

# NEL Prescribing and Medicines Newsletter

## June 2024

### Updates for Primary Care across North East London

Contents	Page
1. Community Pharmacy Selfcare Advice Service (CPSAS)	1
2. Prescribing Efficiency Scheme (PES) 2024/25 Update	2
3. NEL Formulary and Pathway Update	3
4. TARGET	3
5. Reformulation of Aymes Complete	4
6. QIPP Focus: Branded Metformin MR tablets	4
7. OptimiseRx Messages Highlights – Prednisolone tablets	5
8. OptimiseRx Messages Highlights – Metolazone	5
9. NEL ICS Pharmacy Workforce Transformation Group – Training Need Analysis Survey	5
10. Medicines Supply Shortage – Quetiapine	6
11. PrescQIPP Update	6-7
12. Upcoming webinar – Specialist Pharmacy Service (SPS)	7
13. Contact Details and Additional Resources	8

## 1. Community Pharmacy Selfcare Advice Service (CPSAS)

On 1<sup>st</sup> July 2024, NHS North East London (NEL) ICB will be launching the Community Pharmacy Selfcare Advice Service (CPSAS).

This service has been enabled, for 2 years, by Population Health and Integration 'shared ambition' funding, to help reduce health inequalities in NEL. This is a priority in the current context of significant health inequalities within our population, with those living in more deprived areas experiencing poorer health outcomes, and high cost of living pressures across NEL.

Under the service, any registered NEL community pharmacy can provide support to socially vulnerable residents to self-manage their minor ailments with clinical advice, sign posting / referral to health and wellbeing services and where indicated free over the counter (OTC) medicines.

General Practice and PCN staff are encouraged to register [here](#) for the launch webinar on Thursday 27<sup>th</sup> June 1pm - 2pm 2024 to find out more about the service.

## 2. Prescribing Efficiency Scheme (PES) 2024/25 Update

Find below a list of the preferred blood glucose meters and contact information to order required meters. Practices are advised to hold a small stock of these meters for newly initiated patients. To avoid confusion, we advise that non-NHSE recommended meters are removed from stock.

### NEL preferred Blood glucose meters - Contact details for ordering meters

Meter	Website	Email	Telephone
AgaMatrix Agile	<a href="http://www.agamatrix.co.uk/">http://www.agamatrix.co.uk/</a>	<a href="mailto:dchampaneri@agamatrix.com">dchampaneri@agamatrix.com</a> <a href="mailto:customercare@agamatrix.co.uk">customercare@agamatrix.co.uk</a>	07825613033 0800 093 1812
CareSens S Fit BT	<a href="http://www.spirit-health.co.uk/diabetes/blood-glucose-meters">http://www.spirit-health.co.uk/diabetes/blood-glucose-meters</a>	<a href="mailto:cs@spirit-healthcare.co.uk">cs@spirit-healthcare.co.uk</a>	0800 8815423
Contour Plus Blue	<a href="https://www.diabetes.ascensia.co.uk/support">https://www.diabetes.ascensia.co.uk/support</a>	<a href="mailto:diabetessupport@ascensia.com">diabetessupport@ascensia.com</a> <a href="mailto:kirsty.oliver@ascensia.com">kirsty.oliver@ascensia.com</a>	0800 170 1060 07950 128752 4
Finetest Lite	<a href="http://www.neondiagnosics.co.uk/">http://www.neondiagnosics.co.uk/</a>	<a href="mailto:info@neondiagnosics.co.uk">info@neondiagnosics.co.uk</a>	0800 0093378 01376 500 720
GlucoFix Tech GK	<a href="http://www.glucomen.co.uk/glucofix-tech">http://www.glucomen.co.uk/glucofix-tech</a>	<a href="mailto:rcarrilho@menarinidiag.com">rcarrilho@menarinidiag.com</a>	0800 243667 07885 556 776
GlucoRx Q	<a href="http://www.glucoRx.co.uk/">http://www.glucoRx.co.uk/</a>	<a href="mailto:chris@glucorx.co.uk">chris@glucorx.co.uk</a> <a href="mailto:info@glucorx.co.uk">info@glucorx.co.uk</a>	01483 755133 08000075892
On Call Extra Mobile	<a href="http://www.oncallmeters.co.uk/">http://www.oncallmeters.co.uk/</a>	<a href="mailto:info@oncallmeters.co.uk">info@oncallmeters.co.uk</a> <a href="mailto:nick.robinson@connect2pharma.co.uk">nick.robinson@connect2pharma.co.uk</a>	020 3307 4646 07968446969
TRUE Metrix Air	<a href="https://www.trividiahealth.co.uk/">https://www.trividiahealth.co.uk/</a>	<a href="mailto:customercare@trividiahealth.co.uk">customercare@trividiahealth.co.uk</a> <a href="mailto:slllewelyn@trividiahealth.co.uk">slllewelyn@trividiahealth.co.uk</a>	0800 689 5035 07810 084661

