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Current Medicines Optimisation Team Projects

Medication Optimisation Clinical reviews:

- Vitamin B12, Ticagrelor, Infant Formula, ACE/ARBs, ONS, Liothyronine, Freestyle Libre, Dual Antiplatelets
- Patient medication reviews in Care Homes
- Reviewing medication for MS patients

Other projects include:

- Review of appropriate Melatonin prescribing
- Identify high-risk medication on eRD
- Drugs of limited value - Lidocaine patches, Eflornithine cream, Vitamin B compound tablets
- Cost effective switches – Needles, Brands to Generics

Future Meeting Dates 2019-20

Prescribing Leads Meeting:

- Tuesday 7th Jan-20 NEW
- Thursday 26th Mar-20

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

Practice Admin Forum:

- ~~Thursday 23rd Jan 2020 CANCELLED~~
- Thursday 19th Mar 2020

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

FreeStyle Libre – REMINDER

Freestyle Libre should ONLY be initiated in Secondary Care.

Each patient should sign a contract and receive training before the GP practice takes over the prescribing of the product.

Freestyle Libre is only supported for patients who have Type 1 Diabetes and:

- Currently need to monitor blood glucose >8 times a day.
- Have Type 1 Diabetes and are pregnant
- Are unable to monitor blood glucose frequently due to a disability
- Where occupation prevents them from monitoring blood glucose regularly
- Patients with Type 1 Diabetes who suffer from recurrent severe episodes of hypoglycaemia.

If you are aware of any patient that has not received adequate training please contact the Medicines Optimisation Team as soon as possible; we can arrange for the appropriate training to take place.

Insulin Pumps and Use of Dressings

Patients should not be prescribed any dressing to keep insulin pumps in place.

Patients who are experiencing dislodgment of their pump cannula are to be referred back to their specialist immediately.

If a cannula dislodges during the night this could lead to a catastrophic failure of the pump and puts the patient at serious risk of Diabetic ketoacidosis (DKA).

It may be necessary to revert to prescribing of insulin in pen form if pump failure is suspected

eRD – Newly Registered Patients

When registering a new patient please check and ask they currently receive their medication via eRD.

If a patient has outstanding eRD items from their previous surgery these will still be valid. Therefore there is a risk that the patient could gain multiple supplies if new prescriptions are issued at the new Surgery.

Prescriptions and Prescribing Explained TRAINING AVAILABLE

Suitable for Prescription Clerks and Administrators dealing with prescriptions

This course will enable Practice staff to understand the development and classifications of medicines together with the role and responsibilities of a prescription administrator. It will help ensure that their role contributes to the safe, efficient and cost-effective running of the general practice prescribing process.

- Thursday 5th March 2020
- 09:30 – 16:30
- The Meads Medical Practice, Sittingbourne

How to book:

Please login to your Invicta Health Learning account or via email

<http://invictahealth.learningpool.com>
learning@invictahealth.co.uk

COPD – Height and Weight Recording

During recent COPD EPIC clinics in practices, the clinicians have reported many inaccuracies in height and weight measuring equipment.

Height and age can be one of the most important variables in the measurement of many conditions, including spirometry. It is therefore imperative that these are recorded accurately as incorrect readings could have severe consequences to diagnosis or treatment.

For example failure to measure height accurately during a spirometry diagnosis or review will either mean:

- The patient is reported to be taller than they are, COPD could be falsely diagnosed
- The patient is reported to be smaller than they are, a COPD diagnosis could be missed.

Please ensure **all height and weight measuring equipment is calibrated annually**. Although no, longer part of QOF requirements, this will be expected when inspected by CQC.

Dosing for PPI and Comparative Equivalents

See table below for PPI comparative treatment and maintenance doses.

PPI	TREATMENT Full / Standard Dose GORD / Ulcer	TREATMENT Dose for Dyspepsia / Acid Reflux	STEP-DOWN	HIGH / Double Dose
Omeprazole <i>*First line choice</i>	20mg OD	10mg OD	10mg OD	40mg OD
Lansoprazole <i>*First line choice</i>	30mg OD	15-30mg OD	15mg OD	30mg BD
Esomeprazole <i>*non-formulary</i>	20mg OD	Not indicated	N/A	40mg OD
Pantoprazole <i>*non-formulary</i>	40mg OD	Not indicated	20mg OD	40mg BD
Rabeprazole <i>*non-formulary</i>	20mg OD	Not indicated	10mg OD	20mg BD

Oral Nutrition Supplements

Oral nutritional supplement usage continues to rise, below is a brief summary of current formulary first line option. Further detailed information is attached separately.

