

**Medicines Optimisation Newsletter**

**[May 2024] (Issue No. 58)**

• [Adding “Hospital/specialist” medications to a patient’s medication screen on EMIS](#Article1)

• [Reminder – MHRA Drug Safety Update 19 April 2022. Pregabalin (Lyrica): findings of safety study on risks during pregnancy](#Article2)

• [Kent and Medway List of New Approved Guidelines from Integrated Medicines Optimisation Committee (IMOC) April 2024](#Article3)

• [Obtaining Anticoagulant alert cards and DOAC booklets](#Article4)

• [Methadone Prescribing](#Article5)

• [Cost-effective Prescribing of Macrogol Oral Powder Sachets](#Article6)

• [PrescQIPP Clinical Masterclass webinars](#Article7)

• [UTI diagnostic quick reference tool review consultation - closes 2 June](#Article8)

* [MHRA Drug Safety Update](#Article9)
* [Shortages Update](#Article10)

**Kent and Medway ICB Updates**

**Adding “Hospital/specialist” medications to a patient’s medication screen on EMIS**

To maintain an up-to-date accurate record of patients’ medication, it is important to add any medication that patients may be taking which is supplied/prescribed elsewhere e.g. by **hospitals/specialists**, **even if it is not being prescribed by the practice.**

**Advantages**:

* enables review of patients’ current care/treatment including all medication which they are prescribed,
* reduces the risks of inadvertent therapeutic duplication,
* prevents prescribing of medication not for prescribing in primary care,
* allows for interaction checking within EMIS.

**Action for Practices:**

* These medications should be **recorded on patients’ EMIS medication records as “Hospital” medications.**
* This reduces the risk of the item being inadvertently issued by primary care.
* Within EMIS, the prescriber/prescription teams can see all medications that the patient takes on one screen.
* The drug will also appear in the patient’s summary care record.

**Actions to take if drug is issued in error and to help prevent this happening:**

* there is still a risk of accidental issue of the item through EMIS, so please ensure a **small quantity is set (e.g. 0 or 0.1)** so that it cannot be dispensed if the prescription is inadvertently sent to a community pharmacy.
* In the **directions highlight that it is for hospital/specialist issue only.**
* The **number of authorised issues should also be set to 0** to prevent accidental issue.
* Please see the **guidance** [**here**](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.eastkentformulary.nhs.uk%2Fmedia%2F1342%2Fadding-hospital-items-emis-jan-2020.pdf&data=05%7C02%7Clindsey.williamson%40nhs.net%7C94873adfe99c4c7f42f808dc79b5bb17%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638519068628113028%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=cPOibZVCbbZvLk7G5oyQxF29HXdWintL3bH%2BjwxJkjU%3D&reserved=0) **for instructions** **on how to enter a hospital drug on EMIS.**
* It is recommended that if a prescription for a hospital/specialist only medication is **issued in error and then cancelled,** that the community pharmacy is also called/made aware to ensure that the prescription is not inadvertently dispensed and to avoid any confusion/errors.
* There is **guidance** [**here**](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fdigital.nhs.uk%2Fservices%2Felectronic-prescription-service%2Fcancelling-an-electronic-prescription%23%3A~%3Atext%3DElectronic%2520prescriptions%2520can%2520be%2520cancelled%2Cby%2520the%2520patient%2527s%2520nominated%2520pharmacy.%26text%3DPlease%2520refer%2520to%2520the%2520Supplier%2Cand%2520guidance%2520for%2520EPS%2520development.&data=05%7C02%7Clindsey.williamson%40nhs.net%7C94873adfe99c4c7f42f808dc79b5bb17%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638519068628124862%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=E9AqrLv8%2BQ5Be0Iz8gSMBuD2D%2BlldIYeznUAB%2BPJjwE%3D&reserved=0) from NHS England Digital on cancelling an electronic prescription and what steps to take when cancelling a prescription.

