



First line formulary oral nutritional supplements (ONS)

Powder ONS are first line as they are more cost-effective.

1st Line when patient/ carer can make up a powdered drink: Foodlink Complete and Aymes Shake (£0.52/ sachet), Complan Shake (£0.54/ sachet).

2nd Line when patient/ carer unable to make up a powdered drink and ready to drink option is required. Altraplen Energy (£0.99/bottle), Aymes Complete (£1.11/bottle). Fortisip Bottle (£1.25/bottle)

Last year £153,000 was spent prescribing non-formulary ONS, £16,000 spent on Ensure Plus Advance (£2.31/220ml).

Good prescribing Practice

Before any ONS are prescribed, confirm risk of malnutrition using the MUST screening tool and treat any underlying causes of malnutrition. Promote a 'food first' nutrient dense approach by providing 'Boost Your Nutritional Intake' leaflet.

ONS may be initiated in primary care after appropriate first line 'food first' advice has been followed and if the patient meets the product's ACBS indication(s). Patients who may benefit from ONS prescription include:

- Those with 'MUST' score of 2 or more who are not improving after 1 month following 'food first' advice
- Those with 'MUST' score of 3 or 4

For further advice, please contact your Medicines Optimisation Prescribing Support Dietitian

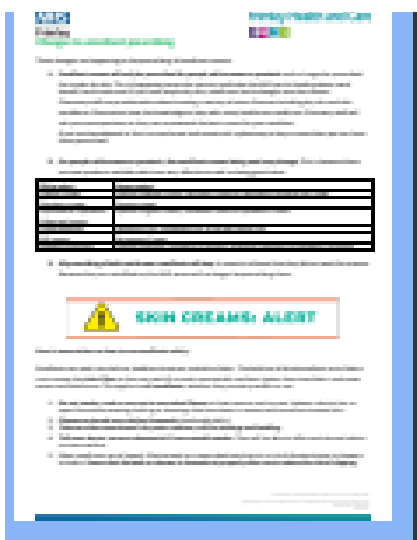
·Cathy Macqueen: (Frimley North Places)

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Changes to emollients patient information leaflet (PIL)

We have updated the patient information leaflet (PIL) on emollients. The PIL explains which emollients we recommend and who may be able to stop using bath or shower emollients. Click on the picture for a copy of the PIL



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Upcoming educational session on opioids tapering on 2nd and 7th November

'An integrated lifestyle medicine approach to deprescribing opioids in chronic non-cancer pain' Dr Deepak Ravindran, Consultant in Anaesthesia, Pain and Musculoskeletal Medicine and Certified Lifestyle Medicine Physician, Royal Berkshire Hospital.

Invitations to join the session will be sent out soon.



Specialist Pharmacy Services Web Assistant for swallowing difficulties

An interactive chat function has now been launched enabling healthcare professionals to contact the medicines advice team with questions related to medicines in swallowing difficulties.

Find further information including how to access the web assistant on choosing formulations for patients with swallowing difficulties click [here](#).

New videos launched to encourage patients with asthma to switch to greener inhaler

A series of videos have been created by NHS England's South East Regional Greener team and are aimed at people living with asthma and medical professionals who prescribe the medication. They cover a range of topics from patients' perspectives, including raising awareness of what dry powdered inhalers are. They highlight the benefits for a patient and the environment, how to choose the best inhaler and what a patient can expect at a respiratory review.

Access the videos [here](#).

Review of unlicensed metolazone prescribing

A licensed metolazone tablet is now available in the UK (brand name Xaqua). It is recommended that a licensed product is prescribed in preference to unlicensed by MHRA, GMC and RPS.

A search has been added to EMIS Enterprise to help practices identify people prescribed unlicensed metolazone tablets.

If the search identifies someone prescribed unlicensed metolazone then please request advice from the heart failure team on how to change them over to the licensed Xaqua brand.

Please note: The licensed brand Xaqua is not bioequivalent to the unlicensed versions and so additional monitoring may be required during the changeover. Please do seek the advice from a heart failure team before changing the prescription.

Discontinuation of lixisenatide (Lyxumia®) 20micrograms pre-filled disposable devices (December 2023)

The MSN may be read [here](#).

Suggested actions are:

- Proactively identify and review patients established on lixisenatide;
- Review the need for a GLP-1 RA and stop treatment if the patient has not achieved beneficial metabolic effect as set out in NICE NG28; and
- Refer to the NatPSA to guide selection of alternative glucose lowering therapy.

Optimisation Position Statement Update: Prescribing Guidance for Patients Travelling Abroad

There has been an update to our Medicines Optimisation Group policy to include postponement of menstruation for non-clinical reasons such as sports, travel and holidays. [Click here to view the statement.](#)

[Be aware of the change in policy; patients seeking medication specifically for the delay of menstruation should be directed to a private provider.](#)



Medicines Optimisation in Care Home Team SMR Training for Pharmacists and Pharmacy Technicians

The MOCH team continue to provide 1-hour face-to-face SMR training sessions using a case-based discussion (CbD) format to all Frimley PCNs. These CbDs are based on real patients and support PCN pharmacy staff in their provision of holistic person-centred SMRs with tips, discussion and support offered.

