

## MEDICINES MANAGEMENT

### Methotrexate 10mg tablets

Practices are reminded that methotrexate 10mg tablets are **GREY** in SEL and not recommended for routine prescribing. Prescribing 10mg tablets, or mixed strength prescriptions, has been identified as an ongoing issue that can increase the risk of harm from errors and puts patients at risk of fatal overdoses. The SEL Position Statement and template patient letter can be [found here](#).

#### Action:

- For patients prescribed 'low dose' methotrexate oral therapy (i.e.  $\leq 25\text{mg}$ ), only prescribe 2.5mg tablets
- Identify and safely switch existing patients being prescribed 10mg tablets. Consider using SEL patient letter template.

### Royal Greenwich Pharmaceutical Needs Assessment (PNA) consultation

The Royal Borough of Greenwich Health and Wellbeing Board are inviting all to participate in The PNA consultation.

#### Action:

- The PNA consultation draft that can be accessed [online](#).
- You can comment on the presentation by emailing [pna@healthydialogues.co.uk](mailto:pna@healthydialogues.co.uk).
- The consultation closes on the 10<sup>th</sup> of December 2022 at midnight and final PNA that will be published by December 2022.

### Joint Working with Pharmaceutical Industry (PI)

When pharmaceutical representatives collaboratively work with practices and NHS clinicians on their products, it is the expectation that they make a clear reference to products available on the [South East London formulary](#) **only**. Any joint working between NHS and PI should be conducted in an open and transparent manner and in accordance with [Code of Practice for the Pharmaceutical Industry \(ABPI guidance\)](#).

**Action:** Deviation from this practice should be brought to the attention of the pharmaceutical representative, as well as the Medicine Optimisation Team to be investigated.

### New Pan-London Medicines Formulary

The new Pan-London Medicines Formulary is intended for use as a comprehensive regional source, to be adopted and adapted where relevant, using local governance processes for use. It is in development and currently only medicine under ophthalmology is available, with upcoming topics listed.

**Action:** To access the formulary, please click [here](#).

### Herbal Medicines: Safety during pregnancy

This resource reviews the safety of commonly used herbal medicines during pregnancy such as potential interactions and general advice.

**Action:** To access, [click here](#).

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### Monthly Drug Tariff Watch

The new Drug Tariff Watch is a document produced and updated monthly by Greenwich Medicine Optimisation for the use and benefit of primary care clinicians. It provides information on the previous month price concessions, changes in drug tariff prices over the last 3 months as well as current serious shortages.

#### Action:

- Serious Shortages: please consider the recommendations provided
- Price concession: Please contact your prescribing advisor for advice if stock has become unavailable, or items cannot be dispensed due to significant cost difference.
- Please see attachments 1 and 1b for further information

The Drug Tariff Watch should be used as reference only (stock availability can change)

### Respiratory inhaler classification tool

To support practices with the contractual work associated with respiratory indicators, a RAG (Red, Amber & Green) inhaler list has been developed to be used in conjunction with SEL position statement until Pan-London formulary is available. The list classifies inhaler devices available based on their carbon footprint, device type and position on the SEL formulary.

**Action:** To access the inhaler RAG list, see attachment 2.

### NG80 Asthma Inhalers and the environment patient decision aid

This decision aid can be used to help support conversations between patients and healthcare professionals if patients are interested in reducing the carbon footprint of their asthma treatment.

**Action:** Please click [here for further information](#).

### Appropriate prescribing of antipsychotic medication in dementia resource

This resource provides guidance and information on uses, risks and alternatives to antipsychotic medication, risk reduction in antipsychotic prescribing, and support for local systems to deliver best practice in antipsychotic prescribing and de-prescribing where appropriate.

**Action:** To access the resource, [click here](#).

### Updates to NICE CKS topic

**Contraception-Progestosterone-Only Methods:** This topic has been reviewed to align with the updated Faculty of Sexual and Reproductive Health (FRSH) guideline. For further information, please [click here](#).