### 3. NEL Formulary and Pathways Update

Please see table listing the items approved by the North East London Formulary and Pathways Group, and relevant additional information to support practices.

Approved item	Additional information
Apixaban following gynaecology-oncology surgery (off-label)	<b>Formulary status:</b> Hospital only, with the hospital supplying the full course required.
Pathway and Transfer of Care	<p>*Implementation pathway for Continuous Glucose Monitoring (CGM) for adults with insulin-treated type 2 diabetes <a href="https://www.icb.nhs.uk/medicines-optimisation">Medicines Optimisation – North East London (icb.nhs.uk)</a></p> <p>* Currently, secondary care or community diabetes specialist teams will be initiating and providing ongoing monitoring including supporting patient with queries and concerns. Resourcing for primary care to support implementation and ongoing review, as well as prescribing education support is under discussion.</p> <p>Transfer of Care document for CGM for adults with insulin-treated type 2 diabetes <a href="https://www.icb.nhs.uk/medicines-optimisation">Medicines Optimisation – North East London (icb.nhs.uk)</a></p>

### 4. TARGET

TARGET stands for Treat Antibiotics Responsibly, Guidance, Education and Tools. It is a toolkit designed to support primary care clinicians to champion and implement antimicrobial stewardship activities.

Developed by the UK Health Security Agency (UKHSA), the Royal College of General Practitioners (RCGP) and the Antimicrobial Stewardship in Primary Care (ASPIC) Group, TARGET is the central resource to help primary care healthcare professionals and commissioning organisations improve antibiotic prescribing.

A number of resources are available on the website [TARGET antibiotics toolkit hub | RCGP Learning](https://www.rcgp.org.uk/learning/target-antibiotics-toolkit-hub) to support antimicrobial stewardship in your practice, including audit templates and tools to support reviewing patients on long term and repeat antibiotics, self-assessment checklists, action planning templates and posters and videos for clinical waiting areas as well as 'Treating Your Infection' leaflets for common infections which are available in 25 languages. The available resources can also be used to support CPD and revalidation requirements.

We encourage all community, general practice and PCN pharmacists as well as other prescribing leads to [Sign up](#) to the Target quarterly newsletter.

NEL Management Of Infection Guidance can be viewed [Here](#)

## 5. Reformulation of Aymes Complete® (now known as Actagain 1.5 Complete®)

Aymes have reformulated Aymes Complete and this Oral Nutritional Supplement (ONS) product will now be known as Actagain 1.5 Complete. Actagain 1.5 Complete was launched on the 1<sup>st</sup> June 2024.

Aymes Complete is a ready to drink milkshake style ONS on the NEL formulary as a second line option to powdered ONS (for patients who cannot tolerate powdered ONS). This formulary status is extended to remain for Actagain 1.5 Complete.

The key changes in this reformulation are that there is an increase to 14g of protein and an increase to 5 micrograms of vitamin D per 200mL bottle. The datasheet for the nutritional analysis of Actagain 1.5 Complete will be available [here](#). The price remains the same as Aymes Complete at £1.11 per 200mL serving.