First line: Powdered ONS

Prescribe first, if food first strategies have not been successful. These products are powder sachets which need to be mixed with full fat milk.

Aymes® Shake (Aymes)
Complan® Shake (Nutricia)
Food Link ® Complete (Nualtra)

NB: Each of these products has a different taste and consistency. A patient should try at least two 1st line preparations before moving onto second line alternatives.

Second line: Liquid ONS

Prescribe only if patient is likely to have difficulty preparing powdered ONS or has lactose intolerance, or has tried and not tolerated the powdered ONS.

Milkshake Style

Aymes® Complete (Aymes)
Ensure® Plus (Abbott)

Juice Style

Fortijuice® (Nutricia)
Fresubin® Jucy Drink (Fresenius Kabi)

OUT OF STOCKS – UPDATED 10/01/2020

The survey monkey link below can be used to record any issues you are having locally with stocks and supply.
<https://www.surveymonkey.co.uk/r/pgstockfeedback>

Where there are stock issues, please can pharmacies advise GP of possible alternatives that they do have in stock. Especially with the current out of stocks with all the HRT medication.

Freestyle Libre Sensor <https://psnc.org.uk/our-news/freestyle-libre-supply-update/>

Delay of 2-3 weeks between ordering and delivery.

Emerade

All Emerade devices will be unavailable for the foreseeable future. On 28 November, the Medicines and Healthcare products Regulatory Agency (MHRA) issued a Class 2 recall to pharmacy level. No further stocks of Emerade in all three strengths of 150mcg, 300mcg and 500mcg will be available from this date.

More information is provided in the following link:

www.gov.uk/drug-device-alerts/class-2-medicines-recall-emerade-150-300-and-500-microgramsolution-for-injection-in-pre-filled-syringe-mdr-57-08-19?utm_source=01649e53-38ae-49a1-a229-1847087b536b&utm_medium=email&utm_campaign=govuk-notifications&utm_content=immediate

Ranitidine

Ranitidine injection is back in stock and supplies are available to order from wholesalers.

Ranitidine tablets, effervescent tablets and oral solution will continue to be unavailable with no date for resupply until further notice.

<https://www.cas.mhra.gov.uk/ViewandAcknowledgment/ViewAlert.aspx?AlertID=102952>

Phenytoin

Accord will be out of stock of Phenytoin Sodium 100mg Caps until early May 2020. There are alternative manufactures available – however additional monitoring will be necessary.

<https://www.cas.mhra.gov.uk/ViewandAcknowledgment/ViewAlert.aspx?AlertID=102954>

Updated Drug Prices for December 2019 – Due to Stock Shortages

Drug	Pack size	Concession Price	Previous Price	Price Increase	Available Alternative
Amiloride 5mg Tabs	28	£19.20	£12.35	£6.85	No alternative available
Cyclizine 50mg/1ml Sol for Inj Amps	5	£11.98	£2.82	£9.16	Metoclopramide 10mg/2ml Inj, for new patients only. Refer to BNF for dosage.
Dexamfetamine 5mg/5ml Oral Sol SF	500ml	£381.63	£114.49	£267.14	Tablet preparation available
Irbesartan/Hydrochlorothiazide 300/12.5 Tabs	28	£14.31	£2.52	£11.79	No alternative available
Lamotrigine 25mg SF Disp Tabs	56	£13.31	£2.33	£10.98	Tablet preparation available Lamotrigine 25mg Tabs x 56 = £2.51
Nefopam 30mg tablets	90	£19.79	£5.25	£14.54	To stop and switch
Nifedipine 10mg capsules	90	£65.63	£7.30	£58.33	Modified Release Caps available Nifedipine 10mg MR Caps x 28 = £3.90
Nifedipine 5mg capsules	90	£51.95	£5.73	£46.22	No alternative available
Quinine sulfate 300mg tablets	28	£9.02	£1.80	£7.22	Quinine Bisulfate 300mg Tabs x 28 = £3.87
Venlafaxine 75mg tablets	56	£13.97	£3.07	£10.90	Modified Release Tabs available Venlafaxine 75mg MR Tabs x 28 = £2.60

