



Medicines Optimisation Update

Issue 5: February 2018

Welcome to the fifth edition of the BNSSG Medicines Optimisation Newsletter. This joint newsletter is published monthly and contains useful information and resources to help ensure that medicines continue to be prescribed both safely and effectively for our local population.

Gluten Free Prescribing

Following the release from the DoH the report on the responses from the public consultation on the availability of gluten-free foods on NHS prescription <http://bit.ly/2EvDcCd> the current position in North Somerset and South Gloucestershire has not changed; gluten free foods should not be prescribed for adults and there is a limited formulary for children. A consultation is currently out in Bristol <http://bit.ly/2EKKUsi>. A local review will take place once the DoH publish guidance and have updated the 2004 regulations, along with relevant amendments of the Drug Tariff.

Flu Vaccine Ordering for the 2018/19 season

Please see the enclosed CCG advice for flu vaccine ordering for the 2018/19 season. It follows the NHS England vaccine ordering for the 2018-2019 season letter. It advises the use of the adjuvanted trivalent inactivated influenza vaccine (Fluad® Seqirus) in the 65yrs and over and the inactivated quadrivalent influenza vaccines in 18-under 65yrs in clinical risk groups including pregnant women. These vaccines are more expensive to the NHS than standard trivalent influenza vaccine so practices should not use them outside the recommended groups.

BNSSG Formulary Updates [Adult](#) [Paediatric](#)

The following decisions were made at the January Adult Joint Formulary Group meeting

New Drug Applications—approved:

- Trelegy Ellipta Inhaler (fluticasone/umeclidinium/vilanterol) (TLS **green**) - Approved for maintenance treatment of COPD patients.
- Saxenda (liraglutide) - Not approved for inclusion onto the formulary for weight management in patients with obesity.

Shared Care Protocols (SCP)/Traffic Light Status (TLS) Change in Status

- Ciclosporin Eye drops - (TLS **amber**) TLS change from red to amber as licensed product now available. Shared care protocol agreed.
- Leflunomide and Sulfasalazine (rheumatology) - (TLS **amber**) Shared care protocol updated.
- Methylphenidate - (TLS **amber**) Shared care protocol updated to include preferred brands.
- Rotigotine - (TLS **amber**) Agreed change from TLS amber 1 month to amber no SCP to facilitate timely prescribing by GPs when needed urgently. To be started on advice of consultant/PD nurse specialist only. Shared care protocol to be adapted into prescribing guidance for GPs.
- Sodium Valproate/Semi-sodium valproate - (TLS **amber**) Existing shared care protocol updated to include sodium valproate as preferred first line choice for bipolar disorder and to include clearer MHRA warnings regarding pregnancy.

The following decisions were made at the November Paediatric Joint Formulary meeting:

Shared Care Protocols (SCP)/Traffic Light Status (TLS) Change in Status (applies to Paediatric Formulary only)

- Co-enzyme Q10 (ubidecarenone) – (TLS **amber**) TLS change from red to amber and shared care protocol agreed.
- Feedback or queries from prescribers on the BNSSG Joint Formulary is always welcome.

Blood Glucose Monitors for Type 2 Diabetes

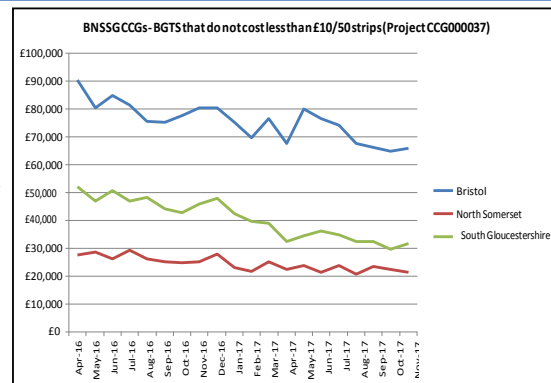
As of the 1st April the Contour TS meter manufacturer is unable to supply meters for new patients. The test strips will still be available on prescription for existing patients. Therefore this meter has been removed from the BNSSG guideline for Blood Glucose Monitoring for Type 2 Diabetes, however there is no need to switch patients who are currently using it. The meters that remain on the BNSSG guidelines are: Accucheck perform nano, Glucomen areo, GluNEO, GlucoRx Nexus and GlucoRx mini, Accu-check mobile cassette. <http://bit.ly/2BLDLcx>

