



Tablets

Medicines Management News

Issue 30, October 2016

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Medicines Clinical Guidelines Sub-Group October 2016

The following guidelines were considered at Medicines Clinical Guidelines Sub-group in October 2016:

Primary Care Guidelines:

Primary Care Wound Dressing Clinical Guideline and Primary Care Wound Dressing Sizes – approved

Joint guidelines:

Enoxaparin: prescribing, administration and monitoring – approved pending minor alteration

Type 2 Diabetes Mellitus Treatment Guidelines – approved

Secondary Care Guidelines:

Antibiotic Prophylaxis for Endoscopy – approved

Pneumonia Treatment: Quick reference guide – approved

Bowel Preparation Guideline - approved

These guidelines will be available shortly on the Wirral Medicines Management website (where relevant) at

<http://mm.wirral.nhs.uk/guidelines/>

Current Issues

Wirral Type 2 Diabetes Mellitus Guidelines

The updated Wirral Type 2 Diabetes Mellitus Guidelines were approved at MCGT recently. These guidelines were updated following the publication of NICE guideline NG28.

The final version of the Wirral guidelines can be found at the link below:

<http://mm.wirral.nhs.uk/guidelines/>

Learning points: *C difficile* infection

There has been a recent case of *C difficile* infection in a patient at a Wirral GP practice. The patient had been visited by the GP in their own home and it had not been documented within the patient summary that the patient had been a previous *C difficile* equivocal case. As a result, the GP was not aware of this when prescribing antibiotics.

The Wirral Community Trust Infection Prevention and Control Team have identified the importance of having an awareness of any previous *C difficile* infection or equivocal cases particularly on home visits.

Freestyle Libre Blood Glucose Monitoring Device

The Diabetic Specialist Nurses (DSNs) at WUTH have informed Medicines Management that they may give a Freestyle Libre Blood Glucose Monitoring device to selected patients. They will ensure that all patients receive the meter and one sensor (free of charge from the company). The DSNs will also make all the selected patients aware that the sensors are not available on FP10 prescription and that if they wish to continue to use the device then they would have to purchase the sensors independently from the company.

Please see links below for further information or contact the Medicines Management Team.

<http://www.freestylelibre.co.uk/freestyle-libre-starter-pack-english.html>

<https://freestylediabetes.co.uk/freestyle-thinking/post/Freestyle-libre-NHS>

Topic of the Month

SELF-CARE WEEK 14TH-20TH NOVEMBER 2016



What is Self Care?

The Self-Care Model, introduced by the report 'Self care: An ethical imperative' in 2010, and further campaigned by the Self Care Forum in 2011, encourages people to take responsibility for their own lifestyle and health.

Empowering people with the confidence and information to look after themselves when they can, and visiting the GP when they need to, gives people greater control of their own health, and encourages healthy behaviours that help prevent illness long-term.

Giving patients the information they need to care for their common ailments and to make healthy lifestyle choices, as well as signposting people to the right local services, can encourage people to self-manage their conditions. Healthcare professionals are in the perfect position to support this initiative.

Impact on the NHS

There are 57 million GP consultations a year for minor ailments at a total cost to the NHS of £2 billion, which takes up, on average, an hour a day for every GP (British Journal of General Practice 2011). Without the encouragement of healthcare professionals, this number will continue to rise.

What can we do to help support the campaign?

Healthcare professionals are at the centre of promoting self care. This includes using the review of long term conditions to inform and educate patients on how they can manage their condition and the lifestyle choices they make which may impact it, e.g. encouraging a diabetic patient to recognise changes in the presentation of their condition and relate this to lifestyle factors that can be altered, such as increasing exercise and maintaining an appropriate diet.

Patients can also be signposted to other services and healthcare professionals, such as the community pharmacist, for the treatment of minor ailments.

