

Prescribing and Medicines Optimisation Guidance

Issue: 67

Date: 6th April 2022

1. Wessex Adult Asthma Guidelines 2021

The new Wessex Asthma Guidelines 2021 are now available to access at Wessex Asthma Guidelines 2021 GP Portal ([Link](#))

These guidelines have been developed to be used as an on-line resource. Inhaler technique videos are linked to each device pictured in the guidelines and can be accessed by 'clicking' on the picture. This can be used as a reminder to healthcare professionals and shown to patients to improve their inhaler technique.

The guidelines also have a focus on sustainability, and the carbon footprint of each inhaler is included. Please use this information to help with shared decision making at individual patient reviews.

The HIOW Respiratory Sustainability Group are working collaboratively across the area and across sectors to raise awareness of the 'Greener Agenda' with regards to respiratory medicine. There will be more communication and supporting resources being shared over the coming weeks, to support practices and PCNs to affect positive change to prescribing as well as optimising therapy for patients.

2. Inclisiran prescribing update

The National Guidance for Lipid Management for Primary and Secondary Prevention of CVD ([Link](#)) has been updated and now include the use of Inclisiran. Inclisiran is recommended as an option for treating primary hypercholesterolaemia (heterozygous familial and non-familial) or mixed dyslipidaemia as an adjunct to diet in adults. It is recommended only if:

- there is a history of cardiovascular events (refer to guidance)
- low-density lipoprotein cholesterol (LDL-C) concentrations are persistently 2.6 mmol/l or more, despite maximum tolerated lipid-lowering therapy, that is:
 - maximum tolerated statins with or without other lipid-lowering therapies or,
 - other lipid-lowering therapies when statins are not tolerated or are contraindicated

Inclisiran is a small interfering RNA which limits production of PCSK9, increasing uptake of LDL-cholesterol and thereby lowering levels in blood. It is available as a subcutaneous injection administered at a dose of initially 284 mg for 1 dose, followed by 284 mg after 3 months for 1 dose, then 284 mg every 6 months. Inclisiran has been added to the formulary as a green drug and so is available to prescribe in primary and secondary care.

3. NICE guidelines: Hypertension in adults: diagnosis and management ([Link](#))

This guideline covers identifying and treating primary hypertension (high blood pressure) in people aged 18 and over, including people with type 2 diabetes. It aims to reduce the risk of cardiovascular problems such as heart attacks and strokes by helping healthcare professionals to diagnose hypertension accurately and treat it effectively.

In March 2022 the guidelines were updated to include:

- New recommendation on blood pressure targets for people with cardiovascular disease
- New recommendation on antihypertensive drug treatment for people with cardiovascular disease
- Minor changes to the wording of the recommendations for people without cardiovascular disease, without changing the intent. For an explanation of these changes, see the rationale and impact section on blood pressure targets for people with cardiovascular disease.

4. National Patient Safety Alert: Inadvertent oral administration of potassium permanganate ([Link](#))

Potassium permanganate is supplied in concentrated forms, either as a 'tablet' or a solution, which requires dilution before use. Potassium permanganate is routinely used as a dilute solution to treat weeping and blistering skin conditions, such as acute weeping/ infected eczema and leg ulcers. It is not licensed as a medicine.

These concentrated forms resemble an oral tablet or drink and if ingested are highly toxic. The alert asks both secondary and primary care providers to take action to assess if use of potassium permanganate can be reduced; to ensure safer prescribing and labelling, and to ensure it is stored safely.

Advice for primary care also includes:

- patients are not on repeat prescriptions for potassium permanganate
- prescriptions include clear instructions to dilute before use
- dispensing label includes the warning 'HARMFUL IF SWALLOWED'
- prescriptions are only issued by an appropriate prescriber
- if potassium permanganate is to be used in a patient's home, a risk assessment must be undertaken before prescribing

- all patients must be supplied with a patient information leaflet.

