

Tablets

Medicines Management News

Issue 20, Nov 2015

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Wirral Drug & Therapeutics Panel November 2015

Wirral CCG Governance Process for Wirral Drug & Therapeutics Panel (WDTP)

The process was agreed by WDTP and Wirral CCG Governing Body to ensure Wirral CCG has a robust governance process in place for decisions made at WDTP. The agreed delegated limit for the Prescribing Lead GP is up to an annual cost of £100K per application. (This is excluding drugs with a positive NICE TAG). Above this limit, WDTP applications need to be taken to Clinical Operational Group for approval by the CCG.

Triptans

The formulary choice of triptans was changed: almotriptan was removed and replaced with more cost effective rizatriptan and zolmitriptan. Formulary amended to **sumatriptan, rizatriptan or zolmitriptan**

Joint Headache Pathway

The Joint Headache Pathway was written by WUTH Acute Care Consultants and Neurologists in Walton (which includes treatment of migraine) was approved and will be uploaded to website shortly.

AMBER Rifaximin Prescribing Pathway.

Rifaximin was approved at a previous WDTP meeting for treatment of hepatic encephalopathy with a RED RAG status until Rifaximin Prescribing Pathway was approved. Pathway is now approved so the RAG status has changed to AMBER. The pathway will be uploaded onto website shortly.

New Drug Applications

All applications were for hospital only drugs this meeting:

- Ustekinumab for psoriatic arthritis (NICE TA340) Approved **RED**
- Vedolizumab for ulcerative colitis (NICE TA 342) Approved **RED**
- Vedolizumab for Crohn's disease (NICE TA 352) Approved **RED**
- Obinutuzumab for CLL (NICE TA 343) Approved **RED**
- Ofatumumab for CLL (NICE TA 344) Approved **RED**

Medicines Clinical Guidelines Team (MCGT) October 2015

The following were discussed at MCGT in October 2015, and will be available, where appropriate, through the Medicines Management website shortly.

Approved (Primary Care or Joint):

- Guidelines for the Management of Overactive Bladder Syndrome.
- Oral anticoagulant guidelines for prescribing, monitoring and management.

Approved (Wirral University Teaching Hospital):

- Midazolam for conscious sedation in adults.
- Oral bowel cleansing solutions prior to endoscopy.
- Intravenous lidocaine for post-operative analgesia in adults.

Current Issues

Name change for Camcolit® 250mg tablets

Effective from the 1st October 2015, Camcolit® 250 mg tablets have changed their name to **Lithium Carbonate Essential Pharma 250 mg film-coated tablets**. The product strength and formulation have not changed, only the name has changed. Patients being prescribed Camcolit® 250 mg tablets will need to be prescribed the new name Lithium Carbonate Essential Pharma 250 mg film-coated tablets. The name change only applies to Camcolit® 250mg tablets. Please note that the product name for 'Camcolit® 400mg prolonged-release lithium carbonate film-coated tablet' is not affected. Patient leaflets have been issued by the manufacturer.

Action

- Prescribers should change Camcolit® 250 mg tablets to the new name **Lithium Carbonate Essential Pharma 250 mg film-coated tablets**.
- Patients should be informed about the name change and the need to take the same brand of lithium consistently.
- NHS Lithium treatment cards and booklets must also be updated.

Dipstick testing should not be used to diagnose UTIs in adults with urinary catheters

Dipstick testing is not an effective method for detecting urinary tract infections in catheterised adults. This is because there is no relationship between the level of pyuria and infection in people with indwelling catheters (the presence of the catheter invariably induces pyuria without the presence of infection). To ensure that urinary tract infections are diagnosed accurately and to avoid false positive results, dipstick testing should not be used. See [Urinary Tract Infections in Adults NICE Quality Standard 90 June 2015](#)

In a post infection review following the death of a catheterised patient who was resident in Wirral, it was noted that on multiple occasions the patient's urine had been dipstick tested to diagnose a urinary tract infection. No clinical sample was taken. The patient had exposure to broad spectrum antibiotics which allowed the proliferation of MRSA. The patient developed an MRSA septicaemia and died of urosepsis.

