



South East London (Southwark) Medicines Optimisation Team would like to wish our Primary care colleagues a Merry Christmas and a Happy New Year!

Issue 1 20/21

## Free supply of vitamin D for clinically extremely vulnerable people

The Government has [written](#) to people on the Shielded Patient List (SPL) advising them of the benefit of vitamin D supplementation during the winter months. People who are at high risk from coronavirus (clinically extremely vulnerable), will be able to opt in for delivery of a free 4-month of vitamin D starting in January. This is a Department of Health and Social Care (DHSC) initiative where people need to apply by 4 January 2021 via [nhs.uk/get-vitamin-d](https://nhs.uk/get-vitamin-d) if the following apply:

- Have received a letter from the NHS or DHSC stating that they are at high risk from coronavirus
- Aged 18 years or over
- Live in England

### Actions:

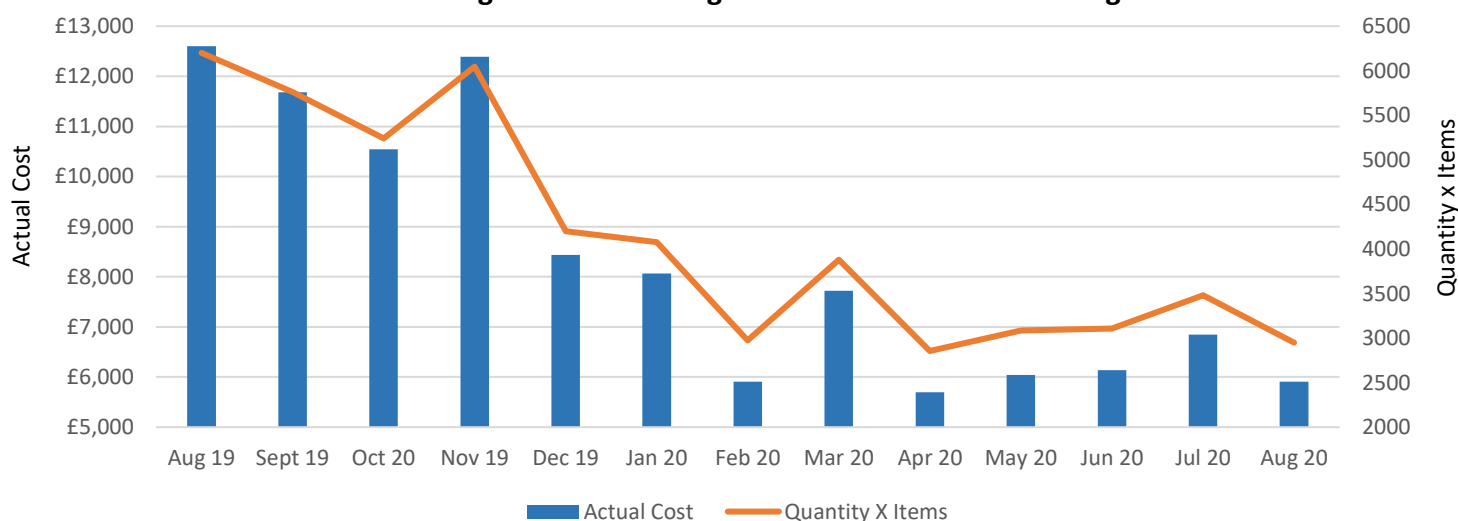
- Individuals enquiring about the DHSC vitamin D initiative should be directed to the [nhs.uk/get-vitamin-d](https://nhs.uk/get-vitamin-d) website.
- Patients with low vitamin D levels should continue to be managed in line with local SEL guidance; [Management of Vitamin D Deficiency in adults \(including pregnancy and breastfeeding\)](#) and [Management of Vitamin D Deficiency and Insufficiency in Children up to the age of 18 years in children](#)

## Lidocaine Plasters

The SEL Medicines Optimisation Team would like to thank and congratulate our GP practices for their hard work in producing a significant decrease in the prescribing of Lidocaine plasters.

Lidocaine plasters have been included in NHS England's guidance for [Items which should not be routinely prescribed in Primary Care](#). In Southwark, the volume of prescribing of lidocaine plaster has reduced considerably from August 2019 to August 2020. The Medicines Optimisation Team would like to reiterate their thanks to practices for adhering to the guidance and continuing to deliver this workstream through this challenging year.

**Graph showing Total Actual Cost and Total Quantity x Items for Lidocaine Plasters between August 2019 and August 2020 in Southwark Borough**



Query Corner

**Q: Can we prescribe Dermol 500 lotion® in primary care?**

**A:** As Dermol 500 lotion® has a RAG rating of 'Amber 1' on the [SEL Joint Medicines Formulary](#), it can be initiated in primary care after a recommendation from an appropriate specialist. Dermol 500 lotion® contains antibacterial ingredients and should be prescribed for short-term use only. It can be prescribed long-term under the advice of a dermatology specialist. Please refer to [SEL Emollient Guidance for Adults and Children](#) for further information.

### National Patient Safety Alert – Steroid Emergency Card to support early recognition and treatment of adrenal crisis in adults

The National Patient Safety Alert (NPSA) issued a [safety alert](#) on 13<sup>th</sup> August, to be actioned as soon as possible but no later than **12 May 2021**. The alert asks healthcare professionals to ensure all eligible patients are issued with a **Steroid Emergency Card**, and to put a process in place to check if a patient has a card before any emergency treatment, elective surgery, or other invasive procedure. Practices are advised to order Emergency Steroid Cards from Primary Care Support England, who can be contacted at: <https://pcse.england.nhs.uk/contact-us/>.

EMIS searches to identify eligible patients are available here: **Medicines Optimisation > MHRA and NHSE Alerts > Steroid Emergency Card August 2020.**

### Prescribing updates – Melatonin

Melatonin 1mg and 5mg prolonged release tablets (Slenyto®) are approved for use in [South East London](#) and have been added to the formulary for use within its licensed indication; the treatment of insomnia in children and adolescents aged 2-18 with Autism Spectrum Disorder or Smith-Magenis syndrome where sleep hygiene measures have been insufficient.

#### **Actions for GP's:**

- Initiation and supply of Slenyto® will be by the specialist paediatric teams for a minimum of two months. As Slenyto® is Amber 3 'RAG' Rated, GP's may be asked to take on prescribing after this time if the patient's condition is stable.
- In line with the [SEL melatonin pathway](#), behavioural interventions will have been trialled for at least 3 months before treatment with a melatonin product is considered. Slenyto® is restricted as a treatment option for the licensed cohort of patients only.

#### **For further information please see the following:**

- [Shared care](#) prescribing guideline: Melatonin for treatment of sleep disorders in children and adolescents
- Summary of Product Characteristics for [Slenyto® 1mg and 5mg prolonged release tablets](#)



### Discontinued Medication and Shortages

Please use the [MIMS Drug Shortages – Live Tracker](#) for the latest information on stock supply disruptions as well as medication that has returned into stock. This is updated daily and has links to further information for each medication issue.