



Nottingham and
Nottinghamshire

Area Prescribing Committee / Interface Update September 2022

Please direct queries to your ICB medicines
optimisation pharmacist

or e-mail nnicb-nn.nottsapc@nhs.net

New Submissions

- **Fenofibrate and bezafibrate MR – AMBER 2**
 - Indication: primary biliary cholangitis
 - Initiation by specialist
 - Initial monitoring to be done by specialist (U&Es, LFTs, FBC at baseline and then 2 weekly for the first 2 months).
 - On going monitoring is U&Es, LFTs and FBC every 3 months.

- **Rufinamide (Inovelon®) – AMBER 2**
 - Indication: non-Lennox Gastaut syndrome seizures
 - This is an off-label indication in line with [NG217](#)
 - A treatment option alongside clobazam and topiramate if treatment with valproate and lamotrigine has been unsuccessful.
 - There is a need for patients of childbearing potential to use adequate contraception.

New Submissions

- **Icosapent Ethyl (Vazkepa®) – AMBER 2**
 - Indication: secondary prevention in patients with raised triglycerides and controlled LDL cholesterol.
[NICE TA805](#).
- **Aptamil Pepti Syneo (Nutricia) – AMBER 3**
 - Indication: mild to moderate cow's milk protein allergy
 - Second line extensively hydrolysed formula option
- **Mometasone/olopatadine nasal spray (Ryaltris®) – AMBER 3**
 - Indication: moderate to severe nasal symptoms associated with allergic rhinitis
 - See step 4 of the [APC Allergic Rhinoconjunctivitis Guideline](#)
- **Testosterone gel – AMBER 2**
 - Indication: low libido in postmenopausal women if HRT alone is not effective.
 - See [APC prescribing information sheet](#).

Guidelines (ratified between meetings)

[Stoma formulary](#) (update)

The main changes are:

- Addition of Adapt no-sting adhesive remover as a cost effective option
- Addition of Respond refresh 3 in 1 spray as a cost effective combination product
- Removal of Sensi-care skin barrier applicator pack due to being discontinued

[Midodrine information sheet](#) (update)

The main changes are:

- Additional information on advice for patients regarding side effects
- Cautions updated as per BNF/SPC

[Testosterone for women information sheet](#) (new)

- To support prescribing of testosterone gel for postmenopausal women with low libido if HRT alone is not effective.
- Testosterone gel is classified as Amber 2 for this indication and should only be given on recommendation from a specialist menopause clinic or gynaecologist.
- This is an off-label indication but supported by NICE ([NG23](#)).

Guidelines (ratified between meetings)



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[Greener NHS – Inhaler Prescribing Resources](https://www.nottsapc.nhs.uk/guidelinesformularies/greener-nhs/) (new)

- Available at <https://www.nottsapc.nhs.uk/guidelinesformularies/greener-nhs/>
- Support appropriate inhaler prescribing including reducing environmental impact.
- Support prescribing in line with Investment and Impact Fund (IIF) indicators
- Patient leaflets available – [greener inhaler](#) and [do you use a reliever inhaler](#)

Respiratory self-management plans (update)

Available in guidelines section of APC.

- [Asthma](#)
- [Bronchiectasis](#)
- [COPD](#)

Guidelines/Formularies ▾

Formulary mee

Guidelines/Formularies

Antimicrobial guidelines

Palliative Care Stockist Scheme

Diabetes guidance and recourses

COVID

COVID Vaccine

Greener NHS

Guidelines (ratified between meetings)

Overarching pain guideline (new)

- Collates all guidelines and useful information relating to the management of various forms of chronic pain in one overarching guideline:
 - **Patient centred assessment** – how to discuss pain with a patient, taking into consideration their lifestyle and how their pain affects their life and how their life may affect their chronic pain.
 - **Chronic Pain (primary and secondary)** – new classification of chronic pain.
 - **Neuropathic pain guideline**
 - **Management of osteoarthritis in primary care guideline**
 - **Opioids in non-cancer pain**
 - **Opioid deprescribing for persistent non-cancer pain**
 - **Reporting controlled drugs incidents**
 - **Headaches in adults guideline**
 - **Cluster Headaches – Home Oxygen Pathway**
 - **Resources for clinicians**
- Individual guidelines also remain on the APC.

