

# NEL Prescribing and Medicines Newsletter

## October 2024

### Updates for Primary Care across North East London

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## 1. Prescribing Efficiency Scheme 2024/25 Updates

### Metformin and Self-Monitoring of Blood Glucose

In line with the NHS [NEL Blood glucose test strips guideline](#), primary care colleagues who manage patients with Type 2 Diabetes Mellitus (T2DM) should ensure blood glucose testing strips are prescribed to eligible patients only. Routine self-monitoring of blood glucose is **not necessary** for T2DM patients who are on diet-controlled interventions only or taking **metformin monotherapy**.

Nationally, North East London are the second highest prescribers of blood glucose test strips in patients on metformin monotherapy.

**Action for Practices:** Please review patients with T2DM who are on diet-controlled interventions only or metformin monotherapy and are currently prescribed blood glucose test strips. Where appropriate, de-prescribe the blood glucose test strips.

### Haloperidol 0.5mg Tablets

Please note that Haloperidol 0.5mg tablets are significantly more expensive than other strengths and formulations of Haloperidol.

Drug Tariff October 2024	Pack size	Cost
<b>Haloperidol 0.5mg tablets</b>	<b>28</b>	<b>£368.05</b>
Haloperidol 1.5mg tablets	28	£4.20
Haloperidol 5mg tablets	28	£3.61
Haloperidol 10mg tablets	28	£21.10
Haloperidol 10mg/5mL oral solution sugar free	100ml	£8.72
Haloperidol 5mg/5mL oral solution sugar free	100ml	£12.15
Haloperidol 200micrograms/ml oral solution sugar free	100ml	£89.90

**Action for Practices:** Please review patients prescribed Haloperidol 0.5mg tablets, and:

- Review if there is a current clinical indication for the 0.5mg dose of Haloperidol.
- Deprescribe where appropriate. If the patient is under the care of a specialist mental health team, their input may be required. Please liaise directly with the specialist team.
- Switch to Haloperidol liquid if there is a clinically appropriate indication for the required 0.5mg dose.
- Refer to [BNF - indications and dose for haloperidol](#) for further prescribing information.

Please see [Antipsychotic Prescribing Toolkit for Dementia](#) for guidance on management and deprescribing of Haloperidol and other antipsychotics in patients with dementia.

## 2. Formulary and Pathways Update

### **NEL electronic Joint Formulary is now LIVE!**

On 23<sup>rd</sup> October 2024, the North East London (NEL) Pharmacy and Medicines Optimisation Team launched a new NEL-wide electronic formulary platform called netFormulary®.

netFormulary® is already used widely across London and has the benefit of clearly showing what can be prescribed across all provider Trusts and primary care in NEL.

The team have worked across the system to align existing formularies where possible, and this has been reflected on netFormulary®. Going forward, netFormulary® will be regularly updated to reflect formulary decisions across NEL.

Clinicians will also be able to access the BNF, BNFC and other useful resources through the platform. NEL approved medicines-related guidelines will also be available on netFormulary®, which will save time for clinicians by helping to streamline prescribing decisions and enhance productivity.

This has been a huge undertaking and is **an ongoing process, with clinical chapters published as they are finalised. For any chapters not immediately uploaded, clinicians will also be able to access the legacy formularies via netFormulary® during this transition period.**

A NEL netFormulary® user guide is available [here](#).

Access netFormulary® via [www.nel-jointformulary.nhs.uk](http://www.nel-jointformulary.nhs.uk)

### **Formulary and Guideline Updates**

Please see table below listing the drugs and guideline updates approved by the NEL Formulary and Pathways Group, including any relevant additional information to support practices.

Approved item	Additional information
Generic 'Sitagliptin 50mg and Metformin 1g' combination tablets for Type 2 Diabetes	<b>Formulary status:</b> Green
Primary care implementation protocol to support the prescribing of the recommended cost-effective generic sitagliptin tablets – <a href="#">linked here</a>	Accompanying the protocol, there is a <i>generic patient medicine switch letter</i> to help practices – <a href="#">linked here</a>

Empagliflozin for Type 2 diabetes in Children and Young people (10-years and over) – <i>First line</i> .	<b>Formulary status:</b> Amber – specialist initiated
Dapagliflozin for Type 2 Diabetes in Children and Young People (10-years and over) – <i>Second line</i>	<a href="#">Overview   Diabetes (type 1 and type 2) in children and young people: diagnosis and management   Guidance   NICE</a>
NICE TA999 Vibegron for treating symptoms of overactive bladder syndrome	<b>Formulary status:</b> Amber – specialist initiated  <a href="#">Overview   Vibegron for treating symptoms of overactive bladder syndrome   Guidance   NICE</a>
NEL Oral Nutritional Supplements (ONS) guideline update: Identification, treatment and management of malnutrition in adults, including the appropriate prescribing of oral Nutritional Supplement.	Aymes Complete® has been discontinued. Guidelines updated to reflect this change: Actagain 1.5 Complete® replaces Aymes Complete® -  <a href="#">(NEL) Oral nutritional supplements (ONS) guideline in adults 09.2024</a>
Position Statement: GLP-1 analogues – Semaglutide (Wegovy®) and Liraglutide (Saxenda®) for managing overweight and obesity – (UPDATED)	<a href="#">Medicines Position Statements – NEL – North East London</a>

