

## MEDICINES OPTIMISATION

### Discontinuation of Novorapid Flextouch 100units/ml 3ml Pre-filled Pens

Novorapid Flextouch 100units/ml 3ml Pre-filled Pens will be discontinued from March 2025. A [memo](#) has been developed to support clinicians with the review of patients

#### Actions:

- Identify patients who on NovoRapid® FlexTouch® 100units/ml 3ml pre-filled pens or generic insulin aspart 100 units/ml pre-filled pens
- Review SEL [memo](#) for actions to be taken by GP practices and community pharmacies

### Discontinuation of Insulatard® (isophane insulin, human) Penfill® 100 units/ml suspension for injection 3ml cartridges

Insulatard® Penfill® 100 units/ml suspension for injection 3ml cartridges is being discontinued with stock to be exhausted by June 2025 if not earlier.

The recommended alternative is Humulin® I KwikPen® 100 units/ml 3ml pre-filled pens at the same dose (unless the patient is experiencing hypo- or hyperglycaemia).

Humulin® I KwikPen is available for patients from April 2025, however, this would be a switch from cartridge and reusable pen to a pre-filled pen, therefore training must be provided.

For patients unable to use Humulin® I KwikPen® with no carers to support administration, or where Humulin® I KwikPen® is not suitable, clinicians should contact the local diabetes team.

#### Actions:

- Identify patients prescribed Insulatard® Penfill® 100 units/ml suspension for injection 3ml cartridges
- A face-to-face review is required to switch to an alternative product to ensure the patient can use the new device.

### Healthy Eating & Active Lifestyles for Diabetes (HEAL-D) programme

Guy's and St Thomas' Nutrition and Dietetic team deliver the HEAL-D programme across South London, which is a culturally tailored diet and lifestyle self-management programme.

It is available to adults of African and Caribbean heritage with type 2 diabetes, able to speak and read English, willing to take part in group video sessions and light/moderate physical activity. Patients can self-refer [here](#) or GPs and health care professionals can refer via the Diabetes Structured Education or HEAL-D referral forms on DXS.

You can also contact the HEAL-D team on [gst-tr.heald@nhs.net](mailto:gst-tr.heald@nhs.net) or call 020 7188 2010.

### South East London Mitigation Plan for Pancreatin Enzyme Replacement Therapy (PERT) Shortages

In response to the National Patient Safety Alert for PERT shortages, all 5 London ICBs have worked on a mitigation plan.

#### Actions:

- Please see **Attachment 1** (NatPSA for PERT) and **Attachment 2** (a briefing document with key recommendations).
- Refer to the following documents to support implementation
  - NHS England Letter to community pharmacies (30/01/2025)
  - [Information for patients on PERT shortage](#)
  - Information for Healthcare professionals including patient information leaflets for Pangrol® can be found [here](#).

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### Asthma

Short acting beta agonists (SABA), when used alone, increases the risk of exacerbations and mortality in asthma and can lead to an overuse cycle.

The use of 3 SABA inhalers over a 12-month period is associated with an increased risk of exacerbation.

Greenwich has the highest asthma deaths across SEL.

In light of the new updated NICE guidance on asthma, CESEL are reaching out to practices to arrange meetings to discuss SABA-free pathways for asthma. If you wish to book in a meeting, please contact [clinicaleffectiveness@selondonics.nhs.uk](mailto:clinicaleffectiveness@selondonics.nhs.uk).

The following attachments were presented at the South East London Asthma Network:

**Attachment 3** – Do you know when your inhaler is empty?

**Attachment 4** – Learning from an asthma near miss

### Pan-London Asthma webinars

NICE recently published new guidelines for asthma found [here](#).

Two webinars will be held to introduce the new guidelines and provide information on implementation.

- Webinar 1 – Introduction and Diagnosis on **11 March 2025 1-2pm**. Please see link [here](#) to register.
- Webinar 2 – Management of Chronic Asthma on **18 March 2025 1-2pm**. Please see link [here](#) to register.

### Inappropriate Requests Letter

As part of the Primary and Secondary Care Interface Forum, it was identified that a number of inappropriate requests were being sent to GPs from secondary care clinicians. To address this issue, a [letter template](#) has been developed for GPs to send to requesting consultants in **Lewisham and Greenwich** via email.

#### Actions:

- When using the letter, please copy in Dr Waqas Khaliq ([wkhaliq@nhs.net](mailto:wkhaliq@nhs.net))

If you have any questions or need further information, please contact Jessica Arnold - [jessica.arnold@selondonics.nhs.uk](mailto:jessica.arnold@selondonics.nhs.uk).

