



# Medicines Optimisation Update

**Issue seven: April 2018**

This monthly newsletter aims to contain useful information and resources to help ensure that medicines continue to be prescribed both safely and effectively for our local population.

## Shortage of EpiPen®

Currently there are intermittent supply problems of EpiPen® 0.3mg adrenaline auto-injector. When supplying patients with EpiPen® please check quantities at home to confirm a supply is appropriate. Alternative brands such as Emerade® are available on the BNSSG formulary. Patients will need to be counselled and trained if an alternative device is prescribed. There are currently no supply problems with EpiPen® junior.

## Methylphenidate MR

ADHD patients treated with methylphenidate MR are being switched where appropriate by specialists from Concerta XL to Xaggitin XL. Xaggitin XL has been shown to be bioequivalent to Concerta XL and is available in the same strengths; 18mg, 27mg, 36mg and 54mg.

Methylphenidate MR is on the adult BNSSG formulary for ADHD, TLS amber SCP available. <https://bit.ly/2EXzAY7>. Other formulations, and for the treatment of narcolepsy, methylphenidate is TLS red. Methylphenidate is on the paediatric BNSSG formulary for ADHD, TLS amber SCP available. <https://bit.ly/2J4KWfl>.

## Preferred barrier cream brands- Bristol and North Somerset

The Wound Care formulary is currently being reviewed, however in December an amendment was made and the preferred brands of barrier cream and skin protector cream are now Medi Derma-S (to replace Secura®) and Medi Derma-Pro (to replace Proshield®). Secura® and Proshield® products should no longer be prescribed or ordered for patients. The full list of changes can be found on the Formeo website and an interim wound care formulary list can be found here: Bristol: <https://bit.ly/2HIEo6B>. North Somerset: <https://bit.ly/2JnrGKq>

## Hosiery guidelines

BNSSG hosiery guidelines are available on the BNSSG formulary website. <https://bit.ly/2F0bCf6>

The guidelines can be used to give indications of brands to be prescribed and appropriate quantities to be used.

## Testogel® sachets

On BNSSG formulary, testosterone gel is green for male sex hormone responsive conditions. There are a few brands available including Testogel®. Until September there will be a supply problem for Testogel® 50mg/5g sachets but the Testogel® 16.2mg/g gel pump is available, and other brands of gel are unaffected.

### Self-care-Hayfever

Following the launch of the BNSSG Self-Care and Over-the-Counter (OTC) Medicines guidance, practices are requested to bear this guidance in mind when managing patient requests for medicines available OTC for conditions which are self-limiting or suitable for self-management.

Given that hayfever season has arrived, this is an opportunity to promote the guidance, and we would recommend that practices ask patients to purchase hayfever treatments OTC. A full range of products is available for purchase, including tablets, nasal sprays and eye drops. Community Pharmacists are ideally placed to advise on the most appropriate treatments. Guidance on licensing restrictions for a range of hayfever products can be found on the formulary website at [http://bit.ly/BNSSG\\_Self\\_Care](http://bit.ly/BNSSG_Self_Care). Pharmacies are open long hours, including in the evenings and at weekends.

If prescribing is necessary (for example where self-management options have been exhausted), the most cost-effective nasal spray is mometasone. This is also available OTC for the treatment of allergic rhinitis in patients aged over 18 years for a period of no longer than three months.

### **'Stay Well Pharmacy'**

NHS England has launched 'Stay Well Pharmacy', a major new media campaign to raise awareness and promote the use of community pharmacy. The campaign particularly encourages parents and carers of children under 5 to visit their local pharmacy first for 'advice on sore throats, coughs, colds, tummy troubles, teething and aches and pains.'

### **Generic rosuvastatin**

Rosuvastatin is now available as a generic product and is in the Drug Tariff at Category M. We would therefore ask all practices to ensure that any patient currently prescribed rosuvastatin are prescribed it generically.

### **Immunisation update**

**Flu** - The annual flu letter describes the national flu immunisation programme for 2018 to 2019, and outlines which groups are eligible for flu vaccination. In 2018/19 the one change in eligibility is the extension to children in school year 5. <https://bit.ly/2HcPRyE> A second letter will follow with details about healthcare and social care workers.

**Shingles** - Vaccine update issued in April provides information about implementation of shingles vaccine in 2018. It provides new advice such as patients can be offered the shingles vaccine as soon as they reach eligible age (70 or 78 years old). <https://bit.ly/2EXeucz>

### **MHRA drug safety updates**

[Head lice eradication products: risk of serious burns if treated hair is exposed to open flames or other sources of ignition, eg, cigarettes-March 2018 https://bit.ly/2HarzoP](https://bit.ly/2HarzoP) Some products for the eradication of head lice infestations are combustible/flammable when on the hair and can ignite and cause serious harm in the presence of an open flame or other source of ignition such as when lighting cigarettes. Parents, caregivers and the person with head lice should be advised, if appropriate, that they should not smoke around treated hair and that it should be kept away from open flames or other sources of ignition, including in the morning after overnight application until hair is washed. The BNSSG "Medicines for Self-Care" includes head lice advice [http://bit.ly/BNSSG\\_Self\\_Care](http://bit.ly/BNSSG_Self_Care), and products are available OTC.

[Esmya \(ulipristal acetate\) for uterine fibroids: do not initiate or re-start treatment; monitor liver function in current and recent users-March 2018 https://bit.ly/2HaeD2e](https://bit.ly/2HaeD2e)

Temporary safety measures are in place while an EU review investigates the link between cases of serious liver injury, including 4 cases requiring liver transplantation, and Esmya for uterine fibroids. The link above contains advice for healthcare professionals to follow. Esmya is red on BNSSG formulary for uterine fibroids.

[Daclizumab \(Zinbryta ▼\): suspension and recall for safety reasons; review patients as soon as possible and start alternative therapy-March 2018 https://bit.ly/2HbRZSZ](https://bit.ly/2HbRZSZ)

The European Medicines Agency (EMA) has recommended the immediate suspension of the marketing authorisation and recall of daclizumab (Zinbryta) in the EU following reports of serious inflammatory brain disorders, including encephalitis and meningoencephalitis, in patients with multiple sclerosis. The MHRA recommend no new patients are started on daclizumab and all patients currently receiving daclizumab should be reviewed and have their treatment stopped. Please read the alert for further advice. Daclizumab has been removed from the formulary following the alert.

### **Prescription form security guidance**

The latest prescription form security guidance from the NHS Counter Fraud Authority (NHSCFA) has been published. <https://bit.ly/2vnd9Mq>. The new document replaces the security of prescription forms guidance which was published by the predecessor organisation NHS Protect. The guidance was updated in light of the changes made to create the NHSCFA, and is now written solely from a fraud perspective. Updates have also been made in response to issues raised by health professionals and organisations such as the inclusion of sections on prescriptions lost by patients and issues around sending prescriptions in the post. The guidance is advisory, it is based on best practice, and it is recommend it is disseminated as widely as possible amongst the target audience and the relevant policies, procedures and standard operating procedures are updated/amended in line with the new guidance. The guidance is applicable to both NHS and non-NHS settings where NHS prescription forms are in use. The website also has aide-mémoires which are concise.

### **Prescription charges**

From 1 April 2018, the NHS prescription charge in England will rise from £8.60 to £8.80 per medicine or appliance dispensed. The cost of an annual prepayment certificate will remain at £29.10 for three months or £104 per annum.