**Reminder – MHRA Drug Safety Update 19 April 2022. Pregabalin (Lyrica): findings of safety study on risks during pregnancy**

The MHRA Drug Safety Update informs us about a new study which has suggested pregabalin may slightly increase the risk of major congenital malformations if used in pregnancy. Patients should continue to use effective contraception during treatment and avoid use in pregnancy unless clearly necessary.

The MHRA advised healthcare professionals to continue to provide counselling to patients using pregabalin on:

* + the potential risks to an unborn baby (see [separate patient safety leaflet](https://www.gov.uk/government/publications/pregabalin-and-risks-in-pregnancy))
	+ the need to use effective contraception during treatment

Please see the full MHRA Drug Safety Update [(here)](https://www.gov.uk/drug-safety-update/pregabalin-lyrica-findings-of-safety-study-on-risks-during-pregnancy) .

**Please ensure that all prescribers have read this MHRA Drug Safety Update and adapted their clinical practice accordingly.**

**Kent and Medway List of New Approved Guidelines from Integrated Medicines Optimisation Committee (IMOC) April 2024**

|  |  |  |
| --- | --- | --- |
| **Guidance** | **Document Link** | **Content** |
| Revised Position Statement and risk mitigation principles document for preferred DOAC | [(here)](https://www.eastkentformulary.nhs.uk/media/1869/kent-and-medway-icb-position-statement-and-risk-mitigation-principles-for-anticoagulant-prescribing-in-nvaf.pdf) | The NHS England and NHS Kent and Medway preferred choice of cost-effective DOAC for nvAF has changed. Please ensure that prescribers are updated. |
| Sharps Bin Collection and Replacement guide and Sharps Bin Prescribing Guide | [sharps-bin-collection-and-replacement-guide](https://www.eastkentformulary.nhs.uk/media/1870/sharps-bin-collection-and-replacement-guide.pdf)[primary-care-sharps-bin-prescribing-guidance](https://www.eastkentformulary.nhs.uk/media/1871/primary-care-sharps-bin-prescribing-guidance.pdf) |  |
| Mounjaro (Tirzepatide) Fact Sheet | [tirzepatide-mounjaro-factsheet](https://www.eastkentformulary.nhs.uk/media/1872/tirzepatide-mounjaro-factsheet.pdf) | A prescribing factsheet on tirzepatide (Mounjaro) has been developed to summarise the key information including dosing, administration, prescribing responsibilities, patient safety, monitoring, review, storage, disposal and links to further information and resources.Please ensure that Diabetes nurses and other prescribers are aware of this resource. |
| Melatonin Prescribing Checklist  | [melatonin-prescribing-checklist-for-clinicians](https://www.eastkentformulary.nhs.uk/media/1873/melatonin-prescribing-checklist-for-clinicians.pdf) | Appendix to the previously approved Melatonin Guidance - concise document of key points for clinicians.  |

**Obtaining Anticoagulant alert cards and DOAC booklets**

There are a number of patient-held risk minimisation materials available for healthcare professional to provide to patients. We encourage practices to provide these to patients when they are initiating a DOAC.

Brand specific resources are available from individual manufacturers. These are available in the [risk minimisation material directory](https://www.medicines.org.uk/emc/rmm-directory) on the [electronic medicines compendium.](https://www.medicines.org.uk/emc/)

NHS England have developed a number of generic risk minimisation resources for certain high risk medicines. In Primary Care these NHS England Resources can be ordered from [*PCSE Online.*](https://secure.pcse.england.nhs.uk/_forms/pcsssignin.aspx)

|  |  |
| --- | --- |
| **An orange sign with black text  Description automatically generated** | **Direct Oral Anticoagulant Therapy Information Book****Order code:** DOAC THERAPY BOOK**Published** October 2022 |
| An orange and white card  Description automatically generated | **Anticoagulant Alert Card** **Order code:** OATALERTCARD**Updated** October 2022 |

**Methadone Prescribing**

GP practices in Kent and Medway should NOT take on methadone prescribing responsibility for opioid dependence as this has been associated to serious incidents.

This is a reminder that methadone should only be prescribed by the substance misuse services when used in opioid dependence.

