

NEL Prescribing and Medicines Newsletter

December 2023

Updates for Primary Care Across North East London



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 Interest (GPwSIs) in dermatology.

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

2. Cost-effective Melatonin Formulary Products

An updated and approved melatonin formulary product guidance has been developed to support ongoing 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.

Action for practices:

- Prescribe branded generic tablets Adaflex® IR tablets as first-line where appropriate. Adaflex® IR tablets can also be used as an alternative to a liquid formulation as they can be crushed and administered via PEG and/or dissolved in water to drink orally. Specific brands for liquid preparations are also listed on the formulary guidance. Please note all melatonin capsules are considered NON-FORMULARY.
- [Click here](#) to access the approved formulary choices summary sheet and implementation resources.
- Review and accept related OptimiseRx switch messages where appropriate.

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 can all prescribers 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 also 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. Webinar - Updates in Lipid Management in Primary Care

To support primary care colleagues with the two new cholesterol indicators in the GP Quality Outcomes Framework (QOF) for 2023/2024, the North East London Pharmacy & Medicines Optimisation Team will be hosting a webinar event 'Updates in Lipid Management in Primary Care'.

This clinical education session will be presented by Sadeer Fhadil, Lead Cardiac Pharmacist at Barts Health NHS Trust. The session will cover:-

- recent updates in lipid management including the [Accelerated Access Collaborative lipid pathway](#)

- opportunities for optimisation in lipid management and
- case study discussion on lipid optimisation in secondary prevention for those not reaching targets on statin therapy.

The webinar will take place on **Tuesday 16th January from 12pm till 1pm** via Microsoft Teams. You can register for the webinar event using this [registration link](#). This session will be recorded and uploaded to the NEL Primary Care Portal for future reference.

6. 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:

| | |
|--|---------------------------------------|
| Fluticasone propionate 1mg/ml (400mcg) Nasal drops, suspension x 30 units | £15.99 (Drug Tariff, Dec 2023) |
|--|---------------------------------------|

For further product information see [SPC](#)

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

Action for prescribers: Review all patients prescribed Flixonase® Nasules and if still indicated and appropriate, switch to above generic fluticasone propionate 400mcg nasal drops, or other alternatives as per ENT advice.

7. Prescribing Quality & Efficiency Scheme (PQES)

1. Data

We are pleased to confirm that September 2023 data for the PQES is published and available to view via the [share point](#). Practices are listed alphabetically- scroll down to find your individual practice data.

OptimiseRx data at practice level is also now available so practices can identify missed recommendations: [Click for data](#) . Practices are listed alphabetically- scroll across the worksheet tabs to find your individual practice data.

Refreshed data will be uploaded onto the portal by the second week of each month.

2. Education and Training Session

Thank you to everyone who joined the NEL Pharmacy and Medicines Optimisation Team Education and Training Session held on Wednesday 22nd November 2023. Please find access to the recording [here](#)

A copy of the slides and a summary of requirements in relation to key learnings from the session were emailed to all practices on Friday 1st December 2023; the slides, the recording and an accompanying FAQ document will be hosted on the NEL Primary Care portal [here](#).

8. Recording Hospital-Only Medication on EMIS Web and SystemOne

During our prescribing visits for 2023/24, we discussed prescribing of and have received feedback regarding primary care prescribing of hospital-only medication. In many instances, practices did not intend to prescribe these medicines.

It is important to ensure all patient's regular medications are accurately recorded on the clinical system as it is a useful clinical safety feature that can highlight drug interactions and ensures that the medicine appears on the patient's summary care record. Below is a useful guide on how to record hospital only medication on EMIS Web and SystmOne and reduce the risk of the hospital only medication being inadvertently issued.

EMIS: [Adding hospital medication \(primarycareit.co.uk\)](http://primarycareit.co.uk)

SystmOne: [Recording Hospital / Other Medications : Ardens](#)

Once the hospital-only medications have been added onto the system, they will show under the hospital-only/Other medication section under the medication tab. This is the same tab as patient's repeat medications. Take care not to select these medicines when issuing prescriptions. **To further reduce this risk, a very small or zero quantity of "0.1" or "0" can be added to quantity and ensure the number of authorised issues are also set to zero to prevent accidental issue.**

9. OptimiseRx "out of date" notification

Some practices have reported seeing a message on the OptimiseRx screen: "Your OptimiseRx message set has not been updated since xx/xx/xxxx. Please contact EMIS support if you need further information."

This is appearing for some practices even if the message set is not out of date.



An example screenshot:

The technical team at OptimiseRx have raised this with EMIS; practices can also report this issue directly to EMIS so that the EMIS technical team can prioritise the resolution of this issue. Please quote this case reference number to EMIS: **CS1243146**.

This notification does not have an impact on the functionality of OptimiseRx.

10. PrescQIPP Information & Upcoming Webinars

NEL ICB has a subscription to PrescQIPP which provides clinicians with a range of evidence-based online resources to support quality prescribing. Examples of some of the resources available include bulletins, briefings and prescribing searches. Webinars led by clinical experts and data that encompass local (i.e. practice, PCN and ICB level), regional and national medicines optimisation priorities can be accessed.

All practice and PCN staff can register free of charge to access PrescQIPP resources via this [Link](#) (please select "ICS North East London" as the organisation).

The link below is a flyer which provides more specific information about the key benefits of the PrescQIPP resources for practice/PCN pharmacists and pharmacy technicians:

[PrescQIPP subscriber benefits PCN practice pharmacists](#)

PrescQIPP clinical masterclass webinars:

Prescribers and other practice pharmacists are encouraged to sign up to the monthly upcoming webinars (1-2pm).

| Date | Webinar |
|--------------------------------|--|
| 19 th December 2023 | Eczema management in primary care |
| 24 th January 2024 | Acute and preventative treatment of migraine |

Listen to previous webinars [Here](#)

Latest PrescQIPP Bulletins:

- [Bulletin 326 – Documenting outcomes from medication review](#)
- [Bulletin 331 – Medication reviews in patient with multi-morbidity](#)
- [Bulletin 332 – Preparing GP practices for a regulatory inspection](#)

11. 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 28th 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, contact joseph.kallarackal@nhs.net. You can also find more information published here digital.nhs.uk/digital-prescriptions.

12. 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 prevention 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](#)

12. CONTACT DETAILS AND ADDITIONAL 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 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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