

NEL Medicines and Prescribing Newsletter

September 2023

Updates for Primary Care across North East London

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New NHS North East London (NHS NEL) Primary Care Portal

The new home of primary care information across NEL is available to all healthcare professionals via the NHS NEL Primary Care Portal. With a vibrant new look, the portal hosts a wealth of resources ranging from position statements to educational webinars as well as prescribing guidelines. More intuitive in its design, the portal is still under development and will continue to grow to provide easily accessible information and supporting material for healthcare professionals. The portal can be accessed via: [North East London – Primary Care Portal \(icb.nhs.uk\)](https://icb.nhs.uk). Pharmacy & Medicines Optimisation resources are available at [Medicines Optimisation – North East London \(icb.nhs.uk\)](https://icb.nhs.uk).

Pharmacy & Medicines Optimisation Team (PMOT) New Email Address

Please note, all previous generic email accounts associated with the separate place-based prescribing teams have closed since 1st September 2023 and are inactive. Any communications that continue to be sent to these emails are now inaccessible.

The new NEL prescribing enquiries email address is: nelondonicb.prescribingqueries@nhs.net.

As a reminder please maintain patient confidentiality when sending enquiries to the prescribing enquiries inbox. Ensure ALL patient identifiable data (PID) is removed prior to sending any emails. PMOT will contact the sender directly should any PID be required. PMOT also discourages sending queries via AccuRx profiles, as these automatically include PID when the email is sent.

NHS NEL Adult Attention Deficit Hyperactivity Disorder (ADHD) Shared Care Guideline

The NHS NEL Integrated Medicines Optimisation Committee (IMOC) has approved a NEL-wide adult ADHD shared care guideline (SCG). This SCG is for use across all NEL boroughs and supersedes all individual and existing adult ADHD guidelines. The SCG was produced in collaboration with stakeholders from ELFT, NELFT and place-based clinicians and commissioners and covers the prescribing of Methylphenidate, Dexamfetamine, Lisdexamfetamine dimesylate and Atomoxetine for the Management of ADHD in adult patients. An SCG Agreement request form is included with the guideline. This must be agreed to and signed by both the GP and specialist before prescribing is transferred to the GP.

The SCG can be located on the NEL primary care portal

Link: [Shared Care Guidelines – Mental Health \(NEL Wide\) – North East London \(icb.nhs.uk\)](#)

Community Pharmacist Consultation Service (CPCS) Update

What is it?

- CPCS is designed to relieve pressure on the wider NHS by shifting low acuity footfall away from general practices and other health settings to be managed in a local community pharmacy.
- Since March 2022 practices in NEL have sent >90,000 minor illness CPCS referrals to local pharmacies via the Local Services 'button' in EMIS. As well as referrals from general practices, the CPCS service takes referrals for minor illness or urgent medicine supplies from NHS 111 and 111 online. Emergency Departments (ED) and Urgent Treatment Centers (UTC) in NEL are planning to go live with minor illness/urgent medicine CPCS referrals from this winter.
- Minor illness CPCS covers advice and counselling ONLY. It DOES NOT include a free supply of medicines.

Which Pharmacies Offer it?

- >96% of pharmacies in NEL offer CPCS

Patient choice and direction

- Patient choice MUST be respected and CPCS referrals MUST be sent to a pharmacy of the patient's choice.
- Sending all or most referrals to one pharmacy may raise concerns about referrals being directed by the practice (especially if the pharmacy is not local) - this would be contra to NHSE/GMC guidance which states that patient choice is paramount and should not be over-ruled by the practice.

Referable Conditions

The list of conditions covered by CPCS can be found at: [CPCS Conditions Suitable for Referral](#)

The most commonly referred conditions are:

- Cough/Cold
- Sore throat
- Diarrhoea
- Minor Eye & Ear conditions

Patients > 1 year old can be referred for the minor conditions detailed in the link below;

How to send CPCS referrals

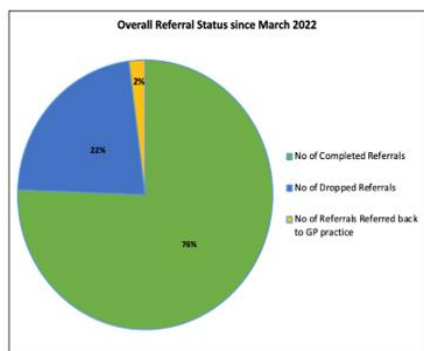
- Practices can send CPCS referrals to a local pharmacy of the patient's choice via the [Local Services button in Emis](#). The Pharmacies listed in Local Services are providing CPCS.
- SystemOne practices can send referrals via the [PharmRefer platform](#)

Response times/completion rates

Pharmacy teams will generally complete CPCS referrals the same day if received before 3pm or by the following morning if received after 3pm.