### 3. New North East London Standard Operating Procedure for GP Practice: Managing Prescriber Changes

The [Standard Operating Procedure \(SOP\) for GP Practice: Managing Prescriber Changes](#) has been developed to support practice staff, who are responsible for communicating prescriber changes to NHS Business Service Authority (NHSBSA), through the respective authorised signatories (Primary Care Support England [PCSE] for General Practitioners and the NEL Pharmacy and Medicines Optimisation Team for Non-Medical Prescribers).

The aim of the SOP is to facilitate practices to adopt the correct process for maintaining an up-to-date prescriber list in line with NHSBSA requirements and to implement training and education of staff to raise awareness of utilising the correct prescriber codes.

The SOP outlines the process that should be followed when prescribers join or leave a practice or have other changes such as changes in title, qualifications. It is essential that NHSBSA are kept up to date with prescriber details including prescriber codes. This information is housed on an NHSBSA database and utilised by the Prescription Services, to ensure prescriptions are attributed to the correct prescriber and their organisation for governance and financial purposes. The prescriber code is the essential element to support NHSBSA in aligning the prescriptions to the correct prescriber and clinic/practice. Incorrect / omitted prescriber codes may impact on prescribing spends and any clinical governance arrangements that rely on information provided by NHSBSA e.g. ePACT2 data.

A 'frequently asked questions section' is in the SOP appendices, providing information on

- prescriber codes; when, how and where they should be used.
- useful websites to find prescriber codes and the prescriber details attached to your practice
- the differences between non- medical prescriber codes and medical prescriber codes and the format for configuring prescriber codes correctly on the GP IT system.

## 4. Post Event Messages (PEMs) from PharmOutcomes to Practices

This is a reminder following on the letter [linked here](#) issued by NHS England on 16<sup>th</sup> September 2024.

The letter highlights that there are queues of post event message emails (sent by community pharmacists following their clinical services consultations) that have not been received by practices.

This is a national issue and has implications for patient safety as affected practices not receiving auto-generated post event emails, will not be informed about patients who require clinical follow up.

The community pharmacies in NEL are currently reviewing these post event messages and where appropriate, patients' GPs will be contacted directly as per NHSE request.

**Action for Practices:** Each practice must implement the verification process for the email address designated to receive post-event notifications related to their patients.

Please see: Annex 1 in the letter [linked here](#) for how to verify the email with PharmOutcomes.

Please do not hesitate to contact the NEL ICB Pharmacy and Medicines Optimisation team ([nelondonicb.medicinesoptimisationenquiries@nhs.net](mailto:nelondonicb.medicinesoptimisationenquiries@nhs.net)) if you have any questions.

## 5. North East London Community Pharmacy Oral Contraception Service Webinar for Primary Care

The nationally commissioned Community Pharmacy Oral Contraception service will be launching in North East London on the 25<sup>th</sup> November 2024.

This service allows community pharmacists to initiate oral contraception via patient group direction (PGD), as well as to provide ongoing monitoring and supply of repeat oral contraception that was initiated in: general practice, community pharmacy or a sexual health clinic (or equivalent).

Currently we have over 80% of community pharmacies in NEL signed up to provide this service and the number is anticipated to increase.

This webinar will provide general practices with more information on the service, including:

- patient eligibility criteria
- how to refer patients for this service
- benefits of the service to practices in NEL.

The availability of this service in NEL will improve patients' access to oral contraception services and enable extra capacity in primary care to support delivery of more complex assessments.

Details of the webinar below:

- Date: **27<sup>th</sup> November 2024**
- Time: **13:00 – 14:00**
- Register: [HERE](#)

The webinar will be of particular benefit to GPs, Practices Nurses, PCN/Practice Pharmacists, Healthcare Assistants and Practice Managers.

Please contact the NEL ICB Pharmacy and Medicines Optimisation Team if you have any questions - [nelondonicb.medicinesoptimisationenquiries@nhs.net](mailto:nelondonicb.medicinesoptimisationenquiries@nhs.net).

## 6. Change of FreeStyle Libre 2 to FreeStyle Libre 2 Plus and Dexcom ONE to Dexcom ONE+

### FreeStyle Libre 2 Plus

- From early 2025, FreeStyle Libre 2 sensors are going to be replaced by FreeStyle Libre 2 Plus sensors.
- Prescribers are now recommended to prescribe the FreeStyle Libre 2 Plus sensors [PIP CODE 428 0194] replacing FreeStyle Libre 2 sensors [PIP: 416-3416].
- Please ensure that FreeStyle Libre 2 sensors are omitted from the patient's repeat medication list.
- The cost of both products is the same.

