

# NEL Prescribing and Medicines Newsletter

## July 2024

### Updates for Primary Care Across North East London

Contents	Page
1. <a href="#">Community Pharmacy Selfcare Advice Service (CPSAS)</a>	1
2. <a href="#">IT outage incident</a>	1
3. <a href="#">2024/25 Prescribing Efficiency Scheme (PES) - Sliding scale payments clarification</a>	2
4. <a href="#">2024/25 Prescribing Efficiency Scheme (PES) - OptimiseRx</a>	2
5. <a href="#">North East London (NEL) Non-Medial Prescribing Policy Version 2.0</a>	3
6. <a href="#">Attention Deficit Hyperactivity Disorder (ADHD) Stimulant Medication Shortages</a>	3
7. <a href="#">Prescribing appropriate quantities of GLP-1 Receptor Agonists</a>	4
8. <a href="#">NEL Formulary and Pathway Update</a>	5
9. <a href="#">Mesalazine (Asacol®) MR 400mg gastro-resistant tablets - discontinued</a>	5
10. <a href="#">North East London Recommended First Line Blood Glucose Test Strips</a>	6
11. <a href="#">PrescQIPP update</a>	7
12. <a href="#">Specialist Pharmacy Service update</a>	7
13. <a href="#">Contact Details and Additional Resources</a>	8

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

The NHS North East London (NEL) ICB Community Pharmacy Selfcare Advice Service (CPSAS) has now officially launched.

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.

Further information regarding the service is available here:

<https://primarycare.northeastlondon.icb.nhs.uk/home/meds/community-pharmacy-selfcare-advice-service/> .

#### IT outage incident

The current IT outage has unfortunately meant practices have had to hand write urgent prescriptions for patients as part of your business continuity plans. To help community pharmacy colleagues dispense medication efficiently and reduce the number of prescriber contacts before dispensing, prescribers are kindly reminded to ensure the following are included on scripts when writing them by hand:

- Correct quantity to be supplied
- The formulation required e.g. tablets or capsules
- The practice / service address and a contact number for the prescriber

## 2024/25 Prescribing Efficiency Scheme (PES) - Sliding scale payments clarification

100 points are available for the 2024/25 Prescribing Efficiency Scheme. The points are shared between three different parts. Each part is considered separately in the sliding scale calculation.

**Part One: Blood Glucose Testing Strips (BGTS).** To achieve  $\geq 50\%$  of all BGTS items prescribed as NHSE recommended BGTS costing  $<£6$  per box/50 strips **30 points**

**Part Two:** To deliver practice prescribing savings target from an agreed prescribing Cost Improvement Plan (CIP). Practices will achieve:

- a.  $\geq 40\%$  of practice's savings target by 31st October 2024 **14 points**

AND

- b.  $\geq 100\%$  of practice's annual savings target by 31st Mar 2025 **56 points**

Achievement	% of points available
Achieving target	100%
Improvement from baseline towards target (Current position MINUS baseline position) DIVIDED by (Target MINUS baseline position) X 100	% of improvement from baseline
No improvement or negative change from target	0%

Practices that show improvements from their baseline position against any of the areas within the scheme, but do not achieve target levels will still be awarded some points and payments in accordance with a sliding scale shown below.

If the target for a particular indicator is 50% and a practice had a baseline position of 10%, but only improved to 40% for the scheme, then they would be eligible to receive 75% of the maximum points available for that part of the scheme.

This is calculated using the formula above as  $(40\% - 10\%) / (50\% - 10\%) \times 100 = 75\%$ .

**All improvements against the chosen opportunities are included in the final sliding scale calculation, even if targets and early deadlines are not achieved.**

## 2024/25 Prescribing Efficiency Scheme (PES) - OptimiseRx

Reminder: Accepting OptimiseRx messages can support your 2024/25 PES achievement.