Guidance on when to send urine for culture and diagnosis of urinary tract infection in catheterised patients can be found at: <https://www.gov.uk/government/publications/urinary-tract-infection-diagnosis>

Wirral Home Blood Glucose Monitoring Guidelines - UPDATED

The Wirral Home Blood Glucose Guidelines have recently been updated. They can be found at the following web address:

<http://mm.wirral.nhs.uk/guidelines/> (under Diabetes - Home Blood Glucose Guidelines)

The formulary meters have now been divided up into two sections, with the aim being that 80% of patients with diabetes could use a low cost meter and strips (less than £10 per pot) and only 20% of diabetic patients would be entitled for a higher cost meter and strips (these patients would have a clinical need for a particular type of functionality such as patients with gestational diabetes). This stance has been agreed with secondary care consultants and Diabetic Specialist Nurses at WUTH.

The low cost meters on the formulary consist of:

Active and Performa Nano meters (Roche)



Contour TS meter (Bayer)
Glucomen Areo meter (Menarini)
GlucoRx Nexus meter and mini meter (GlucoRx)

If Wirral CCG achieves the expected 80% (low cost meters): 20% (high cost meters) split, then savings realised would be more than £220K annually for the CCG. Further savings will be realised if patients are provided with individual educational advice highlighting the appropriate testing patterns.

Practices can contact Medicines Management for advice, either your practice team or contact Victoria Vincent, Prescribing Adviser on 0151 643 5319 or victoriavincent@nhs.net. Advice can be provided regarding the formulary products or on implementation process, including non-biased information regarding the pharmaceutical company initiatives as detailed below. Each company can offer support to practices in varying degrees using a variety of methods. **Please note: all meters and consumables are provided free of charge from the pharmaceutical companies.**

Active and Performa Nano (Roche) – extensive support offered by the company to work with practices identifying patients that could be switched. **Also each Performa Nano meter box has 50 testing strips currently.** Other company meters will only have 10 strips provided with the meter. The additional testing strips in the Performa Nano box would realise an enhanced prescribing cost saving as the test strips would not need to be prescribed initially for these patients. **For details contact: Ken Irwin on 07912 163 538 or kenneth.irwin@roche.com**

Contour TS (Bayer) – able to provide tailored support to practices either individually or as a CCG. There are a range of options that they can provide. **For details contact: Kirsty Brunning on 07950 128752 or kirsty.brunning@bayer.com**

Glucomen Areo (Menarini) – have an implementation programme called Glucomen Formulary Assist. This is an implementation package run by the company to support practices to use their cost effective meter. This can be tailored to the practice or CCG. For details contact: **Becky Mason on 07525 226261 or BMason@menarindiag.com**

GlucoRx Nexus (GlucoRx) – tailored support can be offered from the company to assist with switching to their low cost meter. **For details contact: Robby Graves on 0778 561 1772 or Robby@glucorx.co.uk**

Clarification of the position of alogliptin for Type 2 Diabetes Mellitus, as determined by WDTP

Alogliptin was approved as first line gliptin (for new patients requiring gliptin therapy) at WDTP. It was recommended that an active switch from other formulary gliptins to alogliptin should not be considered until its 'black triangle' status has been removed. Alogliptin is still subject to 'black triangle' status as it is a relatively new drug. A black triangle is usually retained for 5 years but can be extended if required so the earliest date that alogliptin's black triangle will be removed is October 2018. **RAG Status: GREEN**

Rewisca Update

From 1st November, the price of Rewisca (pregabalin) will be reduced and there will now be a cost saving of 29.5% compared with generic pregabalin or Lyrica.

Although legal action over the pregabalin patent is ongoing, Consilient Health believe that recent developments allow them to relax the prescription requirements for prescription validation and still supply Rewisca in a way that does not infringe the patent. This change will also be effective from 1st November and will reduce any potential delays for patients obtaining their medication. Pharmacies will be able to order Rewisca via their usual ordering process.

Rewisca continues to be indicated as adjunctive therapy in adults with partial seizures with or without secondary generalisation and for the treatment of Generalised Anxiety Disorder (GAD) in adults. It is not indicated for the treatment of neuropathic pain.

QIPP Plan - suggestions and feedback

Please can GPs and other Healthcare Professionals use the form on the Medicines Management Website at: <http://mm.wirral.nhs.uk/qipp/> to feedback any ideas for the 2016/17 CCG Medicines Management QIPP Plan. Comments on the 2015/16 CCG Medicines Management QIPP Plan are also welcomed.

Any suggestions or feedback can also be made by contacting a member of the Medicines Management Team. We really appreciate any of your ideas! Thank you.

