

Medicines Optimisation Newsletter

[August 2023] (Issue No.49)



- [Reducing the cost of OTC Prescriptions and freeing up Practice and Pharmacy time](#)
- [Vitamin B12 Prescribing in Kent and Medway](#)
- [Care Homes Best Practice Guidance](#)
- [Asthma training/engagement sessions](#)
- [Webinar on Lipids Management](#)
- [National Patient Safety Alert \(NatPSA\) – Potent Synthetic Opioids implicated in Heroin overdoses and deaths](#)
- [Adrenaline auto-injectors \(AAs\) MHRA guidance](#)
- [MHRA Drug Safety Update August 2023](#)
- [Medicine Recalls](#)
- [Shortages Summary](#)
- [NICE News August 2023](#)

Every effort is made to ensure that the information contained in this newsletter is accurate and up to date at the time of publication. Please be aware that information about medicines and therapeutics will change over time, and that information may not be current after the initial date of publication. Please take note of the publication date and seek further advice if in any doubt about the accuracy of the information. The information contained in this newsletter is the best available from the resources at our disposal at the time. Acronyms used are standard formulary. This newsletter is produced by the NHS Kent and Medway Medicines Optimisation Team on behalf of the Kent & Medway ICB. For all correspondence including any queries, please contact the Medicines Optimisation team email: kmicb.medicinesoptimisation@nhs.net

Kent and Medway ICB Updates

Reducing the cost of OTC Prescriptions and freeing up Practice and Pharmacy time

NHS Kent and Medway spent £18million on medicines that should have been purchased over-the-counter (OTC) medicine in the past year.

As you are aware, NHS England has published guidance on reducing the amount of OTC medication provided on prescription.

To help implement this guidance consistently across the county, the ICB's medicines optimisation team has prepared a briefing and position statement (attached) and set up an OTC phone line (details found in the briefing statement).

The briefing document outlines several resources to help reduce this cost, including a support line for patient or prescriber queries, and patient messaging. The position statement clarifies under which limited circumstances a patient should be eligible for an OTC prescription.

Posters and digital screen displays can be found on the following link under over-the-counter medicines campaign <https://www.kentandmedway.icb.nhs.uk/your-health/local-services/general-practice-services/general-practice-communication-and-engagement-resources>

By helping to support this piece of work, you will help reduce the cost to the NHS and free up practice and pharmacy time that would otherwise be spent processing OTC prescriptions.

Briefing statement on over the counter (OTC) medicines for prescribers
[issue-49-briefing-statement-on-otc-meds.pdf \(medwayswaleformulary.co.uk\)](#)

Position statement on the prescribing of medicines available to purchase over the counter for self-limiting and minor health conditions.
[issue-49-km-otc-position-statement.pdf \(medwayswaleformulary.co.uk\)](#)

Every effort is made to ensure that the information contained in this newsletter is accurate and up to date at the time of publication. Please be aware that information about medicines and therapeutics will change over time, and that information may not be current after the initial date of publication. Please take note of the publication date and seek further advice if in any doubt about the accuracy of the information. The information contained in this newsletter is the best available from the resources at our disposal at the time. Acronyms used are standard formulary. This newsletter is produced by the NHS Kent and Medway Medicines Optimisation Team on behalf of the Kent & Medway ICB. For all correspondence including any queries, please contact the Medicines Optimisation team email: kmicb.medicinesoptimisation@nhs.net

Vitamin B12 Prescribing in Kent and Medway

We would like to advise practices that NHS Kent and Medway does **not** support the prescribing of oral cyanocobalamin tablets.

There is no evidence to support prescribing at low doses e.g. 50micrograms to 150micrograms and only very limited evidence for the use of oral cyanocobalamin 1mg or 2mg daily dose.

For **Vitamin B12 deficiency anaemia**, NHS Kent and Medway supports the use of IM hydroxocobalamin injections.