The list of providers in your area is provided below, along with links to their contact details and referral forms.

|  |  |  |
| --- | --- | --- |
| **HCP** | **Provider services**  | **Website**  |
| East Kent  | Forward Trust | [Drug & alcohol support - Forward Trust](https://www.forwardtrust.org.uk/support-type/drug-alcohol-support/) |
| Medway and Swale  | Forward Trust | [Drug & alcohol support - Forward Trust](https://www.forwardtrust.org.uk/support-type/drug-alcohol-support/) |
| Dartford, Gravesham and Swanley  | Change Grow Live | [Alcohol and drug advice and info from Change Grow Live](https://www.changegrowlive.org/advice-info/alcohol-drugs) |
| West Kent | Change Grow Live | [Alcohol and drug advice and info from Change Grow Live](https://www.changegrowlive.org/advice-info/alcohol-drugs) |

**Cost-effective Prescribing of Macrogol Oral Powder Sachets**

**Macrogol Cost Effective Options are Macrogol compound oral powder sachets NPF sugar free, CosmoCol and Laxido.**

**‘TransiSoft® or Macrogol 3350 Oral Powder 8.5g Sachets Sugar free are not recommended for prescribing in Kent and Medway’**

TransiSoft® is a brand of Macrogol which has the generic description of Macrogol 3350 Oral Powder 8.5g Sachets Sugar free.

There is no difference in the Macrogol content between Macrogol 3350 Oral Powder 8.5g Sachets Sugar free (TransiSoft®) and Macrogol compound oral powder sachets NPF sugar free, however please note the electrolyte content may differ.

Across Kent and Medway CCG, £84,000 was spent on TransiSoft®/Macrogol 3350 Oral Powder 8.5g Sachets Sugar free from Jan 2023 – Jan 2024.

A potential saving of £78,000 could have been made if a cost effective product was prescribed in K&M CCG as in the table below:

|  |  |
| --- | --- |
| **Cost of one box of 28 sachets** | **Cost Effective Options (one box of 30 sachets)** |
| TransiSoft® (£142.79)Macrogol 3350 Oral Powder 8.5g Sachets Sugar free (£142.79) | Macrogol compound oral powder sachets NPF sugar free (£4.99 x 30); or CosmoCol® (£5.50 x 30); or Laxido® (£4.99 x 30 |

Therefore, please do not prescribe TransiSoft® or Macrogol 3350 Oral Powder 8.5g Sachets Sugar free.

**PrescQIPP Clinical Masterclass webinars**

PrescQIPP have some upcoming Clinical Masterclass webinars which may be of interest to members of the practice pharmacy teams. The monthly PrescQIPP Clinical Masterclass webinars are aimed at all members of the PrescQIPP community including pharmacy technicians and practice/PCN based pharmacists. Previous Masterclass recordings and other upcoming webinars can be found here [Clinical masterclasses | PrescQIPP C.I.C](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.prescqipp.info%2Four-resources%2Fclinical-masterclasses%2F&data=05%7C02%7Clindsey.williamson%40nhs.net%7C77fd9938078048bcd91008dc6a85bc4c%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638502369830900414%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=zdJcWmlrNiE34hdPhGXs8wPVCYqi0iQHN2rDiitx%2BDY%3D&reserved=0)

**Antimicrobial Stewardship; NAP for success in AMS** - **16th July 2024**

On 16th July 1-2pm, we welcome Dr Naomi Flemming to talk about antimicrobial stewardship (AMS).  Naomi will provide an AMS update, cover what’s in the new National Action Plan (NAP) for primary care and discuss how to get more involved in AMS. Naomi is Regional AMS Lead for the East of England Region. All registered subscribers can [sign up here.](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fattendee.gotowebinar.com%2Fregister%2F1799051049055992409&data=05%7C02%7Clindsey.williamson%40nhs.net%7C77fd9938078048bcd91008dc6a85bc4c%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638502369830915264%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=i8usSH8QanHe568goi4fS9VbSLaZT6sN57Wi9OYvSo8%3D&reserved=0)

