



DID YOU KNOW YOU CAN CLICK TO ANY ARTICLE FROM THE CONTENTS PAGE? JUST USE THE HYPERLINKS BELOW THEN HIT THE "BACK TO CONTENTS PAGE"

Contents

<u>GUIDANCE UPDATE</u>	<u>2</u>
NICE patient decision aid on asthma inhalers and climate change	<u>2</u>
Managing peripheral oedema caused by calcium channel blockers	<u>2</u>
Information about PenCycle: recycling FlexPen® and FlexTouch® devices	<u>2</u>
<u>SAFETY UPDATE</u>	<u>2</u>
#MedSafetyWeek (7-13 November 2022)- Every Yellow Card report helps to improve patient safety	<u>2</u>
Methylphenidate long-acting (modified-release) preparations: caution if switching between products	<u>3</u>
<u>MEDICINES BOARD UPDATE</u>	<u>4</u>
Primary care prescribing for people who access Gender Identity Services (GIS) guide	<u>4</u>
Patient Group Direction (PGD) process for PCNs	<u>4</u>
Primary care medicines management of asthma guide to help practices prescribe low carbon inhalers	<u>4</u>
<u>FORMULARY</u>	<u>4</u>
Name change: Carefine® needles renamed Greenfine® from 1st November	<u>4</u>
Updated adult oral nutrition supplement (ONS) formulary	<u>4</u>
<u>SUPPLY</u>	<u>5</u>
Trulicity® and Ozempic® supply problems: do not initiate	<u>5</u>
FreeStyle Libre® sensors will be discontinued in December 2022- a reminder to switch remaining patients to Libre® 2 sensors	<u>5</u>
Methylphenidate products- Re-supply dates and currently available alternatives	<u>6</u>
Shortage of Temazepam 10mg and 20mg tablets anticipated re supply date in December 2022.	<u>6</u>
Online medicines supply tool	<u>7</u>
<u>MEDICINES OPTIMISATION IN CARE HOMES (MOCH)</u>	<u>7</u>
The Medicines Safety Culture in Care Homes project	<u>7</u>
<u>CONTACT DETAILS FOR THE MEDICINES OPTIMISATION TEAM</u>	<u>8</u>

[Looking for past newsletters? – follow this link.](#)

MOT'ea Save the date: 23rd November 2022 and 30th November 2022

23rd November: to mark World Antimicrobial Awareness Week we will be holding a special MOTea session on antimicrobial stewardship. This will be hosted by Melody Chapman, Place Lead Medicines Optimisation Pharmacist (NHS Frimley) and Patrick Doyle, CG Risk & Governance Pharmacist incorporating Antimicrobial Stewardship (FHFT).

30th November: Angela D'souza, Nurse Specialist in Chronic Pain (FHFT) will be presenting on pain management and how taper medications and support people to reduce reliance upon medications causing dependence. There will be lots of up to date practical tips and case discussion.

An MS Teams invite will be sent soon. Not on the distribution list? Then e-mail: tim.langran@nhs.net



GUIDANCE UPDATE

NICE patient decision aid on asthma inhalers and climate change

The decision aid includes text and diagrams to support discussions with patients, so they can make informed decisions about their choice of inhalers in relation to their potential contribution to climate change.

Action: The decision aid may be found [here](#). Use the decision aid to support conversations with patients and offer patients a low carbon inhaler when clinically appropriate.

[BACK TO CONTENTS PAGE](#)

Managing peripheral oedema caused by calcium channel blockers

A comprehensive review by Specialist Pharmacy Services on the symptoms and causes of ankle oedema, the factors affecting incidence and the various treatment options including dosage adjustment and switching to another calcium channel blocker, may be read [here](#).

Action: For information.

[BACK TO CONTENTS PAGE](#)

Information about PenCycle: recycling FlexPen® and FlexTouch® devices

PenCycle is a recycling initiative. Users of Novo Nordisk's pre-filled FlexPen® and FlexTouch® devices, used to dispense insulin and other medications, will be able to recycle their empty pens as part of this initiative. This can be done through returning their pens via local participating community pharmacies. A list of participating pharmacies may be found [here](#).

A suggested patient text: *Did you know that you can now recycle your NovoNordisk Flexpen or Flextouch? More information on how you can do this can be found [here](#).*

Action: Inform users of FlexPen® and FlexTouch® devices they may recycle their pens in participating pharmacies.