### Reports of prescription fraud for opioids

NHS England issued an alert on 5<sup>th</sup> February 2025 regarding an individual with sickle cell disease using multiple aliases to obtain opioids across several regions of England, including London.

#### Actions:

- Refer to the [NHS England alert](#) sent on 5<sup>th</sup> February 2025 for actions

### TARGET Training – F2F Educational Evening Event

Date: Monday 28th April 2025 from 5:30pm – 8:00pm

Venue: Guys and St Thomas' Hospital, Shepherds Hall

This interactive and informative evening focuses on antimicrobial stewardship and optimising antibiotic prescribing. Proposed Agenda Highlights:

- Session 1: Introduction to TARGET, National Medicines Optimisation Opportunities, AMR Inequalities, Launch of SEL Primary Care Guidelines
- Session 2: Keynote speakers on Implementing TARGET across SEL, Public Health Concerns, Diagnostics in AMR
- Session 3: Expert Panel Q&A

Further information on registration will be sent once available.

# MEDICINES OPTIMISATION

## UK Health Security Agency (UKHSA) Alerts

### Avian flu

The UKHSA Health Protection has provided a briefing note on guidance for the management of persons exposed to animals, including birds, infected with Avian Influenza A (H5)

For further information please see [here](#).

### Evolving cluster of severe infective endocarditis

The UKHSA Health Protection has provided a briefing note about the evolving cluster of severe infective endocarditis with non-toxicogenic *C. diphtheriae* involving people experiencing homelessness and people with substance misuse.

For further information, please see [here](#).

## Community Pharmacy Networking Event for Lewisham and Greenwich

Lewisham and Greenwich are hosting a networking event for community pharmacists on **Wednesday 5<sup>th</sup> March 7 – 9pm at Civic Suite Lewisham Town Hall Catford SE6 4RU.**

This event offers the opportunity to network, learn, and collaborate with fellow pharmacy professionals, exchanging knowledge, experiences, and best practices, while building valuable relationships.

During the event, key national services such as Pharmacy First and the Discharge Medicine Service will be discussed.

For further information, including registration, please see [here](#).

## Medicines Supply Issues

### Serious Shortage Protocols (SSPs)

If the Department of Health and Social Care (DHSC) decide there is a serious shortage of a specific medicine, then an SSP may be issued. The following SSPs have been issued for:

- [Estradot® \(estradiol\) 100micrograms/24 hours transdermal patch](#) – 19 December 2024 to 14 March 2025
- [Estradot® \(estradiol\) 75micrograms/24 hours transdermal patch](#) – 19 December 2024 to 14 March 2025
- [Cefalexin 125mg/5ml oral suspension sugar free](#) – 10 December 2024 to 2 May 2025
- [Creon 25000 gastro resistant capsules](#) where supplies are available, but the prescription is for more than 1 month's supply - 24 May 2024 to 23 May 2025
- [Creon® 1000 gastro resistant capsules](#) where supplies are available, but the prescription is for more than 1 month's supply - 24 May 2024 to 23 May 2025

### Medicines Shortages: Medicine Supply Notification (MSN)

The contents of MSNs can be viewed on the [Medicines Supply Tool](#). To access the tool you will be required to register with the [SPS](#). MSNs have been issued for the following:

- Tier 2 MSN for Triptorelin acetate (Gonapeptyl® Depot) 3.75mg powder and solvent for suspension for injection pre-filled syringes
- Tier 2 MSN for Quetiapine 50mg, 150mg, 200mg, 300mg and 400mg modified-release tablets
- Tier 2 MSN for Camellia sinensis extract (Catephen®) 10% ointment Fluorouracil (Efudix®) 5% cream Imiquimod (Aldara® 5% and Zyclara® 3.75%) cream 250mg sachets
- Tier 2 MSN for Memantine (Valios®) 5mg orodispersible tablets sugar free
- Tier 2 MSN for Norethisterone 1mg/ethinylestradiol 35microgram (Norimin®) tablets
- Tier 2 MSN for Prednisolone 20mg/100ml rectal solution

[SEL IMOC - Shortages](#) produces supporting information for primary care to manage significant medicines shortages.

# MEDICINES OPTIMISATION

## Macrolog 3350 sachets switch to Macrolog NPF

Due to the electronic prescribing system used in local acute trusts, macrolog 3350 is selected on patient discharge summaries.

**Macrolog 3350 contains the same ingredients as Macrolog NPF 13.5g sachets, which is more cost-effective.**

### Actions for GP practice:

- Where Macrolog 3350 has been prescribed by secondary care, please amend to macrolog NPF at the same dosage.