### **Key Differences:**

- a) The new sensors have a new life of 15 days (compared to 14 days for FreeStyle Libre 2).
- b) Indicated for patients aged 2 years and older (whereas the FreeStyle Libre 2 sensors are indicated for patients 4 years and older).

*Note: Sensors will fit into the same reader and the phone app remains the same, therefore these do not require changing. The sensors are compatible for patients on insulin pump therapy using the Omnipod 5 in a Hybrid Closed Loop System.*

Please visit the FreeStyle Abbott website for further product information: [linked here](#).

### Dexcom ONE+

- The Dexcom ONE device is going to be discontinued as of 1<sup>st</sup> May 2025.
- Prescribers are now recommended to prescribe Dexcom ONE+ [PIP CODE 426-8058].
- There is no price difference between Dexcom ONE and Dexcom ONE+.

### **Key differences:**

- Dexcom ONE+ differs in appearance to Dexcom ONE as it has a smaller sensor size
- No separate transmitter is required (all-in-one device) and the app is updated – therefore patients **do not** need to use their old transmitter.
- The Dexcom ONE+ app can be downloaded from the app store.
- If a patient is transitioning from a previous Dexcom Continuous Glucose Monitoring (CGM) device, they do NOT need a new account. Simply use the existing username and password on all Dexcom apps. For more information on compatibility please visit: [Dexcom ONE + FAQs](#)
- Dexcom ONE+ has a 30-minute warm-up time compared to 2 hours with Dexcom ONE. This means that it will now only take 30 minutes from the time of inserting the sensor before obtaining the first reading.
- Dexcom ONE+ has a 12-hour grace period between sensor sessions. Each sensor session lasts up to 10 days with a 12-hour grace period at the end. The grace period gives the patient more time to replace the sensor, so they can do so when it is convenient.
- Patient information [Dexcom ONE to Dexcom ONE+ transition guide](#)

Please visit the Dexcom website for further product information: [linked here](#)

## 7. PrescQIPP Update

### **Clinical Masterclass – Upcoming webinars:**

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

Date	Webinar
6 <sup>th</sup> November 2024	<a href="#">Taking the first Steps to Real-world Clinical Implementation of Genomic Medicine</a>
10 <sup>th</sup> December 2024	<a href="#">NICE/BTS guideline on Asthma: diagnosis, monitoring and chronic asthma management</a>
29 <sup>th</sup> January 2025	<a href="#">NICE Guideline on Menopause; diagnosis and management</a>

View recordings and slides from previous webinars: <https://www.prescqipp.info/our-resources/clinical-masterclasses/>

### **Practice Plus webinar recordings:**

PCN pharmacists, practice pharmacists and pharmacy technicians may find the following past webinar recording useful:

Date	Webinar
16 <sup>th</sup> October 2024	<a href="#">Demystifying Research in Primary Care</a>

View previous webinars: <https://www.prescqipp.info/learning/practice-plus/>

### **Prescribing Mastery – Upcoming webinars**

These webinar sessions support pharmacist prescribers in general practice and offer action learning opportunities where attendees can bring cases along to share. Clinicians may find the following webinars (1-2pm) useful.

Date	Webinar
14 <sup>th</sup> November 2024	<a href="#">Cholesterol management session 2: Reflecting on mastering cholesterol prescribing - what went well, what was difficult, what could you do differently?</a>
20 <sup>th</sup> November 2024	<a href="#">Severe mental illness session 1: Unlocking excellence – Mastering Severe Mental Illness for our patients</a>
11 <sup>th</sup> December 2024	<a href="#">Severe mental illness session 2: Reflecting on mastering severe mental illness - what went well, what was difficult, what could you do differently?</a>

### **Virtual Professional Groups**

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

Date	Webinar
13 <sup>th</sup> November 2024	<a href="#">Antimicrobial stewardship</a>

## **PrescQIPP Podcast – Talking Meds**

The PrescQIPP 'Talking Meds' podcast is hosted by Jonathan Underhill (former Medicines Clinical Adviser at NICE) with episodes released bi-monthly. Episode 1 is out now, featuring guest Magnus Hird, a pioneer of clinical pharmacists working in general practice, to discuss his role, how he prioritises people for medication review as well as safety issues.

Future podcast episodes will include:

- Penicillin allergy de-labelling with Phil Howard OBE
- New NICE Menopause guideline with NICE committee member Hayley Berry
- Topics such as the NICE/SIGN Asthma guideline, depression deprescribing and insomnia
- There will also be a series on 'Sensible prescribing in Older people with Jonathan and Lucy', with consultant geriatrician and author Lucy Pollock.

You can subscribe to the Talking Meds podcast via the following platforms:

- [iTunes/Apple podcasts](#)
- [Spotify](#)

## **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.

## 8. 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)

**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 NEL electronic Joint Formulary (netFormulary®)**

[www.nel-jointformulary.nhs.uk](http://www.nel-jointformulary.nhs.uk)

**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 Serious Shortage Protocols (SSPs)**

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

**For PGD Updates**

UK Health Security Agency (UKHSA) – [click here](#)  
 Specialist Pharmacy Service (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.