The Self-Care forum website contains resources that can be used as part of the campaign to advertise the Self-Care week to patients and the public, in GP practices, pharmacies and throughout the community. Resources include:

Fact Sheets

Leaflets

Posters

Web buttons and banners



More information on Self Care Week can be found at: <http://www.selfcareforum.org/events/self-care-week/>

References

Department of Health (2004) "Choosing Health: Making healthy choices easier" White Paper 2004 Accessed online executive summary on 22/09/16 at <http://www.nhshistory.net/choosing%20health%20summary.pdf>

IMS Heath (2007) "Minor Ailment Workload in General Practice" December 2007 Accessed on 22/09/16 at <http://www.asmi.com.au/documents/Fabian%20Dwyer2008.pdf>

Self Care Forum (2011) "Self Care: An Ethical Imperative" Accessed on 22/09/16 at <http://www.selfcareforum.org/wp-content/uploads/2011/07/Self-Care-An-Ethical-Imperative.pdf>

Query Corner

NYSTATIN ORAL SUSPENSION FOR PREVENTION/TREATMENT OF ORAL CANDIDIASIS – DOSE VARIATION BETWEEN DIFFERENT MANUFACTURERS

The dosage stated in the current BNF (Sept 2016) reflects the SPC for branded Nystan® oral suspension. The dosage specified in the SPC for generic nystatin oral suspension, however, differs from the current BNF (as detailed below). Please follow the dose directions in the relevant SPC.

BNF¹ (on-line) states for nystatin oral suspension (generic and branded):

BNF for adults

Adult and child over 2 years: 400,000–600,000 units 4 times daily (half dose in each side of the mouth)
Infant and child 1 month–2 years: 200,000 units 4 times daily (half dose in each side of the mouth)

BNF Children

Neonate: 100,000 units 4 times daily
Child 1 month–2 years: 200,000 units 4 times daily (half a dose in each side of the mouth)
Child 2 years–18 years: 400,000–600,000 units 4 times daily (half dose in each side of the mouth)

The SPCs states:

Nystan® 100,000 units/ml Oral Suspension (Ready-Mixed)²

Infants (1 month to 2 years): 2 ml (200,000 units) four times daily (1 ml for each side of the mouth).
Children (over 2 years) and adults: 4 – 6 ml (400,000 – 600,000 units) 4 times daily.

The suspension should be retained in the mouth for as long as possible (e.g. several minutes) before swallowing. If needed, the dose can be increased. Treatment should be continued for at least 48 hours after clinical cure and/or normalisation of cultures to avoid a relapse.

Limited clinical studies in premature and low birth weight infants indicate that 1 ml four times daily is effective.

Nystatin Oral Suspension BP³ (Each ml contains 100,000 units nystatin)

Infants (1 month to 2 years): 1ml should be dropped into the mouth four times a day.

Children (≥ 2 years) and adults: For the treatment of denture sores, and oral infections in children (≥ 2 years) and adults caused by *Candida albicans*, 1ml of the suspension should be dropped into the mouth four times daily; it should be kept in contact with the affected areas as long as possible.

References

1. BNF Online. Available at: <https://www.evidence.nhs.uk/formulary/bnf/current/> Accessed 27/09/2016
2. Nystan Summary of Product Characteristics. Available at: <https://www.medicines.org.uk/emc/medicine/20153>. Accessed 15.8.16
3. Nystatin Summary of Product Characteristics. Available at: <https://www.medicines.org.uk/emc/medicine/22396>. Accessed 6.10.16

WHICH OF THIS YEARS' FLU VACCINES CONTAIN EGG ALBUMIN?

Influenza vaccines for the 2016/17 influenza season

Supplier	Name of product	Vaccine type	Age indications	Ovalbumin content µg/ml (µg/dose)	Contact details
AstraZeneca UK Ltd	Fluenz Tetra®	Live attenuated, nasal	From 24 months to less than 18 years of age	≤1.2 (≤0.24/0.2ml dose)	Fluenz Tetra® for use in the national children flu programme should be ordered through ImmForm* Otherwise: 0845 139 0000
GSK	Fluarix™ Tetra	Split virion inactivated virus	From 3 years	≤0.1 (≤0.05/0.5ml dose)	0800 221 441
MASTA	Imuvac®	Surface antigen, inactivated virus	From 6 months	0.2 (0.1/0.5ml dose)	0113 238 7552
Mylan (BGP Products)	Influvac®	Surface antigen inactivated virus	From 6 months	0.2 (0.1/0.5ml dose)	0800 358 7468
	Imuvac®	Surface antigen inactivated virus	From 6 months	0.2 (0.1/0.5ml dose)	
	Influenza vaccine, surface antigen, inactivated	Surface antigen inactivated virus	From 6 months	0.2 (0.1/0.5ml dose)	
Pfizer Vaccines	Influenza vaccine (split virion, inactivated), pre-	Split virion, inactivated virus	From 5 years	≤2 (≤1/0.5ml dose)	0800 089 4033