IM hydroxocobalamin remains the most cost-effective option based on clinical efficacy supported by evidence and should be the preferred choice for treatment.

Recommendations:

- No new patients should be prescribed 50microgram or 100microgram tablets.
- For diet-related, asymptomatic cases with borderline vitamin B12 result (150-200ng/L), patients should be advised to purchase oral cyanocobalamin 50microgram tablets over the counter.
- For diagnosed deficiency or symptomatic cases needing treatment then patients should be prescribed IM hydroxocobalamin, in preference to oral cyanocobalamin.

Please consider reviewing existing patients on oral cyanocobalamin and following the above advice.

For more information, please see the position statement.

[issue-49-km-vit-b-12-position-statement.pdf \(medwayswaleformulary.co.uk\)](#)

Care Homes Best Practice Guidance in Kent and Medway

This is a reminder that the integrated Care Team has developed several Medicines Management Best Practice Guidance (BPG) for use within care homes across Kent and Medway. The Best practice guidance aims to support care home staff to deliver safe and effective medicines management to residents within care homes.

These are available on the EK, MS formularies, Medway Council Portal, DGS, and WK Doris websites.

If you require any help or support or have any questions, please email the following address:

KMCCG.ICMOPharmacyteam@nhs.net

Links for Best Practice Guidance (BPG)

East Kent: [Care home resources \(eastkentformulary.nhs.uk\)](#)

DGS: <https://www.dgsdvhformulary.nhs.uk/kent-and-medway-guidance/miscellaneous/care-homes-best-practice-guidance/>

Every effort is made to ensure that the information contained in this newsletter is accurate and up to date at the time of publication. Please be aware that information about medicines and therapeutics will change over time, and that information may not be current after the initial date of publication. Please take note of the publication date and seek further advice if in any doubt about the accuracy of the information. The information contained in this newsletter is the best available from the resources at our disposal at the time. Acronyms used are standard formulary. This newsletter is produced by the NHS Kent and Medway Medicines Optimisation Team on behalf of the Kent & Medway ICB. For all correspondence including any queries, please contact the Medicines Optimisation team email: kmicb.medicinesoptimisation@nhs.net

DGS: available on DORIS too

MS: [Care Home Best Practice Guidance \(medwayswaleformulary.co.uk\)](https://www.medwayswaleformulary.co.uk)

Medway council: <https://www.careportal.medway.gov.uk/Article/111170>

West Kent: [Care Home Best Practice Guidance \(formularywkccgmtw.co.uk\)](https://www.formularywkccgmtw.co.uk)

Asthma training/engagement sessions

The KMICB Respiratory team are keen to share the Kent and Medway Adult and Paediatric Asthma guidelines and would like to invite you to an engagement session. We are running two sessions:

- **Wednesday 6th September 1pm-2pm** (aimed at Practice Nurses, paramedics, pharmacists, ANPs, HCAs and other Health Care professionals)
- **Tuesday 12th September 7.30pm-8.30pm** (aimed at GPs)

Please circulate to appropriate members of your teams. Individuals can join either session. The evening session is aimed at GPs due to clinics during the day.

Our Respiratory Consultant Colleagues Dr Bansoy and Dr Singham will be present to lead the sessions and answer any clinical questions related to guidelines or other respiratory focused questions.

We are looking forward to receiving your comments, ideas, concerns, expectations, and ways we can implement this in primary care to ensure the guidelines are utilised in practice in the best way possible

Please see meeting flyer attached which contains details on how to register for the meeting.