BNSSG Antibiotic Guidelines App

The BNSSG antibiotic guideline has been available on a smart phone app RxGuidelines for the past two years. Unfortunately the app that has previously been free to the CCG now incurs a charge and the CCGs have made the decision that it is not utilised enough to warrant its cost. Please delete the guideline from your phone if you currently have it as it has not been updated with the changes to the guideline at the end of 2017. The guideline will remain available on the BNSSG formulary website <http://bit.ly/2kXAcoJ>

Blood Glucose Test Strips—Project Update

The graph opposite shows the reduction in expenditure on 'high cost' blood glucose test strips (strips costing more than £10/50 strips) from April 2016. In November 2017 66% of test strips were the lower cost strips which is a significant improvement from 43% in April 2016 however there is still room for significant further cost savings. The majority of type 2 diabetics should be on a 'lower cost' meter and the blood glucose meter guideline for type 1 diabetics indicates which of these patients would be suitable for a 'lower cost meter'. <http://bit.ly/2wOHmnG>. This guideline has been agreed with secondary care diabetes teams and includes GlucoMen Areo 2K which has low cost blood glucose and ketone test strip.



MHRA: Drug safety updates

The MHRA has issued two drug safety updates related to the yellow card scheme:

- Drug name confusion: reminder to be vigilant for potential errors <http://bit.ly/2C0JDdE>. Since their previous update in April 2013 they have had further reports of harm following confusion with drugs including, Clobazam with Clonazepam and Risperidone with Ropinirole. Vigilance is required when prescribing and dispensing medicines with commonly confused names to ensure the intended medicine is supplied; if pharmacists have any doubt about which medicine is intended contact the prescriber before dispensing the drug, report suspected adverse drug reaction where harm has occurred as a result of a medication error on a Yellow Card.
- Herbal medicines: report suspected adverse reactions to the Yellow Card Scheme. <http://bit.ly/2GR8wfz>. If an adverse reaction is suspected, ask patient whether they are taking any herbal medicines and discuss with them the importance of reporting this via the yellow card scheme.

The yellow card scheme is available on line, via an app or paper cards and can be completed by a member of the public or healthcare professional. <http://bit.ly/1mon0Vo>

- The European Medicines agency has reiterated the safety message for Buccolam oral syringes for parents and caregivers, in a small number of cases, the translucent (white) tip can sometimes remain attached to the syringe after the red cap has been taken off, this is a choking hazard. <http://bit.ly/2DdLTiS>. Pharmacists are encouraged to proactively communicate the instructions <http://bit.ly/2sfreKs> to parents and caregivers (and patients if appropriate) who have been dispensed Buccolam and who have not already been made aware. Further supplies of Buccolam will contain these instructions, which are to be provided with every pack dispensed.

In the majority of product recalls and safety notices such as this Buccolam syringe one it is the pharmacy responsibility to inform patients or recall product depending on the notice and GP practices are informed for their information.

Relenza (zanamivir) 5mg powder for oral inhalation

UK packs of the GSK product are not currently available for supply, the MHRA has approved Taiwanese packs with a UK leaflet (attached with rubber band); UK packs are expected again in March 2018. <http://bit.ly/2BfcaiE>

Nutlis Clear Alignment with the International Dysphagia Diet Standardisation Initiative (IDDSI)

Nutlis Clear have announced they are altering their scoop size an number of scoops advised inline with the IDSSI from early April 2018. There are four levels in IDSSI and patients using Nutlis Clear may need to be reviewed to ensure the new consistencies and levels are clinically appropriate. Please see the attached letter.

Sayana Press (Medroxyprogesterone acetate) Sharps Disposal

Sayana Press was approved for the BNSSG formulary (green) in October 2017. Patient support products such as demonstration kits, patient self administration cards, self administration patient reminder cards and sharp boxes are available via the website Medisa <http://bit.ly/2FNevR5>

The website Medisa provides support material for a range of medication.

Orange Book: Drug misuse and dependence: UK guidelines on Clinical Management

The 'Orange book' from the DoH was updated in Summer 2017 with further revisions since then. <http://bit.ly/2EKVdwg>

The update has new guidance on new psychoactive substances and club related drugs, mental health co-morbidity, misuse of prescribed and OTC medicines and preventing drug-related deaths including naloxone provision.

Annex 5 (p293-302) is on interactions including a table on important interactions with methadone and buprenorphine and other clinically important interactions in substance misuse.

Patient Safety Alert—Oxygen Cylinders

A Patient Safety Alert on the Risk of death and severe harm from failure to obtain and continue flow from oxygen cylinders has been released. <http://bit.ly/2EpLnIS>. Over a three-year period, over 400 incidents involving incorrect operation of oxygen cylinder controls were reported to the National Reporting and Learning System (NRLS).