**The Maudsley Deprescribing Guidelines: Antidepressants, Benzodiazepines, Gabapentinoids and Z-drugs - 14th August 2024**

On 14th August 2024 1-2pm, we welcome Professor David Taylor who will talk about ‘The Maudsley Deprescribing Guidelines: Antidepressants, Benzodiazepines, Gabapentinoids and Z-drugs’ which he co-authored, and which was published in February 2024. David is Director of Pharmacy and Pathology at the Maudsley Hospital and Professor of Psychopharmacology at Kings College London.  He has been the lead author of the Maudsley Prescribing Guidelines since their inception in 1993.  In 2021 he was made an honorary fellow of the Royal College of Psychiatrists in recognition of his "outstanding contribution to the profession and the cause of mental health" All registered subscribers can [sign up here.](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fprescqipp.us2.list-manage.com%2Ftrack%2Fclick%3Fu%3D7e7659db46e568cca5e047f43%26id%3De35edcf20b%26e%3D6bc5b68275&data=05%7C02%7Clindsey.williamson%40nhs.net%7C77fd9938078048bcd91008dc6a85bc4c%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638502369830928874%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=pZXpfVwFM6atpeMUkN7GTu6CuCi6qFVlqyUfpahxMDU%3D&reserved=0)

**UTI diagnostic quick reference tool review consultation - closes 2 June**

Do you have an interest in how Urinary Tract Infections (UTIs) are diagnosed in primary care settings? The new [5-year UK National Action Plan](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.gov.uk%2Fgovernment%2Fpublications%2Fuk-5-year-action-plan-for-antimicrobial-resistance-2024-to-2029&data=05%7C02%7Clindsey.williamson%40nhs.net%7C9179d96422fd412ecdf008dc70d0ad91%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638509288792364948%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=%2BvRW%2BqcKUmyz0fJgYhNxOAS95ufvasWiY8AGfr745Xc%3D&reserved=0) on antimicrobial resistance, outlines the need to support clinicians when deciding about the need to prescribe an antimicrobial. To contribute to this, UKHSA has worked with key agencies like NHS England to update the [UTI diagnostic tools for primary care](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.gov.uk%2Fgovernment%2Fpublications%2Furinary-tract-infection-diagnosis&data=05%7C02%7Clindsey.williamson%40nhs.net%7C9179d96422fd412ecdf008dc70d0ad91%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638509288792377593%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=iX3PFbA4Wmb5XBgiHNgcMuRtVx5QXcYe8QOtdPVUgyM%3D&reserved=0) and is looking for feedback on the updated resources from stakeholders across the care pathway.

The consultation will run from 8 May to 2 June 2024. Please see the [consultation landing pages](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.gov.uk%2Fgovernment%2Fconsultations%2Furinary-tract-infection-diagnostic-tools-for-primary-care&data=05%7C02%7Clindsey.williamson%40nhs.net%7C9179d96422fd412ecdf008dc70d0ad91%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638509288792385287%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=yA9tlqghHfwVcDTTEBTJJhagBLpnReOdViFt%2FG1cihc%3D&reserved=0) to access the resources and the feedback form.

Please email the TARGET antibiotics toolkit team at targetantibiotics@ukhsa.gov.uk if you have any questions or issues accessing the form.

**National Updates**

**MHRA Drug Safety Update**

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 April 2024 Drug Safety Update includes:**

[**Finasteride: reminder of the risk psychiatric side effects and of sexual side effects (which may persist after discontinuation of treatment) - GOV.UK (www.gov.uk)**](https://www.gov.uk/drug-safety-update/finasteride-reminder-of-the-risk-psychiatric-side-effects-and-of-sexual-side-effects-which-may-persist-after-discontinuation-of-treatment)

[**Montelukast: reminder of the risk of neuropsychiatric reactions - GOV.UK (www.gov.uk)**](https://www.gov.uk/drug-safety-update/montelukast-reminder-of-the-risk-of-neuropsychiatric-reactions)