Gluten free food

ScriptSwitch messages for gluten free food have been reviewed and updated and are now live on the system. Wirral CCG continues to recommend that the only foods prescribed are reasonable quantities of bread loaves, flour and bread mix, pasta, crackers and crispbread plus pizza bases for children.

Gaviscon® Advance Oral suspension pack sizes

Gaviscon® Advance Oral suspension is available in different pack sizes for either NHS prescribing or retail sales. The 250ml and 500ml pack sizes are the most cost effective way to prescribe this preparation and are both £0.10 per 10ml. The 150ml and 300ml pack sizes are for retail sale and these are approximately £0.30 per 10ml....three times the cost of the other pack sizes.

Licensed equivalents now available

In issue 21 of 'Hints and Tips' – the newsletter from NHSBSA, there is an article listing those products that have previously only been available as an unlicensed preparation for which there is now a licensed option (see below): [http://www.nhsbsa.nhs.uk/Documents/PrescriptionServices/Dispensing_Contractors - Issue 21 \(V1\) 10 2015.pdf](http://www.nhsbsa.nhs.uk/Documents/PrescriptionServices/Dispensing_Contractors_-_Issue_21_(V1)_10_2015.pdf)

Licensed equivalents now available

Licensed products are now available for the following products:

Generic description	Licensed product
Amlodipine 5mg/5ml (1mg/1ml) oral solution sugar free	AAH Pharmaceuticals Ltd x 150ml Alliance Healthcare (Distribution) Ltd x 150ml Rosemont Pharmaceuticals Ltd x 150ml Thame Laboratories Ltd x 150ml
Amlodipine 10mg/5ml (2mg/1ml) oral solution sugar free	AAH Pharmaceuticals Ltd x 150ml Alliance Healthcare (Distribution) Ltd x 150ml Rosemont Pharmaceuticals Ltd x 150ml Thame Laboratories Ltd x 150ml
Clobazam 5mg/5ml (1mg/1ml) oral suspension sugar free	AAH Pharmaceuticals Ltd x 150ml Perizam 1mg/ml oral suspension x 150ml (Rosemont Pharmaceuticals Ltd) Tapclob 5mg/5ml oral suspension x 150ml (Martindale Pharmaceuticals Ltd)
Clobazam 10mg/5ml (2mg/1ml) oral suspension sugar free	AAH Pharmaceuticals Ltd x 150ml Perizam 2mg/ml oral suspension x 150ml (Rosemont Pharmaceuticals Ltd) Tapclob 10mg/5ml oral suspension x 150ml (Martindale Pharmaceuticals Ltd)
Colecalciferol 3,000units/ml (15,000units/5ml) oral solution	AAH Pharmaceuticals Ltd x 100ml Alliance Healthcare (Distribution) Ltd x 100ml Thame Laboratories Ltd x 100ml
Everolimus 250microgram tablets	Certican 0.25mg tablets x 60 pack (Novartis Pharmaceuticals UK Ltd)
Everolimus 500microgram tablets	Certican 0.5mg tablets x 60 pack (Novartis Pharmaceuticals UK Ltd)
Everolimus 750microgram tablets	Certican 0.75mg tablets x 60 pack (Novartis Pharmaceuticals UK Ltd)
Midodrine 2.5mg tablets	Bramox 2.5mg tablets x 100 pack (Brancaster Pharma Ltd)
Midodrine 5mg tablets	Bramox 5mg tablets x 100 pack (Brancaster Pharma Ltd)
Oxybutynin 5mg/5ml (1mg/1ml) oral solution sugar free	AAH Pharmaceuticals Ltd x 150ml Alliance Healthcare (Distribution) Ltd x 150ml Thame Laboratories Ltd x 150ml

Prescribing guidance states that where possible a licensed preparation should be prescribed rather than a 'special'. As always, please check your formulary for local variations.

AN UPDATE ON EMOLLIENTS

Aqueous cream is not recommended as an emollient

An MHRA bulletin in March 2013 identified issues with aqueous cream when used as an emollient. It states:

*“Aqueous cream may cause local skin reactions, such as stinging, burning, itching and redness, when it is used as a leave-on emollient, particularly in children with atopic eczema. The reactions, which are not generally serious, often occur within 20 minutes of application but can occur later. **Reactions may be due to the presence of sodium lauryl sulfate or other ingredients.** If a patient reports or shows signs of skin irritation with the use of aqueous cream, treatment should be discontinued and an alternative emollient that does not contain sodium lauryl sulfate should be tried.”*

Use of aqueous cream should be reviewed and if necessary changed to an alternative formulary option. The bulletin can be found at: <http://www.mhra.gov.uk/Safetyinformation/DrugSafetyUpdate/CON254804>

Another useful resource is “UKMi Medicines Q&A. Why is Aqueous Cream no longer recommended as a leave on moisturiser?” which can be found at the following link:

<http://www.evidence.nhs.uk/Search?q=UKMi+aqueous+cream+guidance+January+2015>

Key points for emollient prescribing

The cost of emollient prescribing from September 2014 to August 2015 in Wirral was £640K.