5. SPS article: Factors to consider about medicines and bariatric surgery (gastric bypass) ([Link](#))

Bariatric surgery can affect how medicines and specific formulations are handled by the body. These effects need to be considered and taken into account when prescribing.

6. HPV vaccination: updated guidance for healthcare practitioners ([Link](#))

This updated guidance provides information for healthcare practitioners about the human papillomavirus (HPV) universal programme for adolescents and the HPV for men who have sex with men (MSM) programme, including information on eligibility, scheduling and vaccine administration.

7. MHRA drug safety update: Cladribine (Mavenclad): new advice to minimise risk of serious liver injury ([Link](#))

Cladribine (Mavenclad) is a nucleoside analogue that causes lymphocyte depletion. It is authorised in the UK for the treatment of adults with highly active relapsing multiple sclerosis as defined by clinical or imaging features.

A small number of cases of clinically significant liver injury have been reported during cladribine treatment for multiple sclerosis. Most events occurred within 8 weeks of the start of the first treatment course of cladribine. Please read the full alert for further advice and actions required.

8. Southampton Medicines Advice Service (SMAS) update

Message from Jonathan Hall (Head of SMAS & Deputy Chief Pharmacist)

Unfortunately, Southampton Medicines Advice Service will no longer be providing a regional enquiry answering service to Primary Care. This took effect from the 1st April 2022, and is currently being communicated on an individual basis. However we are now in a position to advertise this more widely, and until advised otherwise you should now direct your enquiries to:

- 020 7188 3855 or
- LNWH-tr.spsquestions@nhs.net

We apologise that this was not communicated in advance, but these contact details have only just been made available.

NOTE: We will continue to help with enquiries relating to University of Hospital Southampton NHS Foundation Trust discharge issues where local knowledge is required (although please assess if it is more appropriate for you to directly contact the discharging pharmacist or ward). If you have any concerns or questions about this change in service please don't hesitate to contact me on jonathan.hall@uhs.nhs.uk.

9. NICE guidelines – Diabetes guideline updates

NICE guidelines for diabetes have been updated to include continuous glucose monitoring (CGM). The updates are as follows:

- **Diabetes (type 1 and type 2) in children and young people: diagnosis and management- updated guidance (NG18) ([Link](#))**

Updated to offer real-time (rt) CGM to all children and young people with type 1 diabetes, alongside supportive education to use it and also to offer intermittently scanned (is) CGM ('flash') to those aged ≥ 4 years unable to use rtCGM or who express clear preference for isCGM.

- **Type 1 diabetes in adults: diagnosis and management- updated guidance (NG17) ([Link](#))**

Updated to offer a choice of rtCGM or isCGM,('flash'), based on individual preferences, needs, characteristics, and the functionality of the devices available.

- **Type 2 diabetes in adults: management- updated guidance (NG28) ([Link](#))**

Updated to offer isCGM ('flash') to adults with type 2 diabetes on multiple daily insulin injections, providing certain criteria met, including self-measuring ≥ 8 times a day. Also to consider rtCGM as alternative if available for same or lower cost.

10.SPS advice: Generic and brand prescribing

Specialist Pharmacy Service (SPS) have published advice regarding medicines which should be prescribed by brand name and those which are suitable for generic prescribing. This can be found on the SPS website by accessing the links below:

- **Example medicines to prescribe by brand name in primary care ([Link](#))**

This page provides guidance on prescribing certain medicines by brand to ensure supply of the same product. Examples are grouped by therapeutic area and the list of products is not exhaustive.

- **Prescribing by generic or brand name in primary care ([Link](#))**

This page provides guidance on prescribing medicines by generic name, the general preferred option, but also provides guidance on some circumstances when brand-name prescribing is warranted.

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Previous bulletins can be found at: <https://gp-portal.westhampshireccg.nhs.uk/medicines/covid-19-medicines-information/covid-19-medicines-optimisation-bulletins/>