MHRA have recently re-issued a safety warning regarding the incidence of neuro psychiatric side effects for patients taking Montelukast [Montelukast: reminder of the risk of neuropsychiatric reactions - GOV.UK (www.gov.uk)](https://www.gov.uk/drug-safety-update/montelukast-reminder-of-the-risk-of-neuropsychiatric-reactions) This was previously issued in September 2019, but since then continued reports from patients and clinicians have necessitated a more pro-active approach when prescribing Montelukast. Please take the following actions:

* When initiating ensure that efficacy is reviewed after 4 weeks. The therapeutic effect of the drug occurs within one day, therefore if no benefit is seen for asthma control after 4 weeks, please discontinue.
* Warn ALL patients about the neuropsychiatric risks on initiation. Signpost patients to the patient information leaflet, and warn:
	+ Some patients may experience new or worsening changes in mood, sleep, or behaviour such as nightmares, aggression, anxiety or thoughts of self-injury. Instruct patients to speak to a clinician, if any of these side effects occur, with a view to stopping medication.
	+ 1 in 100 patients may experience sleep disturbance, depression, agitation or aggression.
	+ 1 in 1,000 patients may experience disturbances in attention or memory.
	+ 1 in 10,000 patients may experience hallucinations or suicidal ideation.
	+ In children, under the age of 13, these side effect generally manifest as aggression, nightmares and anxiety.
* A Scriptswitch warning message has been added to remind clinicians to have this conversation, at initiation and medication reviews, and please code when advice given as: “Advice about drug side effects” (Concept: 396080005 Description: 2579528015)
* Consider sending an AccuRx message to all patients who have had Montelukast in the last 6 months worded: “We note that you/your child are taking montelukast for asthma. If you experience any mood or sleep changes, please contact the surgery for a review.”

Remember, montelukast is only an adjunct to inhaled corticosteroid therapy (ICS), and although beneficial for many patients, concordance with ICS therapy is the key to asthma control.

[**Letters and medicine recalls sent to healthcare professionals in March 2024 - GOV.UK (www.gov.uk)**](https://www.gov.uk/drug-safety-update/letters-and-medicine-recalls-sent-to-healthcare-professionals-in-march-2024)

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

**NATIONAL CAS ALERTS (National Patient Safety Alerts and CMO Messages):**

**The MHRA Central Alerting System alerts can be accessed at** [**CAS - Home (mhra.gov.uk)**](https://www.cas.mhra.gov.uk/Home.aspx)

Shortage of Erelzi (etanercept) 50mg solution for injection in pre-filled pen [(here)](https://www.cas.mhra.gov.uk/ViewandAcknowledgment/ViewAlert.aspx?AlertID=103251)

Influenza season 2023/24: ending the prescribing and supply of antiviral medicines in primary care [(here)](https://www.cas.mhra.gov.uk/ViewandAcknowledgment/ViewAlert.aspx?AlertID=103250)

**Shortages Summary**

From February 2024 onwards, the monthly Medicines Optimisation newsletter will no longer contain the medicines shortages update document, which was compiled each month from the shortages listed on the SPS (Specialist Pharmacy Services) Medicines Supply tool. The information published on the SPS Medicines Supply tool is provided by DHSC and NHSEI Medicines Supply Teams and was not formally reviewed by the NHS Kent and Medway Medicines Optimisation team.

During the time that the shortages update was compiled and included in the Medicines Optimisation newsletter, practices and healthcare professionals were still encouraged to register for free access to the SPS website and to access the [SPS Medicines Supply Tool](https://www.sps.nhs.uk/category/medicines-tools/medicines-supply/) directly in real time, to have access to the most up-to-date and complete information and advice available. Now that the shortages update will no longer be compiled by the Medicines Optimisation team for inclusion in the newsletter, healthcare professionals will be required to access the SPS Medicines Supply tool to access information on the latest shortages. Serious Shortage Protocols (SPPs) can be found on the NHS BSA website [(here)](https://www.nhsbsa.nhs.uk/pharmacies-gp-practices-and-appliance-contractors/serious-shortage-protocols-ssps) .