	filled syringe				
Seqirus Vaccines Ltd, formerly Novartis Vaccines	Agrippal®	Surface antigen, inactivated virus	From 6 months	≤0.4 (≤0.2/0.5ml dose)	08457 451 500

* In England, this vaccine should be ordered online via the ImmForm website: www.portal.immform.dh.gov.uk

Note, the ovalbumin content is provided in units of µg/ml and µg/dose.

None of the influenza vaccines for the 2016/17 season contain thiomersal as an added preservative.

Reference: Vaccine update issue 248, June 2016 <https://www.gov.uk/government/publications/vaccine-update-issue-248-june-2016>

ARCOXIA® (ETORICOXIB): REVISED DOSE RECOMMENDATION FOR RHEUMATOID ARTHRITIS OR ANKYLOSING SPONDYLITIS

The prescribing information for Arcoxia® has been updated to introduce a lower dose of 60mg daily for patients with rheumatoid arthritis or ankylosing spondylitis, while retaining the existing 90mg daily dose for patients not responding to the 60mg dose.

Revised recommended dosage:

- Recommended dose is 60mg once daily.
- In patients with insufficient relief from symptoms, an increased dose of 90mg once daily may increase efficacy.
- Once the patient is clinically stabilised, down-titration to 60mg once daily may be appropriate.
- In the absence of therapeutic benefit, other treatment options should be considered.

Further information from Grunenthal Medical Information on 0870 3518960 or email medicalinformationuk@grunenthal.com

Reference: Grunenthal letter correspondence 01 Sept 2016

**Levonorgestrel-containing emergency hormonal contraception: advice on interactions with hepatic enzyme inducers which increase metabolism and could reduce contraceptive efficacy
(Levonelle®, Boots, Emerres®, Ezinelle®, Isteranda®, Melkine®, TooMee® & Upostelle®)**

Women seeking emergency contraception who have used cytochrome P450 3A4 (CYP3A4) enzyme inducers within the last 4 weeks, should:

- Preferably use a non-hormonal emergency contraceptive, i.e. a copper intrauterine device
- If this is not an option, double the usual dose of levonorgestrel from 1.5 milligrams to 3 milligrams (i.e. 2 packs) (no increased risk of adverse effects expected).

For these women:

- Provide advice on highly effective, ongoing contraception that is not affected by hepatic enzyme-inducing drugs (see guidance from the Faculty of Sexual and Reproductive Health)
- Advise them to have a pregnancy test to exclude pregnancy after use of levonorgestrel-containing emergency contraception
- Advise them to seek prompt medical advice if they do become pregnant

Examples of enzyme inducers that reduce plasma levonorgestrel levels include some medicines used to treat:

- Epilepsy (e.g. barbiturates, primidone, phenytoin, carbamazepine)
- Tuberculosis (e.g. rifampicin, rifabutin)
- HIV (e.g. ritonavir, efavirenz)
- Fungal infections (e.g. griseofulvin)
- Herbal remedies that contain St John's wort (*Hypericum perforatum*) also reduce levonorgestrel levels.

See the [British National Formulary](#) for further examples of relevant interactions. The [University of Liverpool HIV Drug Interaction Checker](#) also provides useful drug interaction charts.

The key elements of this advice are included in an [information sheet for women](#).

Ulipristal Acetate (EllaOne®)

Ulipristal acetate emergency contraception (EllaOne®) is not recommended in women who are using enzyme-inducing drugs or who have stopped them in the last 4 weeks.