Updated Drug Prices for December 2019 – Due to Stock Shortages

Drug	Pack size	Concession Price	Previous Price	Price Increase
Alverine 60mg capsules	100	£8.35	£3.47	£4.88
Cefalexin 125mg/5ml oral suspension	100ml	£1.95	£0.84	£1.11
Cefalexin 250mg/5ml oral suspension	100ml	£2.25	£1.40	£0.85
Co-careldopa 12.5mg/50mg tablets	90	£12.25	£8.77	£3.48
Colecalciferol 1,000unit capsules	30	£10.00	£3.16	£6.84
Desmopressin 200microgram tablets	30	£19.85	£13.48	£6.37
Diclofenac sodium 100mg MR Tabs	28	£10.40	£5.95	£4.45
Diclofenac sodium 75mg MR Tabs	56	£9.70	£8.95	£0.75
Frovatriptan 2.5mg tablets	6	£11.91	£5.14	£6.77
Hydroxyzine 10mg tablets	84	£2.45	£1.20	£1.25
Hydroxyzine 25mg tablets	28	£0.97	£0.62	£0.35
Imipramine 25mg tablets	28	£2.99	£1.16	£1.83
Indapamide 2.5mg tablets	28	£2.50	£1.08	£1.42
Indoramin 20mg tablets	60	£10.64	£8.61	£2.03
Irbesartan 150mg tablets	28	£7.09	£3.54	£3.55
Irbesartan 300mg tablets	28	£6.93	£2.77	£4.16
Irbesartan 75mg tablets	28	£4.06	£1.89	£2.17
Lamotrigine 100mg Disp SF Tabs	56	£9.85	£4.09	£5.76
Levetiracetam 1g tablets	60	£10.99	£8.10	£2.89
Levetiracetam 250mg tablets	60	£5.75	£3.27	£2.48
Levetiracetam 500mg tablets	60	£9.92	£5.20	£4.72
Lymecycline 408mg capsules	28	£5.11	£4.33	£0.78
Meloxicam 15mg tablets	30	£5.30	£1.77	£3.53
Meloxicam 7.5mg tablets	30	£3.45	£1.13	£2.32
Memantine 10mg tablets	28	£4.00	£1.51	£2.49
Memantine 20mg tablets	28	£8.86	£2.02	£6.84
Mirtazapine 15mg tablets	28	£2.61	£1.59	£1.02
Mirtazapine 30mg tablets	28	£3.69	£1.24	£2.45
Mirtazapine 45mg tablets	28	£4.49	£1.50	£2.99
Mometasone 50mcg/dose nasal spray	140	£4.42	£1.97	£2.45
Montelukast 5mg chewable tablets sugar free	28	£1.86	£1.61	£0.25
Nifedipine 10mg modified-release tablets	56	£9.23	£7.34	£1.89
Nitrazepam 5mg tablets	28	£2.64	£0.97	£1.67
Nitrofurantoin 100mg tablets	28	£9.44	£7.87	£1.57
Nitrofurantoin 50mg tablets	28	£11.87	£8.57	£3.30
Orlistat 120mg capsules	84	£28.77	£27.54	£1.23
Oxytetracycline 250mg tablets	28	£5.35	£0.95	£4.40
Pizotifen 1.5mg tablets	28	£5.98	£1.55	£4.43
Pizotifen 500microgram tablets	28	£1.80	£1.26	£0.54
Propranolol 40mg tablets	28	£1.35	£1.21	£0.14
Quetiapine 25mg tablets	60	£2.70	£2.20	£0.50
Quinine sulfate 200mg tablets	28	£3.20	£1.90	£1.30
Ranitidine 150mg tablets	60	£4.15	£1.65	£2.50
Ranitidine 300mg tablets	30	£4.95	£1.55	£3.40
Ranitidine 75mg/5ml oral solution sugar free	300ml	£6.84	£6.52	£0.32
Rivastigmine 1.5mg capsules	28	£3.57	£2.40	£1.17
Rivastigmine 3mg capsules	28	£3.95	£3.02	£0.93
Sodium fluoride 0.05% mouthwash sugar free	250ml	£1.85	£1.51	£0.34
Tamoxifen 20mg tablets	30	£4.71	£3.21	£1.50
Tetracycline 250mg tablets	28	£4.79	£1.90	£2.89
Tizanidine 2mg tablets	120	£12.00	£5.78	£6.22
Trihexyphenidyl 2mg tablets	84	£9.08	£3.92	£5.16
Venlafaxine 37.5mg tablets	56	£7.18	£2.19	£4.99
Zolpidem 5mg tablets	28	£1.71	£1.09	£0.62