Shared Care Protocols



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[Amiodarone shared care protocol](#) (update)

- New document based on NHS England template
- No significant changes to local shared care pathway

Adult ADHD shared care protocols (update)

- New documents based on NHS England templates
- No significant changes to the local shared care pathway or processes
- [Atomoxetine shared care protocol](#)
- [Dexamfetamine shared care protocol](#)
- [Lisdexamfetamine shared care protocol](#)
- [Methylphenidate shared care protocol](#)

Shared Care Protocols



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Valproate medicines in patients of child-bearing potential (new)

- Formulary reclassification from Amber 2 to Amber 1 (shared care) for patients of child-bearing potential for all indications (neurology and psychiatry).
- Remains as Amber 2 for all other patients.
- Valproate should only be used in patients of child-bearing potential in line with the [MHRA pregnancy prevention programme](#).
- This shared care protocol is designed to support safe prescribing in line with current guidance.
- Patients not already under the care of a specialist (neurology or psychiatry) should be referred to the relevant team for review. The Nottingham and Nottinghamshire ICB Medicines Optimisation Team are currently undertaking valproate reviews to support GP practices to adhere to their responsibilities under the pregnancy prevention programme.

Antimicrobial Guidelines



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Acute diverticulitis (update)

- Acute diverticulitis and patient is systemically well – do not offer antibiotic. Use self-care management including pain relief, hydration and diet for 48 hours and then review.
- Acute diverticulitis and patient is systemically unwell or not responding to conservative treatment – offer antibiotic and self-care management.
- Self-care advice and PIL added, and treatment options updated; ciprofloxacin removed as requires specialist recommendation.
- Do not offer prophylactic antibiotics to patients.

Amoebiasis (update)

- Reference to CKS gastroenteritis June 22 added.
- Must diagnose via a stool sample.
- No treatment options added due to risk of over treatment and shortages of certain medication. Individual cases should be discussed with Infectious Disease specialist for appropriate treatment options.

Cryptosporidiosis (update)

- Reference to CKS gastroenteritis June 22 added.
- Must diagnose via a stool sample.
- Notifiable disease - link to Local Health Protection team added.
- No licensed treatment currently available.

Antimicrobial Guidelines continued



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Giardiasis (update)

- Reference to CKS gastroenteritis June 22 added.
- Must diagnose via a stool sample.
- Notifiable disease - link to Local Health Protection team added.
- Tinidazole not included as it has been discontinued and only available as parallel import.

Infectious diarrhoea (update)

- No significant changes.

Threadworms (update)

- Threadworms is a condition that should be treated over the counter and is on the NHSE [list](#) of conditions for which OTC items should NOT routinely be prescribed in primary care.
- Patients should be advised to implement hygiene measures and if treatment is required/appropriate, to purchase a suitable product over the counter (adults and children over 2 years).
- Self-care and hygiene information added along with PIL.

Penicillin allergy awareness leaflet (update)

- No significant changes

[Information and Guidance on Prescribing in Transgender Health](#) (update)

Main changes:

- Added information on NHS England's new regional model of gender care for children and adolescents.
- Added updated information from the court of appeal in relation to consent to the use of hormone blockers in patients under the age of 16 years.
- Strengthen advice that recommendation(s) to prescribe, from a gender clinic, must be from a suitably experienced medical or non-medical prescriber.

[Continence sheath formulary](#) (update)

Main changes:

- First line options: Clinisure Silicone, Prosys Flofit, InView Silicone, GB Libra Sheath.
- Second line options are only for existing users or if recommended by a continence advisor when first line options are not suitable.
- Non-formulary sheaths may be used in exceptional circumstances where none of the formulary options are suitable. Non-formulary sheaths must be recommended and fitted by a continence advisor and the reason documented in the patient's medical record.

Guidelines continued



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Transgender Collaborative Care Protocol and Prescribing Information (new)

- [Collaborative care protocol](#)
- [Feminising hormones prescribing information sheet](#)
- [Masculinising hormone prescribing information sheet](#)
- For adult patients under the care of a transgender health clinic

[Desmopressin information sheet](#) (update)

Main changes:

- Additions to criteria for review and discontinuation:

“At diagnosis of any acute illness that may cause fluid and/or electrolyte imbalance”

“Treatment with desmopressin should be interrupted and reassessed during acute intercurrent illness characterised by fluid and/or electrolyte imbalance”.

Guidelines continued



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[Freestyle libre inclusion criteria](#) (updated)

Main changes:

- Updated in line with NICE Guidance - Type 2 diabetes in adults: management; Updated June 2022
- Classification changed from Amber 2 to Amber 3 for Type 2 diabetics
- Prescribers who wish to initiate should set up an account with the company and should complete the listed training packs which are highlighted within the document.

[Primary care guide to antidepressants](#) (update)

Main changes:

- Updated as per NICE Guideline 222 – more information on reviewing antidepressants, relapse prevention and deprescribing.
- Antidepressant switch examples added to appendix two
- Clinical information added for agomelatine and bupropion (now Amber 2)

Guidelines continued



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[Vitamin B12 guideline](#) (interim update)

- Interim update, awaiting new NICE guidance due to be published November 2023.
- Added link to [MHRA alert on metformin and reduced vitamin B12 levels](#).
- The licensed 1mg cyanocobalamin tablet remains GREY (non-formulary). Where IM injections are not tolerated, or not possible, seek haematology advice.
- NUH laboratory “normal” vitamin B12 levels have been added to the flow chart.