The Pharmacy and Medicines Optimisation Team have enabled pop up messages on OptimiseRx to support formulary prescribing for areas included in your PES Cost Improvement Plan (CIP)

e.g

- Emollient creams (non-formulary; brands): consider swapping to Epimax® Original or Moisturising Cream
- Beclometasone 50microgram cfc-free inhalers (brands): consider swapping to Soprobac® 50microgram cfc-free inhaler
- Movicol® sachets consider swap to Macrogol compound NPF sugar-free oral powder
- Macrogol 3350 8.5g sugar-free oral powder sachets (Transisoft®) are non-formulary: swap to Macrogol compound NPF sugar-free oral powder sachets

Please consider these alerts as they pop up. Appropriate acceptance will support your PES achievements.

## North East London (NEL) Non-Medical Prescribing Policy Version 2.0

The NEL Non-Medical Prescribing Policy (version 2.0) is now available for primary care colleagues here - <https://primarycare.northeastlondon.icb.nhs.uk/wp-content/uploads/2024/07/NEL-Non-Medical-Prescribing-Policy-FINAL-July-23rd-2024.pdf>. The policy aims to ensure that prescribing by all non-medical prescribers is robustly managed in NEL GP Practices and Community Pharmacies, in line with current professional and statutory standards. The policy also includes (as Appendices), the **Assurance to Practice** and **Scope of Practice Agreement** forms. These supplementary forms are to be submitted to the Pharmacy and Medicines Optimisation team, when registering a non-medical prescriber's details with the NHSBSA.

Practices:

- Please discard all previous CCG NMP policies and supporting forms
- Send requests for non-medical prescriber NHSBSA registration via the NEL Pharmacy and Medicines Optimisation team at [nelondonicb.medicinesoptimisationenquiries@nhs.net](mailto:nelondonicb.medicinesoptimisationenquiries@nhs.net)

## Attention Deficit Hyperactivity Disorder (ADHD) Stimulant Medication Shortages

1. Practices should continue to advise patients to order their ADHD medication 7-14 days before it is required to allow for sufficient time to source their medication.
2. Where appropriate prescribe on an FP10 and not via electronic prescribing (EPS) unless the practice has confirmation of sufficient stock at the patient's nominated or local community pharmacy.
3. See list of out-of-stock products- those affected should be prescribed generically. Refer to the [SPS Medicines Supply Tool](#).
4. Methylphenidate immediate release (IR)- no current supply issues; prescribe generically.
5. Lisdexamfetamine- currently only 50mg capsules are available (via Alliance). NB: no bioequivalent product available. Primary care prescribers should prescribe on a separate FP10 and not via EPS unless local community pharmacy has confirmed supply of stock (as per Point 2).
6. Request advice from patient's specialist if further information and clarity on appropriate prescribing is required.

## Prescribing appropriate quantities of GLP-1 Receptor Agonists (GLP-1 RAs)

North East London ICB has recently been identified by NHSE as outliers in terms of the prescribing of excessive quantities of GLP-1 RAs. There have been reports of up to one year supply being issued on NEL prescriptions.

Given the national shortage of GLP-1 RAs ([GLP-1-receptor-agonist-shortage-protocol-NEL-V3 04.2024.pdf \(icb.nhs.uk\)](#)) prescribers are requested to review the table below and only prescribe monthly quantities of GLP-1 RAs. Normal supply is not expected until the end of 2024.

Searches are in development by the NEL Pharmacy and Medicines Optimisation Team to support practices with identifying patients currently prescribed high quantities.

Saxenda® and Wegovy® have been approved by NICE for weight management but this should ONLY be provided via tertiary services and is not suitable for prescribing within primary care.

When initiating GLP-1 RAs, particular attention should be given to products that require titration of dose. Patients should be reviewed accordingly to ensure they do not remain on initiation doses; practices are encouraged not to add initiation doses to repeat prescriptions.

