



Medicines Optimisation Care Home Team Update

Emis Proxy and Consent

Many care homes are starting to, or have, implemented EMIS Proxy for ordering repeat medication for their residents.

Consent from the resident should be sought. If the resident does not have capacity, consent should be sought from their Lasting Power of Attorney for Health and Welfare or a best interests decision should be made before Proxy access for repeat medication ordering is given to care home staff.

The resident consent form for Proxy access produced by the MOCH team is for medication ordering only and does not cover consent for other Proxy services.

Consent for care home staff to access additional Proxy services, such as viewing blood test results or consultations, is not part of the EMIS Proxy consent as these are different personal data items to medication and would need to be obtained separately.

Can my practice claim for Nexplanon implants?

If your practice is classed as prescribing only or non-dispensing, you will not be able to claim reimbursement for supplying Nexplanon implants as they are not listed in the GMS Statement of Entitlement as “personally administered”.

If you wish to administer Nexplanon to a patient, you would need to issue an FP10 prescription, which the patient would need to take to a pharmacy to have it dispensed, ready to be fitted.

For further information on [personally administered items](#).

Contents

- MOCH team update page 1
- Nexplanon implants page 1
- OptimiseRx update page 2
- Changes to iron supplement dose recommendation page 2
- FHFT prescribing maternity update page 2
- Medicine safety updates pages 3-4
- Medicines optimisation cost savings interventions list page 5-6
- Medicines supply updates page 7
- CMDU Tel nos page 7
- Seasonal Quiz page 8

MOTea Save the Date
Wednesday 10th January 2024
1-2pm

The next MOTea will be:
Polypharmacy Community of Practice

Announcement

World AMR Awareness Week best practice displays
Congratulations to:

the joint winners!
Hart Heath Partnership
and Oakley Health Group

Both displays captured the essence of World AMR Awareness Week and it was difficult to choose between them.



OptimiseRx update- omeprazole oral liquids

Did you know a prescription for 150 ml omeprazole 20mg/5ml oral suspension sugar free costs **£468.00** whereas 28 omeprazole 20mg dispersible gastro-resistant tablets costs **£13.92**?

Liquid formulations of omeprazole are not recommended due to the extremely high cost:

- Omeprazole 1mg/ml oral suspension sugar free x 75 ml = £111.00
- Omeprazole 10mg/5ml oral suspension sugar free x 75 ml = £124.00
- Omeprazole 20mg/5ml oral suspension sugar free x 75 ml = £234.00

We have OptimiseRx messages which prompt prescribers to consider swapping to omeprazole dispersible tablets for children or lansoprazole orodispersible tablets for adults with swallowing difficulties. Thanks to prescribers accepting these messages, it is estimated that we have saved over £115,000 across Frimley ICB in the last year. The acceptance rate for these messages is only 26% so there is still room for improvement. If more prescribers accepted the messages and made the switch it would free up money to be used on other health services for our local population.

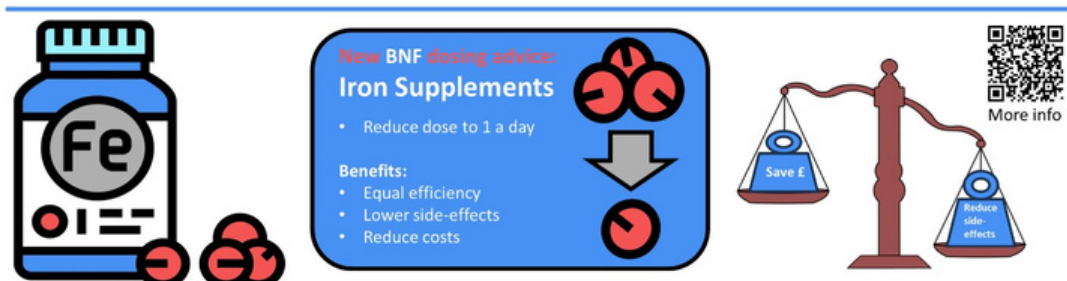
- For children with swallowing difficulties, prescribe omeprazole dispersible tablets (10mg dispersible tablets x 28 = £9.30, 20mg dispersible tablets x 28 = £13.92).
- For adults with swallowing difficulties, prescribe lansoprazole orodispersible tablets (15mg orodispersible tablets x 28 = £2.76, 30mg orodispersible tablets x 28 = £4.92).