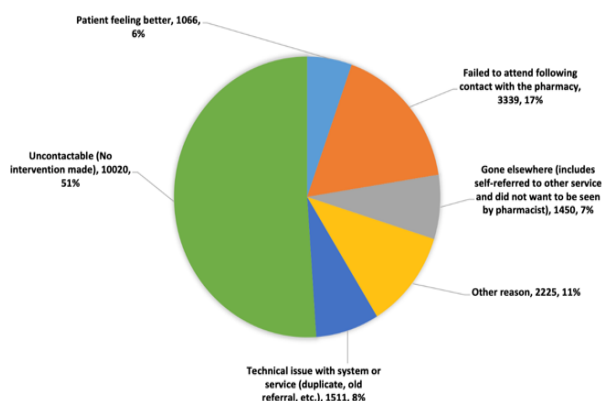
The charts below show that on average 76% of the >90,000 referrals sent to pharmacies were completed with no further action required by the practice. 2% of referrals were escalated back to the practice. Patients were uncontactable for around half of the dropped referrals, with DNA, symptoms resolved, gone elsewhere and similar reasons making up the other half of dropped referrals.

GPCPCS NEL Referrals Mar 2022-June 2023 Breakdown of Outcomes

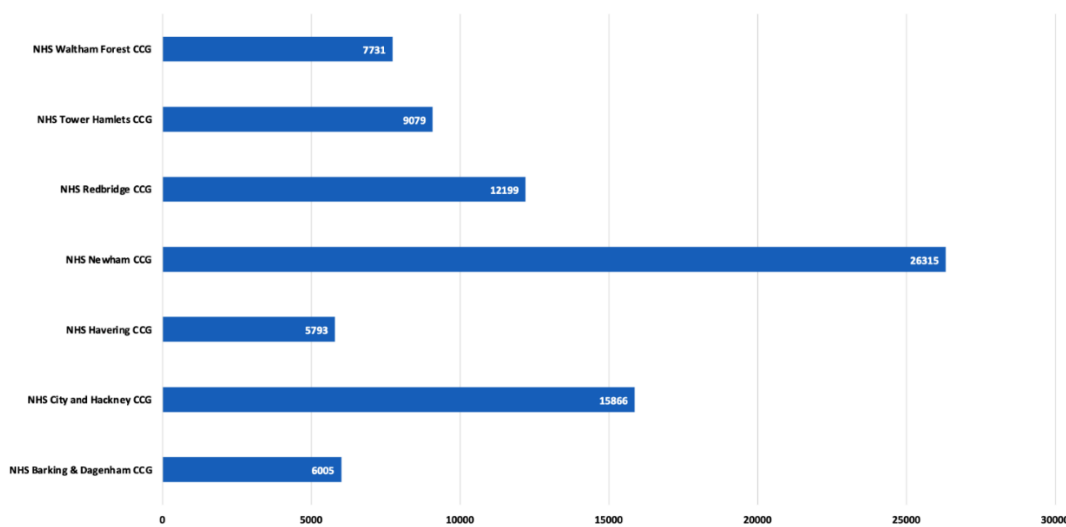


Based on Ems Local Services/PharmOutcomes endpoint data

REASONS FOR DROPPED REFERRALS



Total GPCPCS Referrals via PharmOutcomes March 22- June 23



*Use of CCG is from PharmOutcomes reporting system, which is in the process of being changed to place based names

Please note naming of NEL boroughs reflects set up of data in PharmOutcomes® and currently unable to update

Contact details for general practices to book a face to face implementation session or online Training Hub session:-

Email abi@cpnel.org to book a face-to-face CPCS training session
Click [HERE](#) to register for an online Training Hub session on CPCS