[Steroid Card Patient Letter](#) (new)

- To be issued to patients alongside the emergency steroid card.
- To explain the purpose of the emergency steroid card.

Traffic light changes



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- **Bupropion (Zyban®)** – Reclassified from Red to **Amber 2** for the treatment of resistant/refractory depression.
- **Sodium valproate and valproate semisodium** – Reclassified from Amber 2 to **Amber 1** (shared care) for patients of childbearing potential in all indications. Remain as Amber 2 for all other patients.
- **Incontinence products (Efemia®, Contiform®, Diveen®)** – Added as **Amber 2**.
- **Rivaroxaban 20mg/15mg treatment initiation pack (Xarelto®)** – Added as **Amber 3** for VTE only.
- **Sacubitril/Valsartan (Entresto®)** – Added information from NICE TA388 on initiation and dose titration.
- **Rivaroxaban 1mg/mL granules for oral suspension (Xarelto®)** – Added information on formulation choice dependant on weight of the child.
- **Naspetin® cream** – Updated information on peanut allergy as the product has been reformulated and no longer contains arachis oil.
- **Oxybutynin 2.5mg/5mL and 5mg/5mL oral solution** – Added information that some brands contain sorbitol.
- **Hypromellose 0.3% eye drops** – **Prescribe by brand**. Now in appliances section of the drug tariff. All generic prescriptions for hypromellose eye drops 0.3% are now non-EPS compliant and cannot be sent electronically. AaproMel® or Teardew® are the recommended brands added to the formulary.
- **Oxycodone 1mg/1mL and 10mg/mL oral solution (Shortec®)** – Shortec® brand of oral solution will be discontinued at end of September (non-proprietary still available). Prescribe generically..
- **Morphine sulfate 10mg/5mL oral solution** – generic version more cost-effective than Oramorph® . Formulary updated to reflect this..

Horizon scanning



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- **Tapentadol prolonged-release tablets (Ationdo®)** – added to the formulary as a more cost effective brand.
- **Dapagliflozin tablets (Forxiga®)** – licensing updated, now licensed for adults and children aged 10 years and above.
- **Risperidone 75mg prolonged-release injection (Okedi®)** – GREY (no formal assessment)
- **Dexamfetamine 1mg/1mL oral solution** - GREY (no formal assessment)
- **Netilmicin and dexamethasone 3mg/1mg in 1mL eye drops (Netildex®)** - GREY (no formal assessment)
- **Pyridostigmine 12mg/mL oral solution** - GREY (no formal assessment)
- **Levodopa, carbidopa, entacapone (Lecigon®) 940mg/235mg/940mg gel** - GREY (no formal assessment)
- **Hydrocortisone 5mg/5mL and 10mg/5mL oral solution** - GREY (no formal assessment)
- **Dexcom ONE** - GREY (no formal assessment) submission now received
- **GlucorX AiDEX** - GREY (no formal assessment)
- **Estradiol hemihydrate (Gina®) 10 microgram vaginal tablets** - GREY (no formal assessment)
- **Beclometasone 172micrograms/formoterol 5micrograms/glycopyrronium 9 micrograms pMDI (Trimbow®)** - GREY (no formal assessment) submission now received

Miscellaneous



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Shared care patient information leaflets (new)

- Patient information leaflets for each shared care medicine have been identified and approved for use locally.
- They are available at: <https://www.nottsapc.nhs.uk/shared-care/patient-information/>

Specials database (update)

- Database to provide information on alternative options to prescribing unlicensed liquid specials.
- Reviewed 6 monthly but no significant changes this time.
- Chloral hydrate – now a licensed formulation of the locally recommended 500mg/5ml oral solution.

Area Prescribing Committee Work Plan



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Coming soon:

- UTI in children (update)
- Recurrent UTI (update)
- Type 2 diabetes guideline (update)
- Sick day rules guideline (new)
- Urticaria guideline (update)
- Atrial fibrillation guideline (update)
- Osteoporosis guideline (update)
- Bariatric medication prescribing (update)
- Inappropriate requests letter template (update)
- Vitamin D patient information leaflet (update)
- Cows Milk Protein allergy guideline (update)

Further Information

- [Nottinghamshire Area Prescribing Committee Website](#)
- [Nottinghamshire Joint Formulary Website](#)
- [Nottinghamshire Area Prescribing Committee Bulletins](#)
- [Nottinghamshire Area Prescribing Committee Meeting Minutes](#)
- [ICB Preferred Prescribing List](#)
- [Guide to setting up SystemOne formulary in GP practices](#)
- Report non-formulary requests from secondary care via eHealthscope (no patient details)
<https://ehsweb.notts.nhs.uk/Default.aspx?tabid=223>



**Please direct queries to your ICB medicines optimisation pharmacist
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