Themes identified following recent CQC care home inspections, queries and requests from health and social care staff are reflected in these CbDs.

They are popular and have been a great success with excellent feedback from the PCNs that have already had these sessions. The sessions can also be used as CPD for revalidation or towards PCPEP pathway self-development CPD/learning time.

Topics covered so far include:

- Living with frailty
- Covert administration of medicines
- Dysphagia
- Deprescribing
- Diabetes

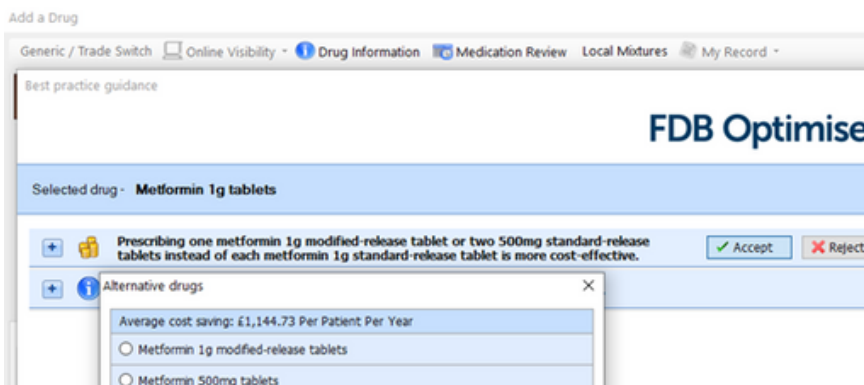
Please contact the MOCH team at frimleyicb.moch@nhs.net to set up a training session if not already arranged. If there is limited space within the practice to facilitate the session, the MOCH team can arrange a venue.



OptimiseRx Opportunities-metformin

Did you know a prescription for 28 metformin 1g tablets costs £54.93, whereas 28 metformin 500mg tablets costs £0.71?

We have an OptimiseRx message which prompts prescribers to consider swapping metformin 1g tablets to metformin 500mg tablets (£0.71 for 28 tablets) or metformin 1g modified-release tablets (£2.53 for 56 tablets).



NICE Updates September 2023

The Cirrhosis in over 16s: assessment and management guideline has been updated.

The Semaglutide for managing overweight and obesity technology appraisal has been updated.

Thank You

Thanks to prescribers accepting this message, an estimated £100,000 has been saved in the last 12 months. The acceptance rate for this message is only 39% so there is still room for improvement.

✓ Structured medication reviews

✓ Reducing over-prescribing and improving medicines safety

✓ Higher quality asthma prescribing and reducing the inhaler carbon footprint

NHS
Frimley

Are you a practice/PCN pharmacist or pharmacy technician looking for free support to deliver your key priorities?

If the answer is yes, sign up to PrescQIPP today

Register for free access to PrescQIPP resources www.prescqipp.info/login

Bulletins and webkits on a huge variety of clinical topics, such as pain, respiratory, medicines optimisation in care homes, polypharmacy and many more.

Data - A wide selection of data and visualisations to support the resources.

Masterclasses - Monthly clinical webinars, across a variety of key therapeutic areas and delivered by national experts in their field.

Clinical and skills webinars covering topical issues, such as delivering SMRs, implementing the Steroid Emergency Card and Electronic Repeat Dispensing.

Virtual Professional Groups that meet monthly/quarterly to network and share good practice, including:

- Practice Plus - support for practice pharmacists
- Antimicrobial stewardship
- Care homes
- Medication safety
- Nutrition
- Pharmacy technicians
- Polypharmacy and deprescribing

Leadership at Lunch - An incredibly popular 12 part series of monthly, bite sized leadership training webinars.

Find out more by signing up to our [monthly newsletter](#) and registering your interest for a [‘welcome webinar’](#)





Latest Safety Updates from the MHRA

Statins: very infrequent reports of myasthenia gravis.

Globally, there has been a very small number of reports of new-onset or aggravation of pre-existing myasthenia gravis with atorvastatin, pravastatin, fluvastatin, simvastatin and rosuvastatin

Advise patients taking statins to be alert to new symptoms for myasthenia gravis, or worsening symptoms of pre-existing myasthenia gravis, and to seek medical advice if these occur.

Hyoscine hydrobromide patches (Scopoderm 1.5mg Patch or Scopoderm TTS Patch): risk of anticholinergic side effects, including hyperthermia

There have been a small number of reports of serious and life-threatening anticholinergic side effects associated with hyoscine hydrobromide patches, particularly when used outside the licence. Healthcare professionals, patients, parents and carers should be aware of the signs and symptoms of serious side effects and the need to seek medical help if they occur.