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### SEL Integrated Medicines Optimisation Committee (IMOC)

#### NEW

1. The Diabetes sub-group of the SEL IMOC has developed and updated the following guidance to reflect [NICE guideline \[NG28\] - Type 2 diabetes in adults:](#)
  - **[New]** Guidance to support appropriate choice and safer [Prescribing of sodium glucose co-transporter 2 \(SGLT2\) inhibitors in adults with Type 2 Diabetes Mellitus \(T2DM\)](#)
  - **[Updated]** [T2DM glycaemic control management pathway for adults](#)
  - **[Updated]** [GLP-1 analogue pathway for adults with T2DM & GLP-1 information sheet](#)
2. [Antidepressant in pregnancy and breastfeeding guidance](#) and [poster](#) to highlight the importance of managing maternal depression and the risks of inappropriate management.
3. [Formulary inclusion](#) of apixaban (Eliquis™) 2.5mg tablets (**red** category, hospital only prescribing) as a second line option where vitamin K antagonist therapy is inappropriate in adults undergoing haemodialysis for: the prevention of recurrent venous thromboembolism **or** the prevention of stroke and systemic embolism in adults with non-valvular atrial fibrillation. Please refer to the [formulary recommendation](#) for further details.
4. [Formulary inclusion](#) of Relvar Ellipta™ (fluticasone furoate and vilanterol trifenate) as **amber 1**: Initiation in primary care after a recommendation from an appropriate specialist) for the management of asthma in children aged 12 years old and over. Please refer to the [Evelina paediatric formulary](#) for further information.
5. [Formulary inclusion](#) of Fiasp™ insulin (insulin aspart) for the management of diabetes mellitus in children and young people as **amber 2** (*initiation and first prescription from the specialist diabetes team*). Please refer to the [formulary recommendation](#) for further details, including criteria for use.
6. [Formulary inclusion](#) of methylprednisolone 100mg tablets as **amber 1**: Initiation in primary care after a recommendation from an appropriate specialist for the treatment of relapse of multiple sclerosis in line with NICE recommendations. Please refer to the [SEL Joint Medicines Formulary](#) for further information.
7. [Formulary inclusion](#) of melatonin 2mg modified release tablets as **green** for the short-term treatment of primary insomnia in adults aged 55 or over (licensed indication). Please refer to the [SEL Joint Medicines Formulary](#) for further information.
8. [Formulary inclusion](#) of dienogest (Zalkya™) 2mg tablets for the management of endometriosis as **amber 2**. Please refer to the [formulary recommendation](#).

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### SEL IMOC continued

#### UPDATED

- [Formulary recommendation 055](#) - calcipotriol/betamethasone cutaneous foam spray (Enstilar™) for the treatment of psoriasis vulgaris in adult patients has been updated to reflect maintenance treatment with Enstilar™ and the relevant patient counselling information.
- The time limit on [Formulary recommendation 126](#) - pitolisant hydrochloride to improve wakefulness and reduce excessive daytime sleepiness in adult patients with idiopathic hypersomnia has been removed following submission of outcome and safety data.
- [Formulary recommendation 105](#) - testosterone in topical gel formulation for use in women with decreased libido in the menopause has been updated with the new Testogel™ formulation (*Testogel™ 40.5mg in 2.5 grams*) following the discontinuation of Testogel™ 50mg in 5 grams.

#### Drug Safety

#### Methylphenidate long-acting (modified-release) preparations switches

Prescribers should use caution if switching patients between different long-acting formulations of methylphenidate (Concerta XL®, Medikinet XL®, Equasym XL®, Ritalin LA® and generics) due to the differences between formulations such as dosing frequency, administration with food and overall clinical effect.

#### Actions for practices:

- For more information, please click [here](#).
- prescribe methylphenidate long-acting formulations by brand name and follow specific dosage recommendations for each formulation
- consult with the patient/care giver to discuss changes, symptom management and side effects if considering switch to another long-acting preparation.

#### Nebulised asthma rescue therapy in children

Home use of nebulisers in paediatric asthma should be initiated and managed only by specialists. For more information, [click here](#).

## SYSTEM DEVELOPMENT AND PRIMARY CARE

### Non-Site-Specific 1 Cancer Referrals: Blood Test Group Update

When making a referral to Rapid Access Diagnostic Clinics (RADCs) in South-East London, ensure you request the either 'Non-Specific Symptoms (Male)' or 'Non-Specific Symptoms (Female)' on T-Quest. Without the correct request, the team is unable to assess the patient.

### Contact Details

**Meds Management:** [greenwich.pharmacy@selondonics.nhs.uk](mailto:greenwich.pharmacy@selondonics.nhs.uk)  
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