Changes to BNF Iron Supplement Dose Recommendation

Please note that the BNF has changed its dosing advice for iron supplements, reducing the recommended dose to **ONE tablet a day, or every other day**.

Traditionally oral iron salts were taken as split dose, two or three times a day. More recent data suggest that lower doses and more infrequent administration may be just as effective, while probably associated with lower rates of adverse effects. In addition, it may be inconvenient for some people to find three periods during the day to take iron.

For further details please visit our [Medicine Optimisation Summary on Iron Supplements](#).



FHFT Prescribing Maternity Update

Maternity services at NHS Frimley have produced [guidance for GPs](#) for common medications to be prescribed in pregnancy (eg folic acid, vitamin D, aspirin and iron). Also included is preconception advice for common long term conditions. Read the [guidance here](#).



Medicines Safety Updates

Azathioprine 75 mg & 100 mg tablets **risk of overdose if wrong dose** **prescribed or dispensed**

These two new strengths of azathioprine are not currently available in the UK (only 25mg and 50mg have been marketed previously), therefore caution is required when prescribing and dispensing this product range to ensure that the patient receives the dose intended.

In the event of overdose the most likely effect is bone marrow suppression. Signs and symptoms include ulceration of the throat, fever and infections. Bruising, bleeding and fatigue may occur.

There is no specific antidote for azathioprine. In the event of overdose, blood count and hepatic function should be monitored. Azathioprine is dialysable and in severe cases dialysis may be used. Further information may be found [here](#).



MHRA warns of unsafe fake weight loss pen

The Medicines and Healthcare products Regulatory Agency is warning the public not to buy pre-filled pens claiming to contain Ozempic (semaglutide) or Saxenda (liraglutide) but to consult a healthcare professional qualified to prescribe medicines and obtain a prescription.

Saxenda (liraglutide), is authorised in the UK for weight loss, with diet and exercise. Ozempic (semaglutide) has been authorised for the treatment of adults with type 2 diabetes, also with diet and exercise. It is not authorised for weight loss, but it is used off-label for that purpose. Further information [here](#).

Specific brands of carbomer eye gel: **recall of AACARB eye gel, AACOMER eye** **gel and PUROPTICS eye gel: potential** **risk of infection, DSI/2023/11**

There is a potential risk of contamination of specific brands of carbomer eye gels with a bacteria called Burkholderia cenocepacia. An investigation by UKHSA has identified a potential association with these specific eye gels. Investigation and testing are still ongoing and these eye gels are being recalled as a precaution.

UKHSA considers the risk to the general public from Burkholderia cenocepacia to be very low, but some patient groups are at higher risk of adverse effects. As a precautionary measure, while further testing is conducted, avoid use of ALL carbomer-containing lubricating eye products for patients in the following groups:

- individuals with cystic fibrosis
- patients being cared for in critical care settings (e.g., adult, paediatric and neonatal ICU)
- severely immunocompromised
- patients awaiting lung transplantation

Where an alternative non carbomer containing product is not available or not suitable, apply clinical risk assessment as appropriate.

Alternative Frimley Formulary choices for eye lubricants are:

- Carmellose sodium
- Hypromellose
- Sodium Hyaluronate (Viscotears HA)
- White Soft Paraffin, light liquid paraffin, liquid paraffin, wool fat, retinol palmitate (HylolNight)

To support practices to identify and switch if appropriate to alternative eye lubricants, the Medicines Optimisation Team have produced a search of immunocompromised patients prescribed a carbomer eye lubricant. The search is based on the Ardens immunocompromised patients' cohort.

There will also be an Optimise Rx message on EMIS to alert prescribers.



Medicines Safety Updates

National Patient Safety Alert: **Valproate: organisations to** **prepare for new regulatory** **measures for oversight of** **prescribing to new patients and** **existing female patients**

Due to the known significant risk of serious harm to a baby after exposure to valproate in pregnancy, these new measures aim to ensure valproate is only used if other treatments are ineffective or not tolerated, and that any use of valproate in women of childbearing potential who cannot be treated with other medicines is in accordance with the Pregnancy Prevention Programme (PPP). The measures also aim to reduce initiation of valproate to only patients for whom no other therapeutic options are suitable.