The following table provides information on suggested monthly prescription quantities for the individual formulary GLP-1 RA products (Refer to the [SPS](#) website for latest stock availability):

Drug + Dose	Quantity to prescribe for 28/30 days (depending on pack size)	Comments
<b>Liraglutide (once-daily injection) Victoza® - needles not supplied with pen, designed to be used with NovoFine or NovoTwist disposable needles (up to needle length of 8mm).</b>		
<b>Please note Liraglutide should be prescribed by brand: Victoza® is licensed for diabetes. Saxenda® is licensed for obesity (and has hospital only status)</b>		
Liraglutide 0.6mg (once daily) (starting dose)	1 pen of Liraglutide 6mg/ml solution for injection, 3ml pre-filled pen	Each pen contains 30 doses of 0.6mg
Liraglutide 1.2mg (once daily)	2 pens of Liraglutide 6mg/ml solution for injection, 3ml pre-filled pen	Each pen contains 15 doses of 1.2mg
Liraglutide 1.8mg (once daily)	3 pens of Liraglutide 6mg/ml solution for injection, 3ml pre-filled pen	Each pen contains 10 doses of 1.8mg
<b>Dulaglutide (once-weekly injection) Trulicity® - needles integrated in device</b>		
Dulaglutide 0.75mg, 1.5mg, 3mg, 4.5mg (once weekly)	1 box of 4 pens	Each pen contains 1 dose
<b>Semaglutide (once weekly injection) Ozempic® - needles supplied with pens</b>		
<b>Please note Semaglutide should be prescribed by brand: Ozempic® is licensed for diabetes. Wegovy® is licensed for obesity (and has hospital only formulary status)</b>		
Semaglutide 0.25mg, 0.5mg, 1mg (once weekly)	1 pre-filled pen	Each pen contains 4 doses
<b>Tirzepatide (once weekly injection) Mounjaro®</b>		
<b>Please prescribe formulary choice of 4mm pen needles, 1 pack of 100 as a one-off acute prescription</b>		
Tirzepatide 2.5mg, 5mg, 7.5mg, 10mg, 15mg (once weekly)	1 prefilled pen	Each pen contains 4 doses

## NEL Formulary and Pathway Update

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

Approved item	Additional information
<b>Tapentadol modified release and immediate release for pain</b> Harmonisation of formulary status across NEL	<b>Formulary status:</b> Amber specialist initiation throughout NEL
<b>Nefopam for pain</b> Harmonisation of formulary status across NEL	<b>Formulary status:</b> Hospital only throughout NEL

## Mesalazine (Asacol®) MR 400mg gastro-resistant tablets - discontinued

Asacol® is now discontinued in all strengths aside from 800mg MR see [here](#) for more information

NEL ICB advises practices to prescribe the formulary first line choice Octasa® which has availability in all strengths.

Prescribing as Octasa® will support patient supply following the discontinuation of Asacol® and will also support your 2024/25 PES Cost Improvement Plan.

BNF: [Dose equivalence and conversion for mesalazine](#)

There is no evidence to show that any one oral preparation of mesalazine is more effective than another; however, the delivery characteristics of oral mesalazine preparations may vary and should be prescribed by brand to avoid confusion.

**Action for prescribers:** To identify any patients prescribed Asacol® 400mg gastro-resistant tablets and change to Octasa® 400mg gastro-resistant tablets.

## North East London Recommended First Line Blood Glucose Test Strips (BGTS)

**Advice for NEL practices:** Please ask patients to use up existing test strip supplies before requesting new test strips. This supports the “Green/Sustainable” prescribing efforts and reduces unnecessary waste.

Unused blood glucose meters in practices can be sent to: The InDependent Diabetes Trust (IDDT) PO Box 294 Northampton NN1 4XS tel: 01604 622837 e-mail: [tim@iddtinternational.org](mailto:tim@iddtinternational.org) ; <http://iddt.org/here-to-help/helping-developing-countries>

Used meters can also be returned to the manufacturer for recycling.

### Supply of blood meters

- All manufacturers will provide free of charge, the recommended meters and ongoing supplies of control solutions to all healthcare settings across England.
- Practices are also reminded not to accept supplies from companies for non-formulary meters
- Where practices have informed companies not to supply them with non-formulary meters and such unsolicited supplies continue – practices should inform the NEL ICB Pharmacy and Medicine Optimisation Team.
- NEL ICB Pharmacy and Medicine Optimisation Team will be communicating with these companies to inform them that they should not supply meters, unsolicited to NEL ICB GP practices.