Further information

[European Medicines Agency statement](#), May 2016

[Faculty of Sexual and Reproductive Health guidance](#) on drug interactions with hormonal contraceptives: advice on highly effective methods of contraception not affected by enzyme inducers

[Faculty of Sexual and Reproductive Health guidance](#) on emergency contraception

Posaconazole (Noxafil®): tablets and oral suspension are not directly interchangeable

Posaconazole is a broad-spectrum triazole antifungal for the treatment and prevention of fungal infections. It is available as an oral suspension (40 mg/ml), tablets (100 mg) and concentrate for solution for infusion (300 mg). Switching from posaconazole oral solution to tablets has resulted in cases of dose-related toxicity, whereas switching from tablets to oral solution has resulted in under dosing and lack of efficacy.

Advice for healthcare professionals:

- Posaconazole tablets and oral suspension are not directly interchangeable.
- Switching from oral suspension to tablets can lead to overdosing and serious adverse drug reactions, whereas switching from tablets to oral suspension can lead to under dosing and lack of efficacy.
- Prescribers should specify the dosage form for posaconazole on every prescription.
- Pharmacists should ensure that the correct oral form is dispensed to patients.

MHRA Drug Safety Update Volume 10 Issue 2, September 2016: 1

<https://www.gov.uk/drug-safety-update>

Drug Tariff

Medication supply issues

The following generic drugs have supply issues and hence are incurring increased costs; they have been given a NCSO (NO CHEAPER STOCK OBTAINABLE) status for September 2016. Please consider the costs of the following drugs before prescribing.

Drug	Pack size	Price concession
Amitriptyline 50mg tablets	28	£3.44
Bumetanide 1mg tablets	28	£2.20
Dapsone 50mg tablets	28	£46.19
Desmopressin 10micrograms/dose nasal spray	60 dose	£25.00
Flecainide 100mg tablets	60	£12.95
Flecainide 50mg tablets (new)	60	£11.57
Gabapentin 600mg tablets	100	£9.75
Isosorbide mononitrate 10mg tablets	56	£3.31
Isosorbide mononitrate 20mg tablets	56	£4.00
Lamotrigine 5mg dispersible tablets sugar free	28	£7.45

Lorazepam 2.5mg tablets (new)	28	£11.50
Metronidazole 400mg tablets	21	£8.10
Naratriptan 2.5mg tablets	6	£24.55
Nitrofurantoin 100mg tablets	28	£13.99
Nitrofurantoin 50mg tablets	28	£16.00
Ropinirole 0.25mg tablets (new)	12	£6.05
Ropinirole 0.5mg tablets	28	£14.00
Ropinirole 1mg tablets	84	£55.25
Ropinirole 2mg tablets (new)	28	£31.51
Ropinirole 5mg tablets (new)	84	£170.00
Trospium chloride 20mg tablets (new)	60	£18.50
Valsartan 160mg capsules	28	£5.30
Valsartan 40mg capsules (new)	28	£4.99
Valsartan 80mg capsules	28	£4.14

No endorsements are required as these prices will automatically be applied to this month's prescriptions.

Ref <http://psnc.org.uk/dispensing-supply/supply-chain/generic-shortages/>

Discontinued - Climaval® tablets and Climagest® tablets.

Climaval® estradiol (1mg and 2mg) tablets and Climagest® estradiol + norethisterone (1mg and 2mg) tablets, indicated as hormone replacement therapy for oestrogen deficiency symptoms in postmenopausal women, have recently been discontinued. Residual stocks will be exhausted in the near future.

Other drugs with long-term supply issues

The following drugs have long-term supply issues. The table below shows the reason for the supply issue, where known, and possible return to stock dates

Item	Status	More information
Antepsin® (sucralfate) 1g/5ml oral suspension and Antepsin® 1g tablets	Supply due to resume Q1 of 2017	An alternative supply of sucralfate tablets may be available from Idis Pharma. Contact 01932 824100