If you currently prescribe	You should now prescribe	PIP code
Aymes Complete Vanilla	Actagain 1.5 Complete Smooth Vanilla	413-1405
Aymes Complete Strawberry	Actagain 1.5 Complete Strawberry Burst	413-1413
Aymes Complete Banana	Actagain 1.5 Complete Banana Milkshake	413-1397
Aymes Complete Chocolate	Actagain 1.5 Complete Double Chocolate	413-1421
Aymes Complete Starter Pack	Actagain 1.5 Complete Starter Pack	388-6439

The dictionary of medicines and devices list on EMIS and SystmOne will have automatically been updated with this change.

Due to the reformulation, please review your patients who are prescribed this product to ensure it remains clinically appropriate. Please liaise with your local dietetic teams if you require further advice.

## 6. QIPP Focus: Branded Metformin MR Tablets

Prescribing of generic Metformin modified-release tablets can deliver potential annual cost savings of approximately £140K across NEL

Action for practices:

- Prescribe modified release or slow release metformin in its generic form. This is more cost effective than branded generics -as illustrated in the table below
- Please switch to generic prescribing when prompted by OptimiseRx® messages or during medication reviews

Brand and Branded Generic Metformin	Price per 56 tablet pack:
Glucophage SR 500mg tablets	£4.00
Glucophage SR 1000mg tablets	£6.40
Metabet SR 500mg tablets	£5.22
Metabet SR 1000mg tablets	£9.06
Sukkarto SR 500mg tablets	£2.48
Sukkarto SR 1000mg tablets	£3.97
Yaltormin SR 500mg tablets	£2.39
Yaltormin SR 1000mg tablets	£3.83 (56 tablets)
<b>Generic Metformin</b>	<b>Price</b>
<b>Metformin 500mg modified-release tablets</b>	<b>£1.68 (56 tablets)</b>
<b>Metformin 1g modified-release tablets</b>	<b>£2.55 (56 tablets)</b>

All prices are correct as of 17 May 2024, Drug Tariff May 2024 and NHSBSA dm+d browser.

## 7. OptimiseRx Messages Highlights – Prednisolone tablets

An OptimiseRx message has recently been enabled to promote the prescribing of Prednisolone 5mg tablets as opposed to 20mg tablets due to cost-effectiveness and to support dose tapering regimen.

This only applies to patients who have been prescribed or initiated Prednisolone 20mg tablets (both branded and generic version). The message will prompt the prescriber to issue the 5mg strength of prednisolone for prescriptions for all doses of prednisolone 5mg or higher.

## 8. OptimiseRx Messages Highlights – Metolazone

An OptimiseRx message has been enabled recently for Metolazone.

Metolazone preparations are NOT interchangeable due to differences in bioavailability. In line with the MHRA Drug safety Update (Jan 2023) [MHRA Drug safety update](#) the following messages have been enabled:

- The licensed Xaquia (metolazone) preparation should be prescribed when initiating patients on metolazone and tablets must **not** be divided in quarters.
- The intended brand (Xaquia) MUST be stated for patients who are on 2.5mg or 5mg tablets prescriptions.
- The licensed brand (Xaquia) is only available in 5mg strength; please refer to the MHRA alert for patients who require a dose of less than 5mg.

More information on metolazone preparation differences and safety considerations can be found in the [Specialist Pharmacy Service \(SPS, Jun 2023\)](#) update.

## 9. NEL ICS Pharmacy Workforce Transformation Group

We are conducting a survey for all pharmacy team members across NEL to identify your training needs. We would like this information so that we can understand if the training people want, or need is what is being offered across NEL and if not, how can we facilitate this. Please can you complete this survey by 30/6/24. It shouldn't take longer than 10 mins.

<https://forms.office.com/e/nvLBiiybB9>



## 10. Medicines Supply Shortage - Quetiapine

**Shortage of Quetiapine 150mg, 200mg and 300mg, anticipated re-supply date 30<sup>th</sup> August 2024.**

Recommended actions for healthcare professionals:

- Clinicians should not initiate new patients on standard release quetiapine 150mg, 200mg and 300mg tablets until the supply issues resolve.
- Consider prescribing 25mg, 50mg and 100mg tablets, using the largest strength tablet(s) available to provide the required dose; or
- quetiapine XL prolonged-release tablets, adjusting the dose frequency to once daily, counselling patients on the change to formulation and dosing regimen, and to take the dose without food; or
- quetiapine 20mg/ml oral solution, only where tablets are not appropriate ensuring there is no intolerance to the excipients; and
- if the above options are not considered appropriate, advice should be sought from the patient's specialist on alternative management options.
- As a reminder to all healthcare professionals please document any changes made on patient records in response to any supply shortages.