## Specialist Pharmacy Service (SPS)

### Webinars

- MSATS - Safer use of insulin on **26 March 2025 12.30-2pm**. Please see link [here](#) for further information and how to register.

## PrescQIPP Updates

### Bulletins

[Bulletin 355: Transanal irrigation](#) - This bulletin reviews the use of transanal irrigation to ensure proper pathways are in place before prescribing and wastage is reduced through appropriate prescribing

## MHRA Drug Safety Update February 2025

- [Valproate \(Belvo, Convulex, Depakote, Dyzantil, Epilim, Epilim Chrono or Chronosphere, Episenta, Epival, and Syonell ▼\)](#): review by two specialists is required for initiating valproate but not for male patients already taking valproate
- [GLP-1 and dual GIP/GLP-1 receptor agonists: potential risk of pulmonary aspiration during general anaesthesia or deep sedation](#)
- [Letters and medicine recalls sent to healthcare professionals in January 2025](#)

## New and Updated NICE Guidelines

- [Clinical Guideline \[CG81\] Advanced breast cancer: diagnosis and treatment](#)
- [NICE Guidance \[NG101\] Early and locally advanced breast cancer: diagnosis and management](#)
- [NICE Guidance \[NG248\] Gamblin-related harms: Identification, assessment and management](#)
- [NICE Guidance \[NG217\] Epilepsies in children, young people and adults](#)
- [NICE Guidance \[NG209\] Tobacco: Preventing uptake, promoting quitting and treating dependence](#)

## BNF Update

### Significant changes

- [Wegovy® \(semaglutide\)](#) – new indication and dose for cardiovascular risk reduction

### Dose changes

- [Glyceryl trinitrate](#) – updated dosing for treatment of angina
- [Medical emergencies in the community](#) – updated dosing of glyceryl trinitrate for acute coronary syndrome
- [Ozempic® \(semaglutide\)](#) – updated indications and dosing

## Contact Details

Medicines Optimisation: [greenwich.pharmacy@selondonics.nhs.uk](mailto:greenwich.pharmacy@selondonics.nhs.uk)

Primary Care: Nicky Skeats: [Nicky.Skeats@selondonics.nhs.uk](mailto:Nicky.Skeats@selondonics.nhs.uk)

System Development: Jo Hare: [joannehare@selondonics.nhs.uk](mailto:joannehare@selondonics.nhs.uk)

## Appendix 1 - NEWSLETTER EXTENSION

### SOUTH EAST LONDON INTEGRATED MEDICINES OPTIMISATION (SEL IMOC) UPDATE

Please see the [South East London Joint Medicines Formulary](#) for the relevant formulary updates and further information.

#### Ratified IMOC guidance and decisions

- [Tadalafil](#) 5mg daily for the treatment of erectile dysfunction as **AMBER 1**.
- [Nephrotrans™](#) gastro-resistant capsules for the treatment and maintenance against recurrence of Metabolic acidosis in chronic renal impairment (adults) as **AMBER 1**.
- [Cytisine](#) 1.5mg tablets for smoking cessation in adults as **GREEN**.
- [Apixaban](#) for thromboprophylaxis and prevention of clot extension after deep venous insertion following catheter directed post-thrombolysis as **AMBER 2**
- [Vigebon](#) for treating symptoms of overactive bladder syndrome as **GREEN**.
- [Relugolix](#) for treating hormone sensitive prostate cancer as **AMBER 1**.
- [Latanoprost-Netarsudil](#) for previously treated primary open-angle glaucoma or ocular hypertension as **AMBER 2**.
- Additional nutrition resource 'What to do from year 1' can be used in conjunction with [SEL hypoallergenic formula guideline](#).
- The [SEL Joint Medicines Formulary](#) has been amended to include use of off-label morphine sulphate orodispersible tablets (Actimorph) for breathlessness in palliative care.
- The SEL Primary Care Antimicrobial Prescribing Guidelines have been updated. Available on the [Eolas](#) platform.
- The SEL [rheumatology monitoring framework](#), [rheumatoid arthritis](#) and [seronegative spondyloarthropathy](#) treatment pathways have been updated.
- The guideline for the off-label use of [nebulised antibiotics in the management of pseudomonas aeruginosa in non-cystic fibrosis \(CF\) bronchiectasis](#) has been updated.
- The [SEL primary care and private interface prescribing guide](#) has been updated.
- The Clinical Effectiveness South East London (CESEL) [hypertension guide](#) has been developed. The SEL hypertension guide has been withdrawn. Please see the [withdrawal notice](#) for further information.
- The [aripiprazole depot shared care guideline](#) for the treatment of schizophrenia in adults has been updated to include the 2-monthly long-acting injection formulation