

To contact NHS BSW ICB Medicines Optimisation Team: ✉ bswicb.prescribing@nhs.net
Website: <https://bswtogether.org.uk/medicines/>

BSW Area Prescribing Committee (APC) Updates (see all recent decisions in full [here](#))

New additions to BSWformulary and Change in Traffic Light Status

FreeStyle Libre 3® –FreeStyle Libre 3 Sensors (FSL3) recently launched by Abbott have been added to the Drug Tariff. FSL3 sensors are NOT interchangeable with FSL2 Sensors. While we evaluate the provision of these sensors and criteria for use, they have been added with **RED** TLS and should not be prescribed in primary care. They are only for patients on hybrid closed loops via secondary care.

Riluzole 50mg orodispersible films new formulation added as **AMBER** for patients with swallowing difficulties. **NB** Orodispersible tabs are more cost effective than liquid.

Lidocaine 4% cream (LMX4) – added as an alternative, cost-effective topical anaesthetic for use before venous cannulation or venepuncture **GREEN** TLS

New and Updated Shared Care Agreements and Prescribing Guidance

NEW – **Daridorexant for long-term insomnia** Daridorexant has been added to BSW formulary with a **GREEN** TLS . The guidance aims to assist prescribing in primary care. Further info is awaited from NHSE re availability of digital CBT-i ,which is 1st line before prescribing.

- **NEW** – **Rimegepant for treating acute migraine** Rimegepant has recently been added to BSW formulary with a mixed TLS depending on indication. This guidance aims to assist prescribing Rimegepant for acute treatment in primary care (**GREEN** TL). Use of rimegepant for prevention of migraine has a **RED** TL currently.
- **Updated** – **Management of infection guidance in primary care** – Information from recent **MHRA DSU** added to support safer prescribing of fluoroquinolones. Giardia treatment options revised; tinidazole has been discontinued and BNF recommended metronidazole.

Minor amendments to Netformulary

External website links added to relevant entries:

- [NHSE Commissioning recommendations for national procurement for DOACs](#)
- [DHSC: Influenza season 2023/24: Use of antiviral medicines](#)
- [SPS: Managing interactions with methotrexate](#)
- [SPS: Use of nefopam for chronic pain](#)
- [NatPSA: Potential for inappropriate dosing of insulin when switching insulin degludec \(Tresiba®\) products](#)
- [PrescQIPP: Right to choose](#)

The BSW joint formulary remains under construction and is designed to be an evolving, dynamic resource. We are working to ensure the messages on GP prescribing systems and Optimise Profiles are in line with the joint formulary. If you discover information you believe to be inaccurate or misleading, or for further information, email bswicb.formulary@nhs.net

Valproate Safety Improvement

UK Chief Medical Officers have issued a [CASValproateSafety2024](#) letter highlighting the importance of the NEW regulatory measures for valproate prescribing. It is a reminder to ensure valproate is not started in new patients unless there are exceptional circumstances and existing patients prescribed valproate are fully informed of its potential risks. Two independent specialists must review and document, using the required risk acknowledgement form, that there is no other effective or tolerated treatment. Valproate is associated with 11% risk of malformations and 40% risk of neurodevelopmental delay in children with prenatal exposure. In male patients' valproate is associated with infertility and recent data may suggest an increased risk of neurodevelopmental disorders in children whose father took valproate in the three months before conception. No one should stop taking valproate without advice from the specialist due to potentially serious risk of worsening epilepsy or mental health. A guide for patients and other resources are available [here](#). In 22/23 GP Practices **audited** the Valproate Pregnancy Prevention Programme (PPP) and produced a local procedure to facilitate safe valproate prescribing and monitoring. **The Arden's Valproate Monitoring Template** includes the new patient guide, prompts to check the new regulatory requirements are in place and coded/documented. Audit results showed, 57% of women aged 12 – 55yrs prescribed valproate were deemed to require a PPP. There was a 50% uptake of highly effective contraception and communication/coding of the annual risk assessment within the GP clinical record was 54%. Indications were 66% Epilepsy, 30% Mental Health, 4% migraine/mixed. The results reflect the procedures for valproate safety *across the whole system pathway* not solely GP Practices.

Responding to these improvement themes BSW ICB is facilitating a system wide approach to valproate safety with key stakeholders from across the system. We have established a **BSW System -Valproate Safety Improvement Group**. Focus themes for improvement include:

- Defining roles and responsibilities for *all* system stakeholders within the pathway
- Improving documentation via digital records/registers electronic prompts (optimise Eclipse, searches, Arden's, ICR)
- Identifying and addressing inequalities (20% of people prescribed valproate within BSW also have an LD read code)
- Organising education (webinars/newsletters) for HCPs
- Improving uptake of highly effective contraception
- Defining measures for improvement

Contact bswicb.prescribing@nhs.net if you would like to be involved in valproate safety improvement activities, we would value your input.

Community pharmacy contraceptive service

To support local community pharmacy contraceptive services BSW ICB have created a useful one page document outlining **formulary choices ,which should be adhered to -**

[Oral Contraceptive Formulary Choices](#)
See also - [Pharmacy Contraception Service – FAQs - Community Pharmacy England \(cpe.org.uk\)](#) for more information

Tirzepatide (Mounjaro®)

Tirzepatide (Mounjaro®) 2.5mg/0.6mL and 5mg/0.6mL KwikPen is now available in the UK market for T2DM but not yet in the Drug Tariff so is currently **non-formulary**. The Drug Tariff is updated monthly, with an anticipation of including the product in March or April 2024 edition.