Please refer to the [SPS Medicines Supply Tool](#) for further information. (Access to SPS required)

## 11. PrescQIPP Update

### a. Latest PrescQIPP Bulletins:

<a href="#">Avoiding Look Alike Sound alike (LASA)</a>	Guidance on minimising the risk of LASA prescribing errors occurring due to similarities between medicines, which can result in patient harm.
<a href="#">Lidocaine plaster</a>	Support implementation of NHSE guidance on items which should not be routinely prescribed in primary care and provides rationale for not initiating lidocaine plasters in new patients, and for current patients to be considered for discontinuation of their prescription for lidocaine plaster.

### b. Clinical Masterclass webinars:

16 <sup>th</sup> July	<a href="#">Antimicrobial Stewardship; National Action Plan (NAP) for success in antimicrobial stewardship (AMS)</a>
14 <sup>th</sup> August	<a href="#">The Maudsley Deprescribing Guidelines: Antidepressants, Benzodiazepines, Gabapentinoids and Z-drugs</a>
17 <sup>th</sup> September	<a href="#">Antipsychotic prescribing in people with dementia</a>

All recordings of previous clinical masterclasses are available for access here: <https://www.prescqipp.info/our-resources/clinical-masterclasses/> (PrescQIPP login required)

### c. Leadership at Lunch sessions:

Leadership expert and coach Sarah Massie delivers lunchtime sessions (**1-2pm**) covering fundamental elements and considerations of leadership whether for projects, teams or systems. Sessions are suitable for any health care colleagues who is already leading or aspires to lead in any capacity. [Click here](#) to register for free. Recordings from previous sessions are accessible [here](#). The next session is on Friday 12<sup>th</sup> July 2024

**d. Recently launched Bulletins and Resources:**

- Bulletin 335. Care homes-Homely remedies
- Bulletin 339. Low priority prescribing
- Bulletin 340. Sustainability in medicines optimisation
- Bulletin 341. Management of medicines in schools and early years settings
- Bulletin 344. Eye preparations
- Bulletin 345. Domiciliary care
- Bulletin 346. Silk garments
- Bulletin 348. Antiepileptic drugs

**Not registered with PrescQIPP yet?**

You can register free of charge to access PrescQIPP resources by [clicking here](#). Please select “ICS North East London” as the organisation.

## 12. Upcoming webinars – Specialist Pharmacy Service (SPS)

### **Managing complexities of medicines use across care boundaries**

There are known risks when medicines use crosses boundaries of care. Additional risks are introduced with complexities related to medicines formulation, licensing, availability and, use in specialist populations and conditions.

Measures aimed at reducing the risk of harm related to these complexities, such as standardisation and targeted communications require a collaborative and system wide approach to ensure sustainable safety improvements.

This interactive session is part of the ‘Medication Safety Across the System’ (MSATS) series aimed at healthcare professionals, working in any sector with a role or passion for medication safety and/or involved in medicines use.

**Date & Time:** 26<sup>th</sup> June 2024 12:30-14:00 Online via WebEx

Please register via the [link](#) here if interested.

## 13. Contact Details and Additional Resources

### CONTACT DETAILS

**NEL ICB Pharmacy and Medicines Optimisation Team**

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

**Controlled Drugs** – all enquires, reporting concerns or incidents relating to CDs

[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

**Pharmacy & Medicines Optimisation Team Resources**

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

**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.

**Serious Shortage Protocols (SSPs)**

[Click here](#) for SSPs and supporting guidance.

**PGD Updates**

UK Health Security Agency (UKHSA) – [click here](#)  
SPS – [click here](#)  
NHS England (NHSE) – [click here](#)