[Asthma Guidelines Session Flyer \(medwayswaleformulary.co.uk\)](https://www.medwayswaleformulary.co.uk)

Every effort is made to ensure that the information contained in this newsletter is accurate and up to date at the time of publication. Please be aware that information about medicines and therapeutics will change over time, and that information may not be current after the initial date of publication. Please take note of the publication date and seek further advice if in any doubt about the accuracy of the information. The information contained in this newsletter is the best available from the resources at our disposal at the time. Acronyms used are standard formulary. This newsletter is produced by the NHS Kent and Medway Medicines Optimisation Team on behalf of the Kent & Medway ICB. For all correspondence including any queries, please contact the Medicines Optimisation team email: kmicb.medicinesoptimisation@nhs.net

Webinar on Lipids Management

The Kent and Medway Medicines Optimisation Team would like to invite all colleagues to an education event on: **A Practical Guide to Lipids Management**.

The session will be lead and hosted by: **Kent Surrey Sussex Academic Health Science Network**

Guest Speakers:

Dr Richard Blakey: GPSI Cardiology, CVD Lead Kent Surrey & Sussex Academic Health Science Network (KSS AHSN), CVD (hypertension) Clinical lead, NHS Sussex

Dr Kate Shipman: Consultant Chemical Pathologist, University Hospitals Sussex

Jen Bayly: Clinical Project Advisor for the CVD Prevention Programme at KSS AHSN

This event is open to all colleagues in all areas.

Webinar content:

1. Launch of the new KSS lipid clinic referral form on all GP systems via Ardens
2. KSS Data for ICBs and PCNs (open prescribing data and CVD Prevent Audit)
3. New QOF indicators for cholesterol secondary prevention (CHOL001 and CHOL002)
4. Lipid Management – a practical guide and patient case examples
5. Implementing Inclisiran – clinical and operational overview
6. Education and training opportunities, resources and patient information
7. Q&A session

Date and Time:

Monday 18 September 1-2pm or Tuesday 31 October 1-2pm

(note both sessions will be the same content, so you only need to register and attend one session)

Please register via Eventbrite to attend one of the sessions through this link – [A Practical Guide to Lipids Management Tickets, Multiple Dates | Eventbrite](#)

Please note: For those who will not be able to join or have clinical commitments on these dates, the webinar will be recorded and made available with any resources used after the session.

For more information, please contact CVD Central Team, KSS AHSN (kssahsn.cvdprevention@nhs.net) and see attached poster.

[issue-49-lipid-learning-event.pdf \(medwayswaleformulary.co.uk\)](#)

Every effort is made to ensure that the information contained in this newsletter is accurate and up to date at the time of publication. Please be aware that information about medicines and therapeutics will change over time, and that information may not be current after the initial date of publication. Please take note of the publication date and seek further advice if in any doubt about the accuracy of the information. The information contained in this newsletter is the best available from the resources at our disposal at the time. Acronyms used are standard formulary. This newsletter is produced by the NHS Kent and Medway Medicines Optimisation Team on behalf of the Kent & Medway ICB. For all correspondence including any queries, please contact the Medicines Optimisation team email: kmicb.medicinesoptimisation@nhs.net

National Updates

National Patient Safety Alert (NatPSA) Potent Synthetic Opioids implicated in Heroin overdoses and deaths

In the past 8 weeks there has been an elevated number of overdoses (with some deaths) in people who use drugs, primarily heroin, in many parts of the country (reports are geographically widespread, with most regions affected but only a few cities or towns in each region).

Testing in some of these cases has found nitazenes, a group of potent synthetic opioids. Nitazenes have been identified previously in this country, but their use has been more common in the USA. Their potency and toxicity are uncertain but perhaps similar to, or more than fentanyl, which is about 100x morphine.

