

NEL Medicines and Prescribing Newsletter

July 2023

Updates for Primary Care Across North East London

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Dawn of a New Newsletter...

Welcome to the all-new North East London Medicines and Prescribing Newsletter. The Pharmacy and Medicines Optimisation Team will endeavour to bring you the latest information, advice and guidance on all matters relating to medicines and prescribing to support cost effective, quality prescribing and medicines optimisation. As we are now a single team, the way to contact us has changed. We have a dedicated email address for all prescribing enquiries, and a separate email address for all other communications. Further details can be found on page 4.

Influenza Season 2022/23 – Ending Prescribing and Supply of Antiviral Medicines in Primary Care

In 2022, neuraminidase inhibitor (NAI) antiviral medicines (oseltamivir and zanamivir) had been authorised by the Chief Medical Officer via a letter to GP's in England to prescribe these medicines for the treatment and post-exposure prophylaxis of influenza to high risk patients. This advice was based on UK Health Security Agency (UKHSA) surveillance assessment that influenza was circulating in the community.

The most recent surveillance data from UKHSA indicates that circulation of influenza in the community has returned to baseline levels. Therefore, in accordance with NICE guidance and Schedule 2 to the National Health Service (General Medical Services Contracts) (Prescription of drugs etc.) Regulations 2004, commonly known as the Grey List or Selected List Scheme (SLS):

- **GPs and other prescribers working in primary care should no longer prescribe antiviral medicines (including neuraminidase inhibitors) for the prophylaxis and treatment of influenza on an FP10 prescription form.**
- **Community pharmacists should no longer supply antiviral medicines in primary care on presentation of an FP10 prescription form.**

This advice stands until a notification is issued to re-commence prescribing and supply of antiviral medicines in primary care. This advice does not impact on the prescribing of antiviral medicines by hospitals.. Access to the full alert can be found [here](#)

Patient Group Direction (PGD) Update Notification

NHS England - London has published two updated PGD on its website. These can be accessed by [clicking here](#).

The updated PGDs are (but not limited to):

- [NHSE UKHSA Hep B Renal PGD v04.00](#)
- [NHSE UKHSA Rotavirus PGD v06.00](#)

Practices should ensure that any registered healthcare professional who is due to administer vaccinations under this PGD should be made aware of this updated version. If you have any queries, please contact the London Immunisations team via england.londonimms@nhs.net

You can access all up to date PGDs via the links below:

- UK Health Security Agency (UKHSA) – [click here](#)
- SPS – [click here](#)

Transfer to OptimiseRx®

NOTE: THE FOLLOWING INFORMATION DOES NOT APPLY TO CITY & HACKNEY GP PRACTICES

***PLEASE IGNORE THIS MESSAGE IF YOUR PRACTICE HAS ALREADY ACTIVATED OptimiseRx® ***

General practices in Barking and Dagenham, Havering, Redbridge, Tower Hamlets, Newham and Waltham Forest should have received their OptimiseRx® activation code in an email sent on Thursday 11th March 2023. If this has not happened, please contact your Pharmacy and Medicines Optimisation Team pharmacist(s) or email your query to: nelondonicb.prescribingqueries@nhs.net

ScriptSwitch® will need to be deactivated by the practice before activating OptimiseRx®. Steps on how to do this was included in the 11th March email

The person activating OptimiseRx® at the practice must have administrative rights to EMIS Web/ TPP SystemOne. Activation only needs to be done once on one computer within the practice and should only take a few minutes. It is advised that OptimiseRx® is activated at a quiet time of day (e.g., before patient appointments/at lunchtime) when there are only a few users logged into the system.

Once OptimiseRx® is activated, you may notice that the range of pop up messages may be different from Scriptswitch messages. Please bear with us in the Medicines Optimisation team, whilst we update and harmonise the Optimise Rx message profiles across NEL.

UCLP Implementation Guide for Group Education Session for Patients with Non-Cancer Chronic Pain

UCL Partners (UCLP) has worked in collaboration with NHS North East London and NHS North Central London ICBs to create an implementation guide for group education session for patients who are on opioids for non-cancer chronic pain.

The guide provides information for PCNs and practices to deliver patient group education session with an aim to improve the patient's understanding of opioids in use for non-cancer chronic pain, and the opportunity for a clinical review to optimise their treatment regimen which may include use of a non-pharmaceutical approach.

For more information, please visit the implementation guide [here](#). There are also accompanying resources [here](#) to support clinicians delivering these sessions.

Improving Medicines and Polypharmacy Appropriateness Clinical Tool (IMPACT)

PrescQIPP Bulletin 268

PrescQIPP have published a new resource, the [IMPACT bulletin and tool](#) which helps prioritise deprescribing decisions in patients taking several drugs. This tool identifies clinical and deprescribing priorities with recommendations for appropriately continuing or stopping medicines.

