5mg/40mg tablets	28	£5.76	£5.29	£0.47
Diamorphine 10mg ampoules	5	£16.56	£14.39	£2.17
Diamorphine 30mg ampoules	5	£16.52	£15.05	£1.47
Escitalopram 10mg tablets	28	£3.89	£1.13	£2.76
Escitalopram 20mg tablets	28	£5.54	£1.56	£3.98
Escitalopram 5mg tablets	28	£3.42	£1.14	£2.28
Finasteride 5mg tablets	28	£1.79	£1.29	£0.50
Hydroxychloroquine 200mg tablets	60	£5.99	£3.70	£2.29
Indapamide 2.5mg tablets	28	£2.89	£0.94	£1.95
Irbesartan 150mg tablets	28	£3.61	£2.18	£1.43
Irbesartan 300mg tablets	28	£4.44	£2.77	£1.67
Losartan 12.5mg tablets	28	£3.82	£3.09	£0.73
Metoprolol 100mg tablets	28	£4.00	£0.94	£3.06
Metoprolol 50mg tablets	28	£5.08	£0.90	£4.18
Mometasone 50micrograms/dose nasal spray	140	£3.46	£1.74	£1.72
Montelukast 10mg tablets	28	£4.45	£1.17	£3.28
Naproxen 250mg gastro-resistant tablets	56	£9.95	£7.23	£2.72
Nebivolol 5mg tablets	28	£5.00	£4.37	£0.63
Pantoprazole 20mg gastro-resistant tablets	28	£3.65	£0.90	£2.75
Pantoprazole 40mg gastro-resistant tablets	28	£3.85	£1.06	£2.79
Prednisolone 5mg tablets	28	£2.25	£0.93	£1.32
Prednisolone sodium phosphate 0.5% ear/eye drops	10ml	£2.49	£2.00	£0.49
Quetiapine 200mg tablets	60	£9.00	£5.68	£3.32
Quetiapine 25mg tablets	60	£3.25	£1.70	£1.55
Quinine sulfate 200mg tablets	28	£1.77	£1.61	£0.16
Quinine sulfate 300mg tablets	28	£5.52	£1.80	£3.72
Tamoxifen 20mg tablets	30	£3.40	£2.50	£0.90
Topiramate 50mg tablets	60	£11.49	£9.33	£2.16
Valsartan 160mg/Hydrochlorothiazide 12.5mg tablets	28	£8.90	£7.80	£1.10