The KwikPen® formulation is also not able to be prescribed digitally as is not yet included on Systmone. As of 5 February, digital prescribing systems only list the autoinjector formulations (2.5mg/0.5mL & 5mg/0.5mL), however, these are not available on the UK market.

The formulary team will discuss at the next APC meeting to ratify Tirzepatide's traffic light status, with a proposed formulary TLS as GREEN. Further information will be provided once the Kwikpens become available to prescribe and formulary status is amended.

PrescQIPP resources

PrescQIPP have recently produced or updated a range of useful resources, including:

- Their [IMPACT \(Improving Medicines & Polypharmacy Appropriateness Clinical Tool\) bulletin](#) which has been updated to include new STOPP START & Beers criteria. This tool provides support to clinicians carrying out medication reviews, highlighting high priority interventions & links to deprescribing algorithms.
- A new [Reducing opioid in chronic pain bulletin](#) discusses the processes and resources available to support opioid reduction. There are also supporting resources include an audit, GP clinical system searches, patient information leaflets and text message templates.
- A new bulletin on [Documenting outcomes from medication review](#). This includes an Excel evaluation tool, to help capture & estimate the cost-effectiveness of medication reviews, by focusing on potentially avoidable hospital admissions.

If you are not familiar with PrescQIPP and their wide range of resources, including bulletins, implementation tools, data hub, training, webinars and virtual professional groups, they are running introductory/refresher webinars. [Sign up here](#).

See also -

[Flyer for practice / PCN pharmacists and pharmacy technicians](#)

[Flyer for community pharmacists](#)

[Flyer for acute trusts, mental health trusts and community health services pharmacists and pharmacy technicians](#)

Metoject pen- device change

Medac Pharma have advised that all strengths of Metoject (Methotrexate) pens are changing to a button free auto injector version from March 2024 .

NEW FEATURES*

- **2-step autoinjector** without release button
- **Acoustic signal** at beginning and end of injection
- **Inspection window** to check injection complete
- **Needle always hidden** inside blue needle cover
- **Larger labelling** with colour code
- **Angular shape** with anti-rolling-feature

For Practice colleagues - **a search to identify patients affected** can be found here: Clinical Reporting> BSW General Practice> Medicine Optimisation Team> a Medicine Supply Disruption> Metoject Pen on Current Repeat – New Auto injection Device from March 2024
Sharing these materials via Accurx message **will help to facilitate a smooth transition to the new device.**

Medac Pharma have produced a video to highlight the change to patients and to ensure they are informed of how to use the new device, found here

- [Metoject PEN demo video 2024 \(vimeo.com\)](#),

Further training and supporting material information here - <https://metoject.co.uk/patients/new-pen/>.

Community pharmacy colleagues are asked to **counsel patients** using the resources when the new device is supplied.

££££££££ Cost Saving drug switch of the month Co-codamol 30/500mg brands/generic to Emcozin -££££££££

	Pack size	Cost
Emcozin 30mg/500mg tablets	100	£2.94
Co-codamol 30mg/500mg tablets	100	£3.80
Zapain 30mg/500mg tablets	100	£3.11

**Final offer of support **

As we are now approaching the end of FY 23/24, please remember to complete and submit the cost savings recording template which accompanied your practice quarterly report to bswcb.prescribing@nhs.net. Pharmacy technician support can be offered on a first come first serve basis. Please do not delay making contact if your practice is wishing for support to achieve this.

In the past 12 months BSW ICB have spent over £500k on generic and Zapain branded co-codamol 30mg/500mg tablets. By prescribing the Emcozin brand instead, approximately £70k could be saved each year. An OptimiseRx alert has been activated to suggest prescribing Emcozin for new patients only, to allow community pharmacies to utilise existing stock of other brands and maintain the supply chain of Emcozin. The medicines optimisation team have been assured by the manufacturers that it is fully stocked in AAH, Alliance and Phoenix wholesalers.

Reminder ! Opportunity for a pharmacist-led clinical review of blood glucose test strips (BGTS)

The ICB Medicines Optimisation team invite practices to participate in a pharmacist-led clinical review of blood glucose test strips (BGTS) and meters. The service is an arm's length service funded by a range of BGTS manufacturers and delivered by Interface Clinical Services so both practices and patients can be offered a choice of a range of low-cost, Formulary- aligned systems within the reviews. **Practice input and time is minimal** ,just an initial discussion around any exclusions preferred.

The review will:provide patients with **more contemporary equipment**, educational materials, and the opportunity for a clinical consultation with a pharmacist, reduce practice prescribing costs and improve formulary compliance.

Any savings generated will count towards the Eclipse savings component of the prescribing incentive scheme in this or next financial year (if the practice has already achieved this year's target).

If you have yet to express your interest, please contact the BSW Prescribing Inbox for further information: bswcb.prescribing@nhs.net

NB reviews do not need to be booked immediately they can be booked in April or May, however if you make contact with interface Clinical services NOW the project's funding will be ringfenced and your practice will not miss out.

Medicines Optimisation website

Updated documents

Savings Recommendations Prescribe Well Spend Less

[Prescribe well spend less - January](#)

Improving Medicines & Polypharmacy Appropriateness Clinical Tool [PrescQIPP Impact](#)

Resources to support patients having a Structured Medication Review [Structured Medication Review](#)

To ensure you are always using the most up to date information, please always search for our latest documents and information via [Medicines - Medicines](#) (bswtogether.org.uk)

POD Transition

POD resources are now available on **team net** and will continue to be added to over the next few weeks. Primarily to support POD practices as part of the transition process but there may be resources here that are useful to all e.g. NHS App info, RD searches, our SOPs, webinars dates on our more specialist areas like dietetics, appliances, managing DDS and Care home requests