Links to PrescQIPP deprescribing algorithms are included where available and the tool is regularly updated as new algorithms become available. The bulletin is comprehensive, covering all therapeutic areas. However, it is easy to navigate as the contents are hyperlinked, enabling you to jump straight to the drug you are interested in.

The tool highlights the:

- Clinical risk versus benefit of continuing therapy (based on usual maintenance doses)
- Deprescribing priority of each medicine group (high, medium, low)
- Links to deprescribing support tools and guidance.

PrescQIPP Webinars

Clinical Masterclasses

Prescribers and other practice pharmacists are encouraged to sign up to the monthly PrescQIPP webinars (1-2pm). You can listen to previous webinars by [clicking here](#). If you haven't already got a PrescQIPP registration, you will need an NHS email to register with PrescQIPP for free, please [click here](#) for registration.

Date	Masterclass
9 th August 2023	Cow's Milk Protein Allergy in Children , Sarah Britton, Lead Dietitian for Cambridgeshire and Peterborough ICB
13 th September 2023	Supporting Self-Management , Professor Alf Collins, NHS England's Clinical Director, Personalised Care Group.

Update on Glucagon Like Peptide-1 (GLP-1) Analogues for Weight Management: Current Position

There have been two positive NICE TAs which recommend the use of a GLP-1 analogue for managing overweight and obesity. The current agreement set out by NICE, which is endorsed locally, is that either of the two GLP-1 analogues can be prescribed by a specialist weight management (Tier 3) service and within set criteria. It is, therefore, currently not available to be prescribed in a GP Practice (Hospital Only formulary status). It is essential that patients being prescribed specialist medical therapies for obesity are managed within a specialist, multidisciplinary obesity service where they can access expertise to support progress, navigate challenges relating to the disease process, manage complex comorbidities and work on sustainable changes. This is especially important as NHS prescribing will be for a maximum of 2 years.

There is currently a working group planning a pilot Tier 3 weight management service for North East London and further communication will follow in due course. Please prepare your patient for Tier 3 by referring them to a local Tier 2 option – this is required as part of a prerequisite to Tier 3 entry.

When the Tier 3 pilot service is available, full details around medication availability within this service will be confirmed. Therefore, please do not refer your patients for treatment with Wegovy® or Saxenda® until this information is released. This is to avoid confusion and frustration to patients.

Please [click here](#) to access the position statement.

Shortage of Glucagon Like Peptide-1 (GLP-1) Analogues to Manage Type 2 Diabetes

The Department of Health and Social Care (DHSC) has issued a medicine supply notification (MSN) for GLP-1 analogues used in the management of Type 2 Diabetes Mellitus. There are very limited, intermittent supplies of all GLP-1 analogues licensed in the management of Type 2 Diabetes Mellitus (T2DM), with supply not expected to return to normal until at least mid-2024.

Until then, the notification states '*GLP-1 analogues should only be prescribed for their licensed indication, and clinicians should avoid initiating people with T2DM on GLP-1 analogues for the duration of the national shortage*'. Further actions required, advice and support can be obtained from the MSN which can be accessed [here](#).

A dedicated page to the GLP 1 analogues shortage with prescribing advice is also available on SPS: [Prescribing available GLP-1 receptor agonists – SPS - Specialist Pharmacy Service – The first stop for professional medicines advice](#)

Contact Details and Additional Resources

CONTACT DETAILS

NEL ICB Pharmacy and Medicines Optimisation Team (PMOT)

For prescribing and medicines enquiries: nelondonicb.prescribingqueries@nhs.net

For all enquires, reporting concerns or incidents relating to Controlled Drugs

england.londonaccountableoffice@nhs.net
Report CD incidents using the national reporting tool www.cdreporting.co.uk

RESOURCES

Access PMOT Resources on local GP Portals

Newham & Waltham Forest: [HERE](#)
Tower Hamlets (via Agilio/TeamNet): [HERE](#)
Barking & Dagenham, Havering and Redbridge: [HERE](#)
City and Hackney: [HERE](#)

For Medicine Supply Shortages

[Click here](#) for SPS Medicines Supply Tool which offers up-to-date information on Medicines Shortages, provided by DHSC and NHSE/I.
[Register](#) with SPS free-of-charge to access.

For your information:

Every effort has been made to ensure that the information included in this newsletter is correct at the time of publication. Throughout the newsletter, external links are provided to other sites. These links are provided to improve access to information and exist only for the convenience of readers of the newsletter; NEL ICB Pharmacy and Medicines Optimisation Team cannot accept responsibility for their content. We cannot guarantee that these links will work all of the time and we have no control over the availability of the linked pages.

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