Further information can be found at [CAS-ViewAlert \(mhra.gov.uk\)](https://www.mhra.gov.uk/cas-view-alert)

[issue-49-safety-alert-opioids-implicated-in-heroin-overdoses-and-deaths.pdf \(medwayswaleformulary.co.uk\)](https://www.medwayswaleformulary.co.uk/issue-49-safety-alert-opioids-implicated-in-heroin-overdoses-and-deaths.pdf)

MHRA guidance Adrenaline auto-injectors (AAIs)

MHRA have produced resources to ensure that all patients are provided with the correct advice on how to treat an allergic emergency. Please audit all patients that have had an AAI in the last 2 years and provide them with an AccuRx message that reads **“It is important you know how to treat an allergic emergency. Please watch the video link for most recent guidance <https://youtu.be/4vNR5N1-iBw>”**

Please ensure:

- All patients are prescribed 2 Adrenaline Autoinjectors (AAI) at a time.
- When initiating an AAI ensure the patient is provided with the video resource <https://youtu.be/4vNR5N1-iBw>
- If a patient suspects they may be experiencing an anaphylactic reaction they should use their AAI and then dial 999 and say they are in “anaphylaxis”
- The patient should then lie down, and only rise to sitting if they feel breathless, and then return to a lying position as soon as they can.
- They should not stand under any circumstances, and await emergency help.

Every effort is made to ensure that the information contained in this newsletter is accurate and up to date at the time of publication. Please be aware that information about medicines and therapeutics will change over time, and that information may not be current after the initial date of publication. Please take note of the publication date and seek further advice if in any doubt about the accuracy of the information. The information contained in this newsletter is the best available from the resources at our disposal at the time. Acronyms used are standard formulary. This newsletter is produced by the NHS Kent and Medway Medicines Optimisation Team on behalf of the Kent & Medway ICB. For all correspondence including any queries, please contact the Medicines Optimisation team email: kmicb.medicinesoptimisation@nhs.net

To ensure all patients are aware of the latest guidance please audit your current patient list using the search below and send an AccuRx message as detailed. If the patient does not provide a mobile telephone number, then please use the attach template letter as a guide for paper communication. It may also be useful for all staff in the practice to familiarise themselves with the video.

[issue-49-aai-letter-as-a-practice.docx \(live.com\)](#)



MHRA Drug Safety Update August 2023

The latest MHRA Drug Safety Updates can be accessed at [Drug Safety Update - GOV.UK \(www.gov.uk\)](https://www.gov.uk/drug-safety-update) . This includes links to alerts, recalls and safety information and to the monthly Drug Safety Update PDF newsletter.

The July 2023 Drug Safety Update includes:

[Hyoscine hydrobromide patches \(Scopoderm 1.5mg Patch or Scopoderm TTS Patch\): risk of anticholinergic side effects, including hyperthermia - GOV.UK \(www.gov.uk\)](#)

There have been a small number of reports of serious and life-threatening anticholinergic side effects associated with hyoscine hydrobromide patches, particularly when used outside the licence. Healthcare professionals, patients, parents and carers should be aware of the signs and symptoms of serious side effects and the need to seek medical help if they occur. Please see the full drug safety update [here](#) for advice for healthcare professionals and advice that healthcare professionals can provide to patients, parents and carers.

[Codeine linctus: public consultation on the proposal to reclassify to a prescription-only medicine - GOV.UK \(www.gov.uk\)](#)

The MHRA have launched a public consultation on the proposal to reclassify codeine linctus to a prescription-only medicine.

[Letters and medicine recalls sent to healthcare professionals in June 2023 - GOV.UK \(www.gov.uk\)](#)

Please follow the link in the titles above for more information and resources.

The MHRA Central Alerting System alerts can be accessed at <https://www.cas.mhra.gov.uk/Home.aspx>

Every effort is made to ensure that the information contained in this newsletter is accurate and up to date at the time of publication. Please be aware that information about medicines and therapeutics will change over time, and that information may not be current after the initial date of publication. Please take note of the publication date and seek further advice if in any doubt about the accuracy of the information. The information contained in this newsletter is the best available from the resources at our disposal at the time. Acronyms used are standard formulary. This newsletter is produced by the NHS Kent and Medway Medicines Optimisation Team on behalf of the Kent & Medway ICB. For all correspondence including any queries, please contact the Medicines Optimisation team email: kmicb.medicinesoptimisation@nhs.net