MHRA reinforces anaphylaxis emergency guidance as hospital admissions rise

The Medicines and Healthcare products Regulatory Agency (MHRA) has reinforced its safety guidance on the steps to take in anaphylaxis, after new figures obtained by the MHRA show more than 25,000 admissions to English hospitals for allergies and anaphylaxis in 2022-23, more than doubling in the last twenty years.

Safety of valproate – new study on risks in children of men taking valproate

Two studies were conducted by researchers in 2013 that did not find evidence of an increased risk to children with paternal use of epilepsy medicines, but the studies had limitations. As part of the outcome of the 2018 European review of valproate, a new retrospective study was requested from the marketing authorisation holders to examine this risk.

A full re-analysis is required before conclusions can be drawn. As soon as the revised study analysis is available, it will be re-assessed by the MHRA.

No action is currently needed from patients. No one should stop taking valproate without advice from their specialist.



Fluoroquinolone antibiotics: reminder of the risk of disabling and potentially long-lasting or irreversible side effects

Healthcare professionals prescribing fluoroquinolone antibiotics (ciprofloxacin, delafloxacin, levofloxacin, moxifloxacin, ofloxacin) are reminded to be alert to the risk of disabling and potentially long-lasting or irreversible side effects. Do not prescribe fluoroquinolones for non-severe or self-limiting infections, or for mild to moderate infections (such as in acute exacerbation of chronic bronchitis and chronic obstructive pulmonary disease) unless other antibiotics that are commonly recommended for these infections are considered inappropriate.

Fluoroquinolone treatment should be discontinued at the first signs of a serious adverse reaction, including tendon pain or inflammation.

Prescribing Newsletter

September 2023

Making the most of medicines



Safety Updates cont'd

Methotrexate: advise patients to take precautions in the sun to avoid photosensitivity reactions

Photosensitivity reactions are known side effects of methotrexate treatment and can be severe.

[Patients should be advised to take precautions to protect their skin in the sun. reactions manifest as severe sunburn such as rashes with papules or blistering, with some patients reporting swelling; rarely, photosensitivity reactions have contributed to deaths from secondary infections.](#)

Fluoroquinolone antibiotics: suicidal thoughts and behaviour

Healthcare professionals prescribing fluoroquinolone antibiotics (ciprofloxacin, delafloxacin, levofloxacin, moxifloxacin, ofloxacin) are reminded to be alert to the risk of psychiatric reactions, including depression and psychotic reactions, which may potentially lead to thoughts of suicide or suicide attempts. Healthcare professionals are also reminded to advise patients to be alert to these risks. It is not possible from available data to indicate a frequency nor period of risk for these potential adverse reactions.

[Patients should be advised to seek medical attention for any psychiatric symptoms, even if it has been some time since they stopped taking the medication.](#)

Non-steroidal anti-inflammatory drugs (NSAIDs): potential risks following prolonged use after 20 weeks of pregnancy.

Use of systemic (oral and injectable) NSAIDs such as ibuprofen, naproxen, and diclofenac is contraindicated in the last trimester of pregnancy (after 28 weeks of pregnancy). A review of data from a 2022 study has identified that prolonged use of NSAIDs from week 20 of pregnancy onwards may be associated with an increased risk of oligohydramnios (low levels of amniotic fluid surrounding the baby) and fetal renal dysfunction. Some cases of constriction of the ductus arteriosus (narrowing of a connecting blood vessel in the baby's heart) have also been identified at this early stage.

[If, following consultation between the patient and a healthcare professional, use of a systemic NSAID after week 20 of pregnancy is considered necessary, it should be prescribed for the lowest dose for the shortest time and additional neonatal monitoring considered if used for longer than several days. This is in addition to giving advice to discontinue use of any NSAID in the last trimester of pregnancy.](#)

Frimley formulary Updates

- Finerenone for treating chronic kidney disease in type 2 diabetes has been added with **GREEN** prescribing status. Use is as per NICE guidance for stage 3 and 4 chronic kidney disease (with albuminuria) associated with type 2 diabetes in adults. A document to support primary care prescribers is available [here](#)
- In line with NHS England, the blood glucose test strips & insulin needles for type 2 diabetes formulary has been updated. It can be found [here](#)
- Guidance for prescribers for testosterone transdermal gel for low libido in menopausal & post-menopausal women can be found [here](#)
- Dapagliflozin for chronic kidney disease in adults has been added as **GREEN**. A document to support primary care prescribers is available [here](#)
- New MO position statement: [Treatment of dental pain and infections in primary care](#). Confirmation that GPs are not appropriate or responsible for treating dental problems.

Save the date: 18th October

For our October MOTea webinar we have Fiona Wyles, Asthma Clinical Nurse Specialist, joining us to give an update on asthma management.