Contact details

For any other queries relating to the following NHSE commissioned clinical pharmacy services, please email the NEL joint Community Pharmacy Clinical Leads (CPCLs) Rita and Yogendra as follows:

Rita Shah rita.shah4@nhs.net for the three services below	Yogendra (Yogi) Parmar yogendra.parmar@nhs.net For the two services below
Discharge Medicines	CPCS
Smoking Cessation	Contraception
BP Check	

Update on Hormone Replacement Therapy (HRT) Supply & Equivalent Products

The Specialist Pharmacy Service (SPS) issues regular updates on HRT supply to provide guidance to clinical practitioners on the current availability of HRT products.

Link: <https://www.sps.nhs.uk/articles/prescribing-available-hrt-products/>

Prescribers should consider using equivalent preparations to those that their patients are currently using. If an exact match is not possible, prescribers can seek guidance available on the British Menopause Society (BMS) website to clarify equivalent doses:

Link: [British Menopause Society update on HRT supply - British Menopause Society \(thebms.org.uk\)](https://www.thebms.org.uk/)

Patient Group Direction (PGD) Updates

The link to the NHSE webpages that publishes all current PGDs can be found at the end of this newsletter on the 'Contact Details and Additional Resources' page.

At the time of writing, the following NHSE UKHSA PGDs had been recently updated:

- Zostavax PGD v11.00
- Shingrix PGD v02.00
- BCG PGD v04.00
- HPV PGD v06.00
- HPV GBMSM PGD v04.00
- Inactivated Influenza Vaccine PGD v12.00
- LAIV PGD v13.00
- Smallpox PGD v03.00

Practices should ensure that any registered healthcare professional who is due to administer vaccinations under these PGDs should be made aware of these updated versions.

If you have any queries, please contact the London Immunisations team via england.londonimms@nhs.net.

MHRA: Drug Safety Update – August 2023

The August newsletter from the Medicines and Healthcare products Regulatory Agency (MHRA) includes the following key messages:

- Reminder to healthcare professionals to be alert to the risk of disabling and potentially long-lasting or **irreversible side effects of fluoroquinolone antibiotics** and that fluoroquinolone antibiotic treatment should be discontinued at the first signs of a serious adverse reaction, including tendon pain or inflammation. Not to prescribe fluoroquinolones for non-severe or self-limiting infections, or for mild to moderate infections unless other antibiotics that are commonly recommended for these infections are considered inappropriate.
- Prescribers are reminded to advise patients receiving **methotrexate** to take precautions in the sun to avoid photosensitivity reactions. Photosensitivity reactions are known side effects of methotrexate treatment and can be severe.
- MHRA will be providing an update on a retrospective observational study on the risk to children born to men who took **valproate** in the 3 months before conception. A need for reanalysis of the data is required before conclusions can be drawn.

Link to the full newsletter: [Drug Safety Update – August 2023](#)

PrescQIPP Bulletins

Bulletin [323: Bariatric Surgery](#) provides information for prescribers on optimising medicines for people that have undergone bariatric surgery. Implementation resources include: advice on specific medicines, medication review and optimisation after bariatric surgery, diameters of selected medicines, audit and educational presentation.

Bulletin [330: Antidepressants](#) provides information to support the evidence based, safe and cost-effective choice of antidepressants. Guidance is provided on the prescribing, review and monitoring of antidepressant therapy.

Bulletin [331: Medication reviews in patients with multi-morbidity](#) provides support for healthcare professionals reviewing medication for adults with multimorbidity. With a number of useful recommendations, practical steps supporting medication reviews and helpful websites, this is an invaluable resource for optimising medicines use.

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
12 th October 2023	Using IMPACT for a medication review , Katie Smith, Director of Clinical Quality at PrescQIPP and Lelly Oboh, Consultant Pharmacist (Care of older people)
17 th October 2023	Stoma management in primary care , Heather Ilett, Lead Stoma Nurse for Hertfordshire and West Essex Integrated Care Board

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

For PMOT Resources

<https://primarycare.northeastlondon.icb.nhs.uk/home/meds/>

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 PGD Updates

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

SPS – [click here](#)

NHS England (NHSE) – [click here](#)

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; the 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. This newsletter is not to be used for commercial purposes.