### Action

- NEL GP practices should use the below contact details to order supplies of recommended 1<sup>st</sup> line blood glucose monitoring testing meters.

Meter	Test Strip	Websites	Email	Telephones
On Call Extra Mobile	On Call Extra	<a href="http://oncallmeters.co.uk">Healthcare Professional - On Call (oncallmeters.co.uk)</a>	info@oncallmeters.co.uk nick.robinson@connect2pharma.co.uk	02033074646 07968446969
CareSens S Fit BT	CareSens S	<a href="http://spirit-health.co.uk">Blood Glucose Meters - Spirit Health (spirit-health.co.uk)</a>	CS@spirit-healthcare.co.uk	08008815423 01162 86000
GlucorX Q	GlucorX Q	<a href="http://glucorxsaver.com">GRX-Saver (glucorxsaver.com)</a>  (3 stage process to register)	chris@glucorx.co.uk info@glucorx.co.uk orders@glucorx.co.uk	01483755133 08000075892
Contour Plus Blue	Contour Plus	<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:helen.moore@ascensia.com">helen.moore@ascensia.com</a> (Barking, Havering & Redbridge) <a href="mailto:neeraj.kibe@ascensia.com">neeraj.kibe@ascensia.com</a> (Tower Hamlets, Newham, Waltham Forest, City & Hackney)	08001701060 07774121307 07717420386
Finetest Lite	Finetest Lite	<a href="https://www.neondiagnosics.co.uk/">https://www.neondiagnosics.co.uk/</a>	info@neondiagnosics.co.uk	08000093378 01376 50720
Glucifix Tech GK	Glucifix Tech Sensors	<a href="https://glucomenday.com/newplatform/en/glucofix-gk/">https://glucomenday.com/newplatform/en/glucofix-gk/</a>	<a href="mailto:rcarrilho@menarinidiag.com">rcarrilho@menarinidiag.com</a>	0800 243667 07885 55776
TRUE Metrix Air	True Metrix®	<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:slewelyn@trividiahealth.co.uk">slewelyn@trividiahealth.co.uk</a>	0800 685035 07810084661
AgaMatrix Agile	AgaMatrix Agile	<a href="https://agamatrix.co.uk/">https://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 0800091812

## PrescQIPP Update

### **Upcoming PrescQIPP clinical masterclass webinars:**

Clinicians may find the following monthly upcoming webinars (1-2pm) useful.

Date	Webinar
14 <sup>th</sup> August 2024	<a href="#">The Maudsley Deprescribing Guidelines: Antidepressants, Benzodiazepines, Gabapentinoids and Z-drugs</a>
17 <sup>th</sup> September 2024	<a href="#">Antipsychotic prescribing in people with dementia</a>

View previous webinars at <https://www.prescqipp.info/our-resources/clinical-masterclasses/>

### **Recent Practice Plus webinar:**

PCN pharmacists, practice pharmacists and pharmacy technicians may find the recording of the following webinar useful.

Date	Webinar
17 <sup>th</sup> July 2024	<a href="#">Maintaining Competency as a Primary Care Pharmacist/Pharmacy Technician</a>

### **Upcoming Virtual Professional Groups:**

Clinicians may find the following monthly upcoming webinars (1-2pm) useful.

Date	Webinar
18 <sup>th</sup> September 2024	<a href="#">Polypharmacy and deprescribing</a>
24 <sup>th</sup> September 2024	<a href="#">Pharmacy technicians</a>

**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.

## Specialist Pharmacy Service (SPS) update

PCN and practice pharmacists may find the following upcoming webinars (1-2pm) useful.

Date	Webinar
20 <sup>th</sup> August 2024	<a href="#">Primary care discussions: Heart failure</a>

**Not registered with SPS yet?** You can register free of charge to access SPS resources via the following link: <https://www.sps.nhs.uk/register/>



## 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:

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 the time and we have no control over the availability of the linked pages. This newsletter is not to be used for commercial purposes.