Medicine Recalls

Class 2 Medicines Recall: Tillomed Laboratories Limited, Labetalol 200mg Tablets, EL(23)A/23

[Class 2 Medicines Recall: Tillomed Laboratories Limited, Labetalol 200mg Tablets, EL\(23\)A/23 - GOV.UK \(www.gov.uk\)](https://www.gov.uk/government/consultations/class-2-medicines-recall-tillomed-laboratories-limited-labetalol-200mg-tablets-el23a23)

Class 4 Medicines Notification, Cipla (UK) Limited and Pharmathen S.A., Various Products, EL(23)A24

[Class 4 Medicines Notification, Cipla \(UK\) Limited and Pharmathen S.A., Various Products, EL\(23\)A24 - GOV.UK \(www.gov.uk\)](https://www.gov.uk/government/consultations/class-4-medicines-notification-CIPLA-UK-limited-and-pharmathen-s-a-various-products-el23a24)

Class 2 Medicines Recall: Aventis Pharma Limited (t/a Sanofi), Sabril 500 mg film-coated tablets & Sabril 500 mg granules for oral solution, EL(23)A/25

[Class 2 Medicines Recall: Aventis Pharma Limited \(t/a Sanofi\), Sabril 500 mg film-coated tablets & Sabril 500 mg granules for oral solution, EL\(23\)A/25 - GOV.UK \(www.gov.uk\)](https://www.gov.uk/government/consultations/class-2-medicines-recall-aventis-pharma-limited-t-a-sanofi-sabril-500-mg-film-coated-tablets-sabril-500-mg-granules-for-oral-solution-el23a25)

Class 2 Medicines Recall: medac GmbH (t/a medac Pharma LLP), Sodiofolin 50 mg/ml solution for injection/infusion (400mg/8ml vial), EL (23)A/26

[Class 2 Medicines Recall: medac GmbH \(t/a medac Pharma LLP\), Sodiofolin 50 mg/ml solution for injection/infusion \(400mg/8ml vial\), EL \(23\)A/26 - GOV.UK \(www.gov.uk\)](https://www.gov.uk/government/consultations/class-2-medicines-recall-medac-gmbh-t-a-medac-pharma-llp-sodiofolin-50-mg-ml-solution-for-injection-infusion-400mg-8ml-vial-el-23a26)

Class 2 Medicines Recall: B. Braun Medical Ltd, Various Products, EL(23)A/27

[Class 2 Medicines Recall: B. Braun Medical Ltd, Various Products, EL\(23\)A/27 - GOV.UK \(www.gov.uk\)](https://www.gov.uk/government/consultations/class-2-medicines-recall-b-braun-medical-ltd-various-products-el23a27)

Shortages Summary

Please find the medicines shortages update (up until 14th August 2023) attached. Practices are encouraged to register for access to the SPS website <https://www.sps.nhs.uk/> and access the full medicines supply tool directly in real time.

[shortages-summary-issue-49.pdf \(medwayswaleformulary.co.uk\)](https://www.medwayswaleformulary.co.uk/shortages-summary-issue-49.pdf)

NICE News August 2023

Please find NICE News for August 2023 link:

[recent-nice-publications-august-2023.pdf \(medwayswaleformulary.co.uk\)](https://www.medwayswaleformulary.co.uk/recent-nice-publications-august-2023.pdf)

Every effort is made to ensure that the information contained in this newsletter is accurate and up to date at the time of publication. Please be aware that information about medicines and therapeutics will change over time, and that information may not be current after the initial date of publication. Please take note of the publication date and seek further advice if in any doubt about the accuracy of the information. The information contained in this newsletter is the best available from the resources at our disposal at the time. Acronyms used are standard formulary. This newsletter is produced by the NHS Kent and Medway Medicines Optimisation Team on behalf of the Kent & Medway ICB. For all correspondence including any queries, please contact the Medicines Optimisation team email: kmicb.medicinesoptimisation@nhs.net