[BACK TO CONTENTS PAGE](#)



SAFETY UPDATE

#MedSafetyWeek (7-13 November 2022)- Every Yellow Card report helps to improve patient safety

[#MedSafetyWeek](#) takes place annually usually in November and each year there is a different focus or theme. This year's focus is the importance of reporting suspected adverse reactions to medicines and vaccines to the [MHRA Yellow Card scheme](#). MHRA are also encouraging the reporting of suspected problems with medical devices or other healthcare products.

Please show your support by sharing the MHRA messages and materials available on the website and from the MHRA social media channels. When posting please always use the **#MedSafetyWeek**, **#MHRAYellowcard**, **#ReportSideEffects**, and **#patientsafety** hashtags to help extend and magnify the message.

Action: Remember to discuss with your health and care colleagues and patients the importance of reporting suspected adverse drug reactions to the MHRA Yellow Card scheme.

[BACK TO CONTENTS PAGE](#)

Methylphenidate long-acting (modified-release) preparations: caution if switching between products

Caution should be used if long-acting formulations of methylphenidate are to be used interchangeably due to the differences between formulations in dosing frequency, administration with food, amount and timing of the modified-release component, and overall clinical effect.

Advice for healthcare professionals

- [clinical guidance](#) advises to prescribe long-acting formulations of methylphenidate by specifying brand name or by using the generic drug name and name of the manufacturer
- follow specific dosage recommendations for each formulation
- if considering a switch to another long-acting preparation:
 - consult with the patient (and their parent or caregiver if relevant) to discuss the reasons for this and the possible changes they may experience in symptom management and side effects (and what to do if these occur)
 - Community Pharmacists and GPs **should not substitute one brand for another** and should refer people back to their specialist prescriber *if a switch is needed*
 - reiterate the instructions for use for the newly prescribed formulation, especially whether it should be taken with or without food
- report any suspected adverse drug reactions associated with methylphenidate or other medicines on a [Yellow Card](#)

The following brands are the preferred long-acting preparations of methylphenidate in Frimley ICS:

- Equasym XL[®]
- Matoride XL[®]
- Medikinet XL[®]
- Xaggitin XL[®]
- Xenidate XL[®]

Advice to provide to patients or caregivers

- there are differences between long-acting methylphenidate medicines in how they release the medicine to manage ADHD symptoms and in the instructions on how to take them
- carefully read and follow the advice in the Patient Information Leaflet that comes with your medicine and speak to a healthcare professional if you are concerned about side effects or are concerned about your child's health or medicines
- it is especially important to follow advice on how much methylphenidate to take and to follow instructions on when and how to take it – these can affect how well the medicine works for your ADHD

Action: Read the full update [here](#).

[BACK TO CONTENTS PAGE](#)

Report medicines related incidents

A reminder that all health and social care professionals can now report medication incidents using the new LFPSE (Learn from Patient Safety Event) system. Please register [here](#) for an account to start reporting.

[BACK TO CONTENTS PAGE](#)



MEDICINES BOARD UPDATE

Primary care prescribing for people who access Gender Identity Services (GIS) guide

Practices receive requests to prescribe off label medicines from both NHS and private Gender Identity Services (GIS) and the Medicines Optimisation Team are often asked how GPs should respond. This guide has been written in response to support GPs through the prescribing decision making process. The guide has been added to the Frimley ICB website and may be read [here](#)

[BACK TO CONTENTS PAGE](#)

Patient Group Direction (PGD) process for PCNs

A step-by step guide to navigate the process of developing a PGD has been added onto the Frimley ICB website [here](#).

Action: For information.

[BACK TO CONTENTS PAGE](#)

Primary care medicines management of asthma guide to help practices prescribe low carbon inhalers

To support prescribers to make the right choice of inhaler, a simple, visual, prescribing guide of formulary low carbon footprint preventor inhalers, has been added to the Frimley ICB website [here](#).

Action: Offer patients low carbon footprint inhalers when clinically appropriate. Use the guide to facilitate lowering the carbon footprint of the inhalers you prescribe.

[BACK TO CONTENTS PAGE](#)



FORMULARY

Name change: Carefine[®] needles renamed Greenfine[®] from 1st November

Carefine[®] needles are being rebranded as Greenfine[®] needles. There is no change to the actual product, it is identical. However, from 1st November, prescriptions will need to be written as Greenfine[®]. An OptimiseRx message has been created to support the changeover and a list of the locally preferred blood glucose test strips and insulin needles can be found [here](#).

Action: For noting.

[BACK TO CONTENTS PAGE](#)

Updated adult oral nutrition supplement (ONS) formulary

The updated adult oral nutrition supplement (ONS) formulary is now live across Frimley and can be found [here](#). These documents will be added to DXS and included in OptimiseRx messaging.

