

# NEL Prescribing and Medicines Newsletter

## December 2023

### Updates for Community Pharmacy



Merry Christmas to all celebrating.  
Wishing you all a joyful festive holiday and Happy New Year from  
the NEL Pharmacy and Medicines Optimisation Team.



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## 1. New NEL Emollient guidelines

The NEL Formulary and Pathway Group have recently approved the NEL Emollient prescribing guidelines for primary care. This has been developed in collaboration with local hospital dermatology specialists and GPs with Specialist Interests (GPwSIs) in dermatology.

You can access the guidelines on the NEL Primary Care [Portal](#) on the Medicines Optimisation webpage.

## 2. Melatonin Formulary Approved Products

An updated and approved melatonin formulary product guidance has been developed to support prescribing of melatonin products across North East London.

The formulary includes immediate release (IR), modified release (MR) and liquid preparations. This has been developed in conjunction with East London Foundation Trust (ELFT) and North East London Foundation Trust (NELFT) and provides information on the licensing of different products for different age groups and cohorts of patients.

Prescribers will be advised to prescribe branded generic tablets **Adaflex® IR** tablets as first-line where appropriate.

An added advantage is that Adaflex® IR tablets is licensed for use when crushed and administered via PEG and/or dissolved in water to drink orally. Therefore, this can be prescribed as an alternative to liquid formulations which may include unlicensed specials or have varying quantities of excipients such as alcohol or polyethylene glycol that may be deemed undesirable in children under 5 years of age.

**Where a liquid formulation is required, the prescriber will prescribe by brand either Kidmel® 1mg/1ml or Ceyesto® 1mg/1ml to ensure that the safety concerns with the other excipients are well managed.**

[Click here](#) to access the approved formulary choices summary sheet and supporting information for each of the recommended melatonin products approved.

### 3. Influenza season 2023/24: Use of antiviral medicines

UKHSA surveillance data indicates that influenza is circulating in the community.

Prescribers working in primary care may now prescribe, and community pharmacists may now supply antiviral medicines (oseltamivir and zanamivir) for the prophylaxis and treatment of influenza at NHS expense. This is 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).

Antiviral medicines may be prescribed for patients in clinical at-risk groups as well as anyone at risk of severe illness and/or complications from influenza if not treated.

For more detailed information please see [CEM\\_CMO\\_2023-003.pdf](#)

### 4. Application of Transdermal Patches

There have been some reports of difficulties in Rebrikel® patches staying in place.

Please remind patients to apply the patch correctly by following the instructions in the patient information leaflet (PIL). A link to the PIL can be found [HERE](#)

Please advise patients that if the edges of the patch begin to peel off, they may be taped down with a suitable skin tape. For further details, please refer to the product information leaflet.

### 5. Discontinuation of Flixonase® Nasules

UK production of Flixonase® Nasules (fluticasone propionate 400mcg) will cease in December 2023. Flixonase® (fluticasone propionate) Nasules Drops are indicated for the regular treatment of nasal polyps and associated symptoms of nasal obstruction.

An alternative product is available:

<b>Fluticasone propionate 1mg/ml (400mcg) Nasal drops, suspension x 30 units</b>	<b>£15.99 (Drug Tariff, Dec 2023)</b>
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For further product information see [SPC](#)

ENT UK have also produced some guidelines and recommendations following the discontinuation of Flixonase® Nasule, see [here](#) for details.

## 6. PrescQIPP access for Community Pharmacists

**NEL ICB has a subscription to PrescQIPP which provides clinicians with a range of evidence-based, quality assured online resources to support quality prescribing and your clinical services. Examples of some of the resources available include bulletins, clinical masterclasses, clinical and skills webinars led by clinical experts and data that encompass local, regional and national medicines optimisation priorities.**

All North East London community pharmacists can register for free to access PrescQIPP resources using your NHS email address ([click here to register](#)). When registering, please select "ICS North East London" as the organisation. Please refer to the flyer attached to the same email as this newsletter for further information on the benefits of PrescQIPP resources for community pharmacists.

## 7. Rollout for patients to be able to view prescriptions on the NHS App

NHS England will be rolling out the ability for patients to view digital prescriptions generated by the electronic prescriptions service (EPS) on the NHS App.

This will give patients greater visibility and control of their healthcare, allowing them to:

- Easily see details of medicines prescribed for them.
- Use a prescription barcode to collect medicines if they do not have a nominated pharmacy, without having to collect a paper prescription.

Rollout in NEL commenced on 28<sup>th</sup> November 2023.

During the pilot, patients that are registered with a GP practice in the pilot area will have the ability to see a digital representation of their EPS prescription within the NHS App.

Patients will also be able to view EPS prescriptions generated out of hours or from any other NHS Healthcare setting that is EPS enabled.

For more information, please contact [joseph.kallarackal@nhs.net](mailto:joseph.kallarackal@nhs.net). You can also find more information published here [digital.nhs.uk/digital-prescriptions](https://digital.nhs.uk/digital-prescriptions)

## 8. North East London wins at the HSJ Awards

A multi-organisational collaboration between Barts Health, NEL ICB, Clinical Effectiveness Group and UCL Partners reviewed how North East London fared against national cardiovascular disease priorities and looked at ways of addressing the unmet need of the population of North-East London.

A novel integrated pathway was developed, involving specialist input from a multidisciplinary team and in which specialist hospital pharmacists work directly with primary care teams, GPs and hospital consultants across the integrated care system. This identified people with or at risk of CVD and offered the following:

**Initiating and optimising preventative medication usage without the need for onward referral to hospital.**

Prescription rates for anticoagulants increased from 88% to 94% (well above the national target of 90%) and over 3,000 people were offered statins. This work will have prevented at least 34 strokes and 41 heart attacks. More information can be found here: [Link](#)

## 9. Contact Details and Additional Resources

### CONTACT DETAILS

NEL ICB Pharmacy and Medicines Optimisation Team (PMOT)

For prescribing and medicines enquiries:  
[nelondonicb.prescribingqueries@nhs.net](mailto:nelondonicb.prescribingqueries@nhs.net)

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

[england.londonaccountableoffice@nhs.net](mailto:england.londonaccountableoffice@nhs.net)

Report CD incidents using the national reporting tool  
[www.cdreporting.co.uk](http://www.cdreporting.co.uk)

### RESOURCES

For Pharmacy & Medicines Optimisation Team 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:

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