There is little evidence to support the use of one emollient over another but costs vary considerably. Local formulary recommendations should be followed.

The Wirral formulary can be found at:

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

Emollients (often referred to as moisturisers) are a key treatment in controlling and managing dry skin. They are commonly used in the treatment of eczema and in elderly patients where the production of sebum is reduced.

- To be effective, emollients need to be applied liberally and regularly as their effects are short lived - at least three times a day but are often needed more frequently.
- Large amounts of emollients need to be prescribed. If a large area of the body is being covered 500g per week of emollient need to be prescribed in adults and 250g in children.
- Emollients should be applied by smoothing them into the skin along the line of hair growth, rather than rubbing them in.
- There are many types and brands of emollients, ranging from runny lotions to thick ointments. The difference between lotions, creams and ointments is the proportion of lipid (oil) to water. **The lipid content is lowest in lotions, intermediate in creams and highest in ointments. The higher the lipid content, the greasier and stickier it feels and the shinier it looks on the skin.** As a general rule, the higher the lipid content (the more greasy and thick the emollient), the better and longer it works but the messier it is to use.
- Many people mix and match different emollients and pack sizes of products to suit their needs and daily routine.
- Patients should be warned that bath oils make skin and surfaces slippery; **this also applies to aqueous cream.**
- When using emollients with a topical steroid, patients should apply the emollient first, leaving a gap of approximately 10-15 minutes after applying an emollient before applying a topical steroid. This is so that the



skin has had time to absorb the emollient before a topical steroid is applied (the skin should be moist or slightly tacky but not slippery, when applying the steroid).

- Emollients used for eczema tend to be bland and non-perfumed. However, some creams contain preservatives, fragrances and other additives. Occasionally, some people become sensitised (allergic) to an ingredient. This can make the skin inflammation worse rather than better.
- Paraffin-based emollients are flammable. Keep them away from lights and flames. Guidance was issued in November 2007 warning of the dangers of using paraffin-based emollients. This is especially pertinent in those patients who are also on oxygen therapy. Here is the link to further information: <http://www.nrls.npsa.nhs.uk/resources/?entryid45=59876>
- Some emollients such as Dermol® contain antimicrobials, so their use should be reviewed regularly as the patient may not need this.

Drug Tariff

PRICE CHANGES

Top ten monthly price reductions

Aripiprazole 5mg tablets [1 x 28] £43.99 (-£32.65)
Aripiprazole 15mg tablets [1 x 28] £43.37 (-£32.10)
Sevelamer 800mg tablets [1 x 180] £135.81 (-£31.23)
Aripiprazole 10mg tablets [1 x 28] £43.81 (-£30.88)
Risperidone 1mg/ml oral solution sugar free [1 x 100] £6.27 (-£30.84)
Exemestane 25mg tablets [1 x 30] £19.72 (-£18.00)
Lamivudine 100mg tablets [1 x 28] £59.59 (-£14.83)
Aripiprazole 30mg tablets [1 x 28] £148.77 (-£14.43)
Eplerenone 25mg tablets [1 x 28] £33.56 (-£11.43)
Oxcarbazepine 300mg tablets [1 x 50] £7.95 (-£11.08)

Top ten monthly price increases

Phenindione 10mg tablets [1 x 28] £519.98 (+£282.97)
Phenindione 25mg tablets [1 x 28] £519.98 (+£228.89)
Dipipanone 10mg / Cyclizine 30mg tablets [1 x 50] £353.06 (+£81.04)
Liothyronine 20microgram tablets [1 x 28] £198.62 (+£46.44)
Sulfipyrazone 100mg tablets [1 x 84] £102.96 (+£43.56)
Bumetanide 1mg/5ml oral solution sugar-free [1 x 150] £168.00 (+£40.00)
Trifluoperazine 1mg/5ml oral solution sugar-free [1 x 200] £102.53 (+£36.80)
Demeclocycline 150mg capsules [1 x 28] £160.89 (+£36.41)
Alimemazine 30mg/5ml oral solution [1 x 100] £104.07 (+£35.17)
Sulfipyrazone 200mg tablets [1 x 84] £147.65 (+£33.89)