Key changes to first and second line ONS products:

FIRST LINE: POWDER ONS				Frimley Formulary Traffic Light Coding: GREEN
Standard volume (200ml)	Complan Shake Foodlink Complete Aymes Shake	£0.49 £0.49 £0.52	56 x 57g sachets (8 packs of 7 sachets)	Mix powder with 200ml whole milk Not suitable as a sole source of nutrition.
Compact volume (100ml)	Foodlink Complete Compact Aymes Shake Compact	£0.49	56 x 57g sachets (8 packs of 7 sachets)	Mix powder with 100ml whole milk Not suitable as a sole source of nutrition.
Non-milk based	AYMES Actasolve Smoothie	£1.06	56 x 66g sachets (8 packs of 7 sachets)	Mix powder with 150ml water Not suitable as a sole source of nutrition.
SECOND LINE: READY TO DRINK ONS				Frimley Formulary Traffic Light Coding: GREEN
Standard volume (200ml)	Altraplen Energy AYMES Complete Fortisip Bottle	£0.89 £1.11 £1.12	56 x 200ml bottles (11,200ml)	Standard volume, ready to drink. Suitable as a sole source of nutrition.
Compact Volume (125ml)	Altraplen Compact Fortisip Compact	£1.33 £1.33	56 x 125ml bottles (7000ml)	Reduced volume, ready to drink. Suitable as a sole source of nutrition.
Juice-Style	AYMES ActaGain Juice Altrajuice	£1.70 £1.83	56 x 200ml bottles (11,200ml)	Standard volume, ready to drink. Not suitable as a sole source of nutrition.

The products above should be safe and suitable for most patients to use. Please refer to BNF, manufacturer's information or dietitian for advice if the patient is following a restricted diet or has complex nutritional needs. Prices based on July 2022 MIMS data.

Please continue to refer patients for dietitian assessment if:

- Patient has complex nutritional needs or requires ONS as their main/sole source of nutrition
- Patient is prescribed thickener as standard ONS products may not be suitable
- Patient fails to stabilise/improve after initial prescription of ONS and underlying causes of malnutrition have been treated.

Action: For advice from your prescribing support dietitians please contact, Frimley North places: Catherine.macqueen@nhs.net or Frimley South places: laura.sexton@nhs.net

[BACK TO CONTENTS PAGE](#)

	<h2>SUPPLY ISSUES</h2>
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Trulicity® and Ozempic® supply problems: do not initiate

Due to unprecedented demand for GLP-1 receptor agonists globally, Trulicity® (dulaglutide) and Ozempic® (semaglutide) are experiencing high demand and therefore supply issues. Please do not initiate Trulicity® or Ozempic® for any new patients during this time so that stocks can be reserved for existing patients. Information on alternative GLP-1 receptor agonists can be found [here](#).

The Primary Care Diabetes Society Guidance on managing the GLP1 shortages has been sent out to practices, if you need a copy please email: frimleyicb.prescribing@nhs.net

[BACK TO CONTENTS PAGE](#)

FreeStyle Libre® sensors will be discontinued in December 2022- a reminder to switch remaining patients to Libre® 2 sensors

The original FreeStyle Libre® sensor will be discontinued in the UK by 31st December 2022. Libre 2 sensors have the additional safety benefit of optional, real-time glucose alarms: Low Glucose, High Glucose and Signal Loss. For patients using the mobile phone, they may continue to do so. For patients using an Abbott FreeStyle Libre® reader their options are to either get a FreeStyle Libre 2® reader by requesting one from Abbott: www.FreeStyleLibre.co.uk/Libre/FSL2Replacement.html or to switch to the FreeStyle® LibreLink® app on a compatible smartphone.

Action: Use the Ardens search to identify patients prescribed a Libre 1 sensor and switch to Libre 2 sensor. The search will be found going into Ardens>5.1 Ardens conditions reports>Conditions Diabetes>Libre>Libre clinically indicated>REVIEW on Libre, not on Libre 2.