The regulatory change in January 2024, for oral valproate medicines, means that:

- Valproate must not be started in new patients (male or female) younger than 55 years, unless two specialists independently consider and document that there is no other effective or tolerated treatment, or there are compelling reasons that the reproductive risks do not apply.
- At their next annual specialist review, women of childbearing potential and girls should be reviewed using a revised valproate Risk Acknowledgement Form, which will include the need for a second specialist signature if the patient is to continue with valproate and subsequent annual reviews with one specialist unless the patient's situation changes.
- A copy of the National Patient Safety Alert may be found [here](#).

Isotretinoin (Roaccutane▼): **introduction of new safety** **measures, including additional** **oversight of the initiation of** **treatment for patients under 18** **years of age**

Isotretinoin (Roaccutane): introduction of new safety measures, including additional oversight of the initiation of treatment for patients under 18 years of age.

Summary of measures

- 2 independent prescribers need to agree the initiation of isotretinoin in patients under 18 years
- New counselling requirements about potential mental health and sexual function side effects
- Assessment of mental health and sexual function before starting treatment and monitoring of mental health and sexual function during treatment
- New roles and responsibilities for healthcare professionals
- New regulatory risk minimisation materials

Isotretinoin is a red drug in Frimley - prescribing and monitoring responsibilities to be retained by specialist teams only.

Advice for healthcare professionals includes:

- All patients must be counselled about the benefits and risks of treatment before isotretinoin is prescribed, including possible mental health and sexual function side effects; we also ask the referrer (usually the GP) to provide information about isotretinoin to the patient and provide counselling (where possible) regarding the benefits and risks of isotretinoin treatment
- Isotretinoin is teratogenic; all patients of childbearing potential must be entered into the Pregnancy Prevention Programme.

Further advice is contained in the safety alert [here](#).

Tablets, Capsules, Liquids and Oral Powders

	Abilify® tablets		Aripiprazole tablets
	Asacol®/Mesalazine 400mg or 800mg MR tablets		Octasa® 400mg or 800mg MR tablets
	Cerazette®/Cerelle® tablets		Desogestrel tablets
	Cialis® tablets		Tadalafil tablets
	Cipralex® tablets		Escitalopram tablets
	Cipramil® tablets		Citalopram tablets
	Circadin® 2mg modified release tablets		Melatonin 2mg modified release tablets
	Crestor® tablets		Rosuvastatin tablets
	Efexor XL®/Venaxx XL®/Vensir XL® 150mg/225mg capsules		Venlafaxine 150mg/225mg modified release capsules
	Efexor XL®/Venaxx XL®/Vensir XL® 75mg caps/Sunveniz® 75mg tablets		Venlafaxine 75mg modified-release tablets
	Eliquis® tablets		Apixaban tablets
	Glucophage® tablets		Metformin tablets
	Glucophage SR®/Sukkarto SR® tablets		Metformin modified release tablets
	Imigran® tablets		Sumatriptan tablets
	Imodium® Classic/Original/IBS relief capsules		Loperamide capsules
	Keppra® tablets and oral solution		Levetiracetam tablets and oral solution
	Januvia® tablets		Sitagliptin tablets
	Lipitor® tablets		Atorvastatin tablets
	Lyrica® capsules		Pregabalin capsules
	Movicol®/TransiSoft®/macrogol 3350 8.5g sachets sugar free oral powder		Macrogol compound NPF sugar free, Laxido® or CosmoCol® oral powder
	Movicol®-Half oral powder		CosmoCol Half® oral powder
	Movicol® Paediatric oral powder		Laxido Paediatric® or CosmoCol Paediatric® oral powder
	Oramorph® oral solution		Morphine sulfate oral solution
	Seroxat® tablets		Paroxetine tablets