Top 100 annual price reductions

http://www.panmerseyapc.nhs.uk/home/tariff_watch/partviiiia_reductions_201510.pdf

Top 100 annual price increases

http://www.panmerseyapc.nhs.uk/home/tariff_watch/partviiiia_increases_201510.pdf

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 October 2015. Please consider the costs of the following drugs before prescribing:

Product	Quantity	Price concession
Celiprolol 200mg tablets	28	£19.83
Cimetidine 400mg tablets	60	£6.55
Clindamycin 150mg capsules	24	£13.25
Diclofenac sodium 50mg gastro-resistant tablets	28	£2.73
Disulfiram 200mg tablets	50	£91.73
Lamotrigine 5mg dispersible tablets sugar-free	28	£8.50
Mefenamic acid 500mg tablets	28	£12.15
Trazodone 50mg/5ml oral solution sugar-free (new)	120ml	£117.00

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:

Description	Due date	Comment
Aldomet® tablets 250mg	Supplier unable to confirm	A manufacturing issue is causing a delay in supply
Brufen® Retard tablets 800mg	Supplier unable to confirm	A manufacturing issue is causing a delay in supply
Colofac® tablets 135mg	Limited stock available	Limited supplies
Creon® 40000 capsules 400mg	No availability date	A supplier issue is causing a delay in supply
Depakote® tablets 500mg	Supplier unable to confirm	A manufacturing issue is causing a delay in supply. Medical Information Enquiries - 0800 854 430
Dovobet® ointment 30g	Limited stock available	Limited supplies
Eurax® cream 10% 100g	Supplier unable to confirm	A manufacturing issue is causing a delay in supply
Ferrograd® Filmtab 325mg	No availability date	A manufacturing issue is causing a delay in supply
Glucophage® SR tablets 500mg and 1000mg	No availability date	A supplier issue is causing a delay in supply
Juvela® gluten-free cream Crackers 125g	No availability date	A manufacturing issue is causing a delay in supply
Kwells Junior® tablets	Supplier unable to confirm	A manufacturing issue is causing a delay in supply
Lacri-Lube® eye ointment 5g	Supplier unable to confirm	A manufacturing issue is causing a delay in supply
Lipantil® Micro capsules 267mg	Expected December 2015	A manufacturing issue is causing a delay in supply
Premarin® tablets 1.25mg	Supplier unable to	A manufacturing issue is causing a delay in

	confirm	supply. Medical Information Enquiries - 0845 608 8866
Prémique® Low Dose tablets 0.3mg/1.5mg	Limited supplies ongoing	A supplier issue is causing a delay in supply. Medical Information Enquiries - 0845 608 8866
Simbrinza® eye drops 5ml (Alcon)	No availability date	A supplier issue is causing a delay in supply. Medical Information Enquiries - 0800 854 100
Sno Tears® eye drops 10ml (Bausch&Lomb)	Supplier unable to confirm	A manufacturing issue is causing a delay in supply
Traxam® gel 3% x 100g	Supplier unable to confirm	A manufacturing issue is causing a delay in supply
Vistamethasone® eye drops 10ml	Supplier unable to confirm	A manufacturing issue is causing a delay in supply
Vita-Pos® preservative-free eye ointment x 5g	No availability date	Supply issue.
Zantac® 150mg and 300mg tablets	Supplier unable to confirm	A manufacturing issue is causing a delay in supply

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

Public Health England

PUBLIC HEALTH RESOURCES

MenB and paracetamol: protocol for healthcare professionals

The Joint Committee on Vaccination and Immunisation (JCVI) has recommended the use of prophylactic paracetamol at the time of, or shortly after, MenB vaccination, with a further two doses every four to six hours thereafter. Fever can be expected after any vaccination, but is more common when the MenB vaccine is given with other routine vaccines at two and four months of age.

This advice differs from previous advice on the use of paracetamol for post-vaccination fever, so Public Health England has prepared a protocol for healthcare professionals delivering the national MenB immunisation programme. A patient information leaflet has also been produced and this details the advice to parents plus responses to frequently asked questions. The information can be found on the Public Health England website at the following link: <https://www.gov.uk/government/publications/menb-vaccine-and-paracetamol>

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