



To contact NHS BSW ICB Medicines Optimisation Team: ✉

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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 2025!

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

New additions to BSWformulary and Change in Traffic Light Status (TLS)

- **Loperamide Orodispersible** – Added with a **RED** TLS as an option for oncology teams to use in people with oesophageal cancer where opening capsules or crushing standard tablets has not been successful.
- **Primidone tablets** – Added as **AMBER** for essential tremor to allow GPs to prescribe following specialist initiation or recommendation.
- **Risankizumab** and **Etrasimod** – Included as options in the updated [BSW Inflammatory Bowel Disease Pathway](#) for treatment of ulcerative colitis as per NICE TA998 and TA956 respectively.
- **Linzagolix Tablets** – Added as **AMBER** in line with NICE TA996. New local guidance published here: [Linzagolix \(Yselty\) for treatment of uterine fibroids](#)

New and Updated Prescribing Guidelines and Shared Care Agreements

- **UPDATE - BSW Malnutrition screening tools** - This **MUST** pathway combines the previous two documents. It links into prescribing and gives guidance for starting, reviewing and stopping.
- **UPDATE - BSW Oral Nutrition Supplements adult formulary** – Dietetic support varies across BSW, this pathway guides prescribers to be able to prescribe for patients at risk, or suggest they purchase OTC, first line products to try before referring to dietitians.

Minor amendments to Netformulary

- Wording amended to **Penthrox®** entry
- **Victoza** brand of liraglutide has been discontinued and removed from formulary.
- **Shingrix®** vaccine programme had been updated.
- Clarification that **aspirin enteric coated** are non-formulary.

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

Guide to Malnutrition Screening and Oral Nutritional Supplements (ONS) Prescribing UPDATED GUIDE – [Quick Guide to Malnutrition Screening and Oral Nutritional Supplement \(ONS\) prescribing](#)

- The **new MUST pathway** has streamlined 2 pathways which previously existed for Community and Care Homes into 1 document.
- A quick reference guide for preferred first choice ONS is now embedded within the document for ease.
- 'Food First' remains the mainstay of malnutrition management with ONS prescribing only where this approach has been maximised with no improvements.
- Our ONS formulary [ONS-Adult-Formulary-BSW-October-2024.pdf](#) has also been updated. **Aymes Shake** is now the preferred first line powdered supplement where [prescribing criteria](#) have been met. **Altraplen Energy 200ml** is the preferred first line ready made supplement where required.

Please contact

bswicb.prescribingsupportdietitians@nhs.net with any queries

How a team culture shift can reduce high dose opioid prescribing in chronic pain

Over the last four years Abbey Meads medical Practice in Swindon have successfully adopted a team approach to reduce inappropriate high dose opioid prescribing. Their data from [OpenPrescribing](#) speaks for itself.

Opioid items with likely daily dose of $\geq 120\text{mg}$ morphine equivalence compared with prescribing of all items of these opioids



Key Messages from [Opioids Aware | Faculty of Pain Medicine](#) remind us that there is little evidence that opioids are helpful for chronic pain and the risk of harm increases substantially at doses above an oral morphine equivalent of 120mg/day, but there is no increased benefit: tapering or stopping high dose opioids needs careful planning and collaboration.

Thank you to Syma Rasool the Lead Clinical Pharmacists at Abbey Meads who has shared the following key steps they took as a practice team to facilitate this change:

- Prioritising reducing inappropriate high dose opioid prescribing for non-cancer pain.
- Identifying a named Pain Champion to lead a quality improvement approach
- Education & a consistent approach for all the practice team (including reception)
- Multidisciplinary clinical meetings to provide peer support for clinicians.
- Taking [The Live Well with Pain 10 Footsteps](#) approach and education
- Regular review tailored to the individual.
- Making every contact count by using information leaflets to reinforce messages, even for patients at the pre-contemplative stage. People may not realise the side effects they are experiencing are related to opioids e.g. [BSW Reducing or Stopping Opioids leaflet](#) Text templates also helped with this.
- Using [Live Well with Pain 10 Footsteps for Carers](#) really helped those people lucky enough to have support from a close friend or family.

