



To contact NHS BSW ICB Medicines Optimisation Team:

✉ [bswibc.prescribing@nhs.net](mailto:bswibc.prescribing@nhs.net)

Website: <https://bswtogether.org.uk/medicines/>



**BSW ICB Medicines Optimisation Team would like to wish all our healthcare professional colleagues a VERY Merry Christmas and a Happy New Year . We look forward to working with you in 2023 !**

## BSW Area Prescribing Committee (APC) Updates

The [BSW APC website](#) includes info on the APC and BSW formulary decision making process. Decisions from November 2022 meeting can be found in full [here](#). Of particular note:

- [Estradiol 1mg/micronised progesterone 100mg](#) oral capsules (**Bijuve®**) added with **GREEN TLS** This is a bioidentical preparation and a useful second line option if adverse effects experienced with synthetic preparations. Note the [BSW HRT formulary guidance](#) is currently being updated.
- **Beclometasone dipropionate 172mcg/formoterol fumarate 5mcg/glycopyrronium 9mcg per dose pMDI (Trimbow 172/5/9®) and Indacaterol acetate 114mcg/glycopyrronium bromide 46mcg/mometasone furoate 136mcg per dose DPI (Enerzair® Breezhaler 114/46/136)** see [Formulary](#) These are triple inhalers with high dose steroid component. Added to BSW formulary as an option for adult patients with **asthma** requiring high dose ICS/LABA/LAMA in one formulation. Both inhalers have been assigned **GREEN TLS** to reflect that primary care have experience of titrating ICS upwards and adding in LAMA for asthma patients. However, we recommend at this stage in therapy primary care should 'consider referring for advice' to help flag patients that may benefit from advice from, or referral to, secondary care. These inhalers will be included in the BSW asthma guidance which is currently being produced in conjunction with local specialist respiratory teams. Enerzair Breezhaler DPI has a low carbon footprint 🌱 but Trimbow pMDI has a high carbon footprint 🔥. **Note the importance of correct product selection.** These high strength triple inhalers are included **only for use in asthma** and are not currently licensed for COPD. Trimbow pMDI remains available in a lower strength (87/5/9) which is used in asthma and COPD.
- **UPDATED - [BSW Oral Nutrition Supplements Formulary](#)** – Aymes Actagain Juice replaces Altrajuce as second line juice style ONS. **AMBER TLS**. Should only be prescribed on the recommendation of a dietitian or specialist nurse with a review plan in place.
- **NEW – [Use of SGLT2 inhibitors in T2DM, Heart Failure and Kidney Disease](#).**
- **UPDATED (Urgent Chairs action) - [BSW Management of Infections in Primary Care Full Guideline](#) and [BSW Quick Ref Guide children](#)** have been updated to incorporate [NHSE/UKHSA interim guidance on Group A Streptococcus for children](#)

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## Cost savings - Drug Switch of the Month - Quinine Bisulphate

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**Quinine bisulfate 300mg tablets (£20.78 for 28 tablets) to quinine sulfate 200mg tablets (£1.68 for 28 tablets)**

We recommend reviewing people in line with the following MHRA advice: [Quinine: not to be used routinely for nocturnal leg cramps](#)  
If ongoing use of quinine is necessary, then switching will save **£19.10 per pack of 28 tablets**.

N.B. Optimise RX will pop up with a message which says 'Quinine bisulfate 300mg tablets provide more quinine than 200mg of the sulfate salt (165mg quinine base in 200mg quinine sulfate tablets compared to 178mg quinine base in quinine bisulfate 300mg tablets)', but a December 2014 MHRA alert clarifies this by stating '200 mg quinine sulphate is equivalent to around 300 mg quinine bisulphate' which makes them clinically equivalent.

**\*Remember to complete, and submit the cost savings form which was emailed to you from [bswibc.prescribing@nhs.net](mailto:bswibc.prescribing@nhs.net)**

## The Department of Health and Social Care has issued Serious Shortage Protocols for EIGHT phenoxymethylpenicillin products. SSPs 040-047 found [here](#)

The SSPs will enable community pharmacists in the UK to supply specified substituted phenoxymethylpenicillin products up to the duration of treatment prescribed. The SSPs came into effect on 16<sup>th</sup> December and are currently due to expire on Friday 31 January 2023.

<https://www.nhs.uk/whatson/phenoxymethylpenicillin-serious-shortage-protocols>

## Emergency Access to Medicine Scheme -

The purpose of this scheme is to ensure prompt access to certain prescription-only medicines that may be needed in an emergency from pharmacies spread across BSW. These medicines include, but are not limited to, "End of Life" drugs. There are currently 24 pharmacies that take part in this scheme

[Emergency Access To Medicines Scheme – list of medications](#)

[Emergency Access to Medicines Scheme information – participating pharmacies](#)

## RUH laboratory equipment and result changes January 2023 -

RUH have changes underway in their blood science laboratory. Information can be found : [here](#)

In light of this BSW ICB have updated our B12 guidance with the new ref ranges; [Investigation, treatment and review of Vitamin B12 \(cobalamin\) deficiency](#)

## New safety measures for Valproate Pregnancy Prevention Programme -DSU December 2022

Found [here](#) Following a new safety review conducted in light of concerns that the current regulatory requirements for safe use are not being consistently followed, the Commission on Human Medicines (CHM) has advised that there should be greater scrutiny of the way valproate is prescribed and that further risk minimisation measures are required – in particular that 2 specialists should independently consider and document that there is no other effective or tolerated treatment for patients aged under 55 years. **New measures will be implemented over the coming months.** In the meantime, clinicians should continue to follow the existing strict precautions, including that valproate should not be prescribed to female children or women of childbearing potential unless other treatments are ineffective or not tolerated and that any use of valproate in women of childbearing potential who cannot be treated with other medicines is in accordance with the Pregnancy Prevention Programme.