[BACK TO CONTENTS PAGE](#)

Methylphenidate products- Re-supply dates and currently available alternatives

Preparation	Expected date of resupply
Delmosart XL [®] 18mg, 54mg	17/02/2023
Xenidate XL [®] 18mg, 54mg	End November 2022
Xaggitin XL [®] 27mg	End December 2022

- Methylphenidate modified release preparations must be prescribed by brand name due to their different release profiles.
- Community Pharmacists and GPs cannot substitute one brand for another and should refer people back to their specialist prescriber *if a switch is needed*. (See [Safety Update section](#) above)

Alternative preparations

- **Delmosart XL[®], Xenidate XL[®] and Xaggitin XL[®] are bioequivalent with Concerta XL[®]** with a 22/78 composition of immediate release versus modified release methylphenidate.
- **Matoride XL[®]** is another brand of methylphenidate which is bioequivalent to Concerta[®] XL.
- Although Concerta XL[®] are available in all strengths, this has the higher acquisition cost and so should be avoided.

This table shows brands and strengths of methylphenidate currently available:

18mg	27mg	36mg	54mg
Matoride XL [®] Xaggitin XL [®]	Delmosart XL [®] Xenidate XL [®]	Delmosart XL [®] Matoride XL [®] Xaggitin XL [®] Xenidate XL [®]	Matoride XL [®] Xaggitin XL [®]

[BACK TO CONTENTS PAGE](#)

Shortage of Temazepam 10mg and 20mg tablets anticipated re supply date in December 2022.

Licensed Alternatives: Temazepam has no direct alternative, although other benzodiazepines and hypnotics remain available and will be able to support increased demand. Temazepam 10mg/5ml oral solution remains available but cannot support an uplift in demand. Unlicensed, imported temazepam tablets maybe available, but should only be considered where other options are not suitable

Where patients have insufficient supplies to last until the re-supply date, clinicians should:

- Review patients and offer them the opportunity to consider tapering down and discontinuing treatment, with support. Patient support information can be found on the Frimley website [NHS Frimley - Benzodiazepine and Z drug prescribing \(icb.nhs.uk\)](#) and via Clinical Knowledge Summaries [Benzodiazepine and z-drug withdrawal](#) (April 2022) and [Insomnia](#) (May 2022)
- For chronic users of temazepam who have agreed to discontinue temazepam, a switch to diazepam and a slow withdrawal is recommended ([guidance can be found in NICE CKS Diazepam](#)).
- If patients do not wish to be come off treatment after an informed discussion, consider switching to an alternative benzodiazepine or hypnotic at an equivalent dose (see supporting [link](#) for information). To

avoid inappropriately high or low doses of the alternative agent, consider the dose and duration of temazepam, and half-life of the alternative.

- The potential for weaning off treatment in the future should form part of the consultation with patients.
- Advice may need to be sought from mental health services if there is difficulty managing the discontinuation of temazepam or transitioning to another treatment.

Action: Do not initiate any new patients on temazepam 10mg and 20mg tablets. Review and consider options for patients with insufficient supply to last until the re-supply date. Further information may be found here.

[BACK TO CONTENTS PAGE](#)

Online medicines supply tool

- DHSC and NHSE/I have launched an online [Medicines Supply Tool](#)
- To access the Tool, you will be required to register with the Specialist Pharmacy Service (SPS) website and be logged in due to the commercially sensitive nature of the information

Action: Access the supply tool [here](#).

[BACK TO CONTENTS PAGE](#)



The Medicines Safety Culture in Care Homes project

The Medicines Safety Culture in Care Homes Project was launched October 2022, at a special edition of Marvellous Medicines and Nutritional Nuggets delivered by the MOCH team. Over 90 staff attended across NHS Frimley.

The session started with a medication errors quiz, followed by information on:

- Medication errors,
- The importance of medicines safety,
- Estimates of the number of medication errors annually in England ([published by The Pharmaceutical Journal in 2019](#)),
- The stages of medication use,
- An example of a medication error involving several of the stages of medication use.

Care homes were invited to become a part of the first wave of the project by nominating a Medicines Safety Champion for their care home by 9th November.

The role of the Medicines Safety Champion will be to:

- Lead on managing medication problems,
- Be responsible for sharing good practice with medicines safety,
- Raise awareness around the medicines classed as 'high risk',
- Raise awareness around the risks of medication problems so that care home staff are more able to identify a medication error and know how to manage it,
- Help to develop and use learning from a medication error/ significant event form.

A Medicines Safety Corner will become a regular feature in the ICS care home newsletter.

Action: For information.

[BACK TO CONTENTS PAGE](#)

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OTHER USEFUL CONTACT DETAILS

Controlled Drugs Accountable Officer (CDAO): CDAO (Julie McCann) can be contacted via england.southeastcdao@nhs.net noting that all general CD concerns, incidents and authorised witness requests should always be raised via www.cdreporting.co.uk . For non-CD medicines safety issues, use julie.mccann3@nhs.net

Medicines Advice Service -telephone number 0300 7708564.