££££ Cost Saving drug switch of the month - Rizatriptan 10mg tablets and oral lyophilisates switching to orodispersible tablets ££££

| Product | Pack size | Cost |
|--|-----------|--------|
| Rizatriptan 10mg orodispersible tablets sugar free | 3 | £5.48 |
| Rizatriptan 10mg tablets | 3 | £7.11 |
| Maxalt 10mg tablets | 3 | £13.37 |
| | 6 | £26.74 |
| Rizatriptan 10mg oral lyophilisates sugar free | 3 | £13.37 |
| | 6 | £26.74 |
| | 12 | £53.48 |
| Maxalt Melt 10mg oral lyophilisates | 3 | £13.37 |
| | 6 | £26.74 |
| | 12 | £53.48 |

In the past 12 months, £140k has been spent on rizatriptan 10mg preparations. By prescribing as orodispersible tablets, **over £44k can be saved across BSW**. Please note, the orodispersible tablets are the only rizatriptan formulation now included on the formulary.

Medicines Optimisation website

Updated documents

Safe Valproate Prescribing in Female - Role and Responsibility Flowchart

[Memo for Safe Valproate Prescribing female-1.1-Oct-2024.pdf](#)

BSW Prescribing 2024-25 Savings Recommendations Prescribe Well – Spend Less- [PWSL -December 2024](#)

To ensure you are always using the most **up to date** information, please always check and search for our latest documents and information via the [BSW ICB Medicines Optimisation Team website](#)

Appliances - Did you Know?

When issuing catheters - any Leg/ night bag any can be issued for compatibility. The only time a patient may require a different Leg/Night bag would be a personal preference. i.e Size or capacity

Leg bags could be length of tube – Long 30cm or short 10cm - 500ml is a standard issue Leg bag.

Night bags could be capacity - 2 litre (standard use), always issue Single use - (these are drainable but have a non-return lever or slide tap) rather than drainable night bags. You will be able to tell the difference on these by the cost. Drainable night bags range from £12 upwards x10, whereas single use start from £3-6 x10. See also - [BSW Continence and Urology Products Formulary](#)

Further useful information can be found in our Special edition appliance MOP UP , found [here](#) For any questions, please contact Jackie at bswicb.prescribing@nhs.net

Exciting news in ASTHMA!



Points to Remember:

NO SABA without ICS in asthma!

STOP SABA if starting AIR or MART regimes!

(ICS/formoterol have a class effect, although licenses for MART and AIR vary, and some may be used off-label. Please refer to the SmPC - Summary of Product Characteristics - of the product you are prescribing for correct dosing and further information.)

The long awaited [NICE/BTS/SIGN asthma guideline \[NG245\]](#) was published on 27/11/24 and is now available. The guideline also contains various resources you can find [here](#).

Our team is **working on our local asthma guidelines, we are also updating the formulary, building searches and planning various educational events**, so please watch this space!

In the meantime, there is a very informative PrescQIPP Clinical Masterclass with Prof Anna Murphy Consultant Respiratory Pharmacist you can catch up on [here](#).

The Primary Care Respiratory Society (PCRS) summarised the new guidance and put together a useful guide available to download here: [New asthma guidelines infographic - FINAL](#)

Varenicline added to [Formulary](#)

After Champix brand was removed from the market in 2021 due to impurities, generic versions of varenicline, have now been approved by the MHRA and reintroduced. From Dec 2024 varenicline is approved again for use in BSW in line with local smoking guidance [BSW Community Stop Smoking Guide](#) Also see NCSC information [Varenicline](#)

Answering queries – can we help?

The Medicines Optimisation team are happy to answer queries sent to bswicb.prescribing@nhs.net inbox. **NB** do not send identifiable patient details unless specifically asked for.

Did you know that you can find answers to some queries via our **Medicines Optimisation /APC website** - <https://bswtogether.org.uk/medicines/> and [Formulary](#)

Queries we cannot answer – Enteral feed queries and any individual patient clinical queries , please direct your query to Medicines Information [Contact details for M.I.](#) Healthcare professionals in primary care (including community pharmacy) in England can now get in touch using a single contact number (telephone **0300 7708564**) and email address (asksp.nhs@sps.direct) to access Medicines Advice.