## Useful SPS resources – NEW

Where children are **unable to swallow** oral solid dose forms, **Specialist Pharmacy Service (SPS)** have provided advice on how to give doses by **dispersing or crushing tablets or opening capsules**. Use in this way is outside the product license ('off-label'): <https://www.sps.nhs.uk/articles/using-solid-oral-dosage-form-antibiotics-in-children/>

- These suggested resources aim to help primary care healthcare professionals find information on answer questions about **contraception and reproductive health** including advice on contraceptive use in breastfeeding women, and PGD templates for contraceptives. [Information resources to support answering questions on contraception](#)
- These suggested resources aim to help primary care healthcare professionals find information on **complementary medicines** such as **herbal medicines** or **dietary** supplements, including guides to herbal medicine use in **pregnancy and breastfeeding**. [Information resources to support answering questions on complementary medicines](#)
- The SPS website have published a series of resources on **temperature management for medicines storage** including advice on monitoring temperature during transportation and managing temperature excursions. [Read more here](#).
- Useful suggested resources can help primary care healthcare professionals find information to answer questions **about side-effects of medicines** [Information resources to support answering questions on adverse drug reaction](#)
- [Assessing the impact of renal impairment on medicines safety in adults](#) Published 16 December 2022

Topics: [Renal and urologic disorders](#) · [Training and Development materials](#)

We advise on points to consider when undertaking medication reviews in people with kidney disorders, along with **how to calculate kidney function**

If you cannot find the information you need in the resources listed, or your clinical scenario is complex, primary care health professionals can seek further advice from SPS [Medicines Advice Service](#)

### Nice Info – Did you know?

NICE have produced a **patient decision aid on asthma inhalers and climate change**. [NG80 Asthma inhalers and the environment patient decision aid](#) ([nice.org.uk](https://www.nice.org.uk)) There is also a short [NICE Talks podcast](#) about using this decision aid in practice. The aid supports people with asthma to consider whether they might be able to use inhalers which have a smaller **carbon footprint** as part of their treatment plan.

### Reducing harm from opioids – free resources

The West of England AHSN have launched a package of free resources for healthcare professionals working in primary care to support a reduction in the harm from opioid prescribing. The resources include an easy-to-follow guide packed with ideas, templates and tips. It'll talk you through how to identify at risk patients, training and best practice examples.

The guide provides a framework to support this year's **QOF Quality Improvement Domain for Prescription Drug Dependency** and has overlap with the IIF Structured Medication Reviews for potentially addictive medicines.

Find out more about the resources and access the opioid harm reduction guide by following the link below, see section titled 'What Help is available? Guide for Primary Care to Reducing Harms from Opioids'

<https://www.weahsn.net/our-work/improving-patient-safety/medicines-safety-improvement-programme/medicines-safety-improvement-programme-resources/>

## NEW BSW ICB Policy continuous glucose monitoring **CGM** for **Type 1 Diabetes** is published

And can be found [here](#)

NB :People living with Type 2 Diabetes: The updated NICE guidance NG28 and its recommendations will be considered for funding in 23/24, but our historic policy continues whereby people living with T2 diabetes can receive prescribable rt or isCGM if they meet certain criteria- see policy for details

### Prescribing Antivirals for influenza prophylaxis and treatment

**UKHSA surveillance data indicates that influenza is circulating in the community**

Prescribers working in primary care may now prescribe, and community pharmacists may now supply antiviral medicines (**oseltamivir and zanamivir**) for the **prophylaxis and treatment of influenza at NHS expense**. This is in accordance with NICE guidance, and Schedule 2 to the National Health Service (General Medical Services Contracts (Prescription of drugs etc) Regulations 2004), commonly known as the Grey List or Selected List Scheme (SLS).

Antiviral medicines may be prescribed for patients in clinical at-risk groups as well as anyone at risk of severe illness and/or complications from influenza if not treated.

Further information is provided in the attached document from the Chief Medical Officer and Chief Pharmaceutical Officer.

[CMO and Chief Pharmacist antiviral medicine authorisation.pdf](#)

### [Medicines optimisation website](#) Update

#### New documents

- **Controlled Drug (CD) Reporting** (Link) [found here](#)
- **What you need to know about Reducing and stopping opioids** (information leaflet for patients) [found here](#)

#### Updated documents

- **BSW ICB Erectile Dysfunction – Primary Care Prescribing Advisory Summary**[found here](#)
- **BSW Prescribing 2022-23 Savings Recommendations Prescribe Well – Spend Less (December 2022)** [found here](#)
- **Comm Pharm Penicillin v1.2 Sore throat PGD BSW** [found here](#)
- **Comm Pharm Clarithromycin Sore throat PGD BSW** [found here](#)