	Sinemet® tablets		Co-careldopa tablets
	Toviaz® prolonged release tablets		Fesoterodine modified release tablets
	Ursofalk® capsules		Ursodeoxycholic acid capsules
	Viagra® tablets		Sildenafil tablets
Eye drops			
	Azarga® eye drops		Brinzolamide/timolol eye drops
	Cosopt® eye drops		Dorzolamide/timolol eye drops
	DuoTrav® eye drops		Travoprost/timolol eye drops
	Ganfort® eye drops		Bimatoprost/timolol eye drops
	Lumigan® eye drops		Bimatoprost eye drops
	Travatan® eye drops		Travoprost eye drops
	Xalacom® eye drops		Latanoprost/timolol eye drops
	Xalatan® eye drops		Latanoprost eye drops
Creams, Gels and Ointments			
	Dovobet® gel/ointment		Calcipotriol 0.005% / betamethasone dipropionate 0.05% gel/ointment
	Duac Once Daily® gel		Benzoyl peroxide/clindamycin gel
	Protopic® ointment		Tacrolimus ointment
Transdermal Patches			
	Buprenorphine/BuTrans® 7-day patches		Bunov® or Butech® 7-day patches
	Fentanyl matrix/Durogesic DTrans®/Fencino® patches		Matrifen® or Mezolar Matrix® patches
Miscellaneous			
	Nasonex® nasal spray		Mometasone nasal spray
	Saline Steripoule® nebuliser liquid		Sodium chloride 0.9% nebuliser liquid
	Vagifem® vaginal tablets		Estradiol pessaries



Supply Updates

Propantheline bromide (Pro-Banthine) 15mg tablets

Out of stock until early April. 2024

Review patients to determine if this is still the most suitable therapy;

1, consider prescribing an alternative oral antimuscarinic agent

Adult enuresis:

- oxybutynin
- tolterodine

Muscle spasm:

- dicycloverine hydrochloride
- hyoscine butylbromide

Hyperhidrosis:

- oxybutynin (off-label),
- glycopyrronium bromide (off-label)

2. consider prescribing unlicensed products only where licensed alternatives are not appropriate.

Estradiol (Estring) 7.5 micrograms/24 hours vaginal delivery system

Out of stock until February 2024, with intermittent availability expected until November 2024.

Review patients to determine if this is still the most suitable therapy;

1, consider prescribing an alternative estradiol or estriol vaginal product e.g.

- Estradiol 10 microgram vaginal tablet.
- Imvaggis pessary
- Estriol 0.01% cream
- Estriol 0.1% cream

Diazepam 2mg/5ml oral solution sugar free

Out of stock until February 2024. Diazepam tablets remain available.

Review patients to determine if this is still the most appropriate therapy;

1, reserve remaining supplies of diazepam 2mg/5ml oral solution sugar free for paediatric patients where possible;

2, consider prescribing diazepam tablets for patients able to swallow solid dosage forms, halving the tablets if needed to make up the dose;

3, consider crushing and dispersing tablets in water in patients unable to swallow tablets (off-label manipulation); and

4, where the above options are not deemed appropriate, consider prescribing unlicensed diazepam 2mg/5ml oral suspension (sugar free) from a Specials manufacturer

For local supply guidance visit the Medicines Optimisation medicines supply problems page [here](#).

Testosterone (Testim) 50mg/5g transdermal gel unit dose tubes

Discontinued with stock exhausted by the end of December 2023.

Review patients to determine if this is still the most suitable therapy;

1, consider prescribing an alternative testosterone gel.

- Tostran 2% gel pump
- Testogel 16.2mg/g pump
- Testogel 40.5mg/2.5g gel sachets
- Testavan 23mg/1.15g pump

Refer to [SPS](#) for information on switching.

2, if the above options are not considered appropriate, advice should be sought from specialists on management options.

CMDU Tel Nos.

If a patient who falls into one of the high risk subgroups, as defined by the Independent Advisory Group, tests positive for COVID-19 they should be advised to call

03000 24 0000

for assessment by EBPC CMDU triage team. This number will be available 24 hours a day 7 days a week.



Making the most of medicines

Seasonal Quiz

(responses will be in the Jan edition)

1. What should Rudolph be prescribed for his rosacea?

2. What infection prevention advice would you give Santa as he sets out on his sleigh?

3. What bugs might you find in your leftover Christmas dinner?

4. *Thiomargarita magnifica* is the largest known bacterium, with an average length of 10 mm with some reaching 20 millimetres. Thinking of the winter season, Olympia is the tallest What? recorded in the United States?

5. In December 2020, then Prime Minister described Christmas as the season to be jolly what?

6. What is Santa's favourite antibiotic?

A. Peppermintycin B. Gingerbreadillin C. Tinselcillin D. Jinglemycin

7. What's the best way to pick up a cold at a Christmas party?

A: Kissing under the mistletoe B: Shaking hands C: Arriving and leaving without a coat

Take 5! (5 days not 7 days for most infections)

#AntibioticGuardian
#KeepAntibioticsWorking

SCAN the QR code to access the quiz on MS Forms