Anusol® products	No availability date	
Bactroban® cream 15g	Due 2017	
Bactroban® ointment 15g	Due Dec 2016	
Betnovate® cream and ointment 30g and 100g*	30g - Intermittent stocks 100g - No availability date	*Stock information via a downloadable PDF file re all GSK creams /ointments available from their website https://hcp.gsk.co.uk/products/betnovate.html#
Betnovate RD® cream and ointment*	Intermittent stocks	
Betnovate® scalp application	Intermittent stocks	
Canesten HC® cream 30g	Due Nov 2016	
Cardura® XL tablets 4mg	Limited supply	
Caverject® powder for injection 40micrograms	Due end of Sept 2016	Contact Pzifer for stock enquiries 0845 608 8866
Codipar® 15 mg/500mg tablets	Due end of 2016	
Co-Tenidone tablets 12.5/50mg	Limited supply	
Daktacort® HC cream 15g*	Due end of Sept 2016	
Dermovate® cream 30g *	Due end of Oct 2016	Dermovate® ointment – in stock
Eumovate® cream & ointment*	Due end of Sept 2016	
Isosorbide mononitrate tablets 10mg, 20mg,40mg	Limited supply	A manufacturing issue is causing a delay. ISMO® brand is available but slightly expensive.
Kwells® (12), Kwells® Junior	Long term out of stock	
Napratec OP tablets®	Supplier unable to confirm	
Ropinirole tablets 250micrograms, 1mg, 2mg	Limited stocks	
Selsun® shampoo 150ml	No availability date	Can be purchased over the counter.
Sno Tears® 10ml	Supplier unable to confirm	
Sorbaderm® Non Sting cream 92g	Supplier unable to confirm	

Trimovate® cream *	Out of stock	No availability date
Univer® capsules 120mg and 240mg	Due end of Oct 2016	Alternatives include Half Securon SR® and Securon® SR tablets

*Stock information via a downloadable PDF file re all GSK creams /ointments available from their website

<https://hcp.gsk.co.uk/products/betnovate.html#>

For any further information regarding supply problems please contact your Practice Pharmacist/Technician or the Medicines Management Team.

Ref <http://psnc.org.uk/dispensing-supply/supply-chain/branded-shortages>

PRICE CHANGES

Top 10 monthly price reductions

- Rasagiline 1mg tablets [1 x 28] £39.15 (-£13.93)
- Aripiprazole 30mg tablets [1 x 28] £49.48 (-£13.40)
- Dexamethasone 8mg soluble tablets sugar free [1 x 50] £130.13 (-£10.12)
- Dexamethasone 4mg soluble tablets sugar free [1 x 50] £65.63 (-£5.62)
- Rivastigmine 9.5mg/24hours transdermal patches [1 x 30] £28.52 (-£3.56)
- Dexamethasone 2mg soluble tablets sugar free [1 x 50] £32.82 (-£2.81)
- Aripiprazole 10mg orodispersible tablets sugar free [1 x 28] £82.01 (-£1.26)
- Aripiprazole 15mg orodispersible tablets sugar free [1 x 28] £82.01 (-£1.26)
- Famciclovir 500mg tablets [1 x 14] £173.98 (-£0.84)
- Phenobarbital 15mg tablets [1 x 28] £19.35 (-£0.76)

Top 10 monthly price increases

- Trimipramine 50mg capsules [1 x 28] £190.00 (+£40.00)
- Alimemazine 30mg/5ml oral solution [1 x 100] £207.58 (+£28.41)
- Trimipramine 25mg tablets [1 x 28] £200.50 (+£27.10)
- Dicycloverine 20mg tablets [1 x 84] £196.69 (+£26.58)
- Dicycloverine 10mg/5ml oral solution [1 x 120] £183.27 (+£24.77)
- Dicycloverine 10mg tablets [1 x 100] £184.25 (+£24.73)
- Trimipramine 10mg tablets [1 x 28] £179.63 (+£24.28)
- Alimemazine 7.5mg/5ml oral solution [1 x 100] £152.88 (+£20.66)
- Atropine 600microgram tablets [1 x 28] £39.34 (+£13.59)
- Alimemazine 10mg tablets [1 x 28] £96.10 (+£12.99)

Summary of price changes

http://www.panmerseyapc.nhs.uk/home/tariff_watch/partviiiia_201609.pdf

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