

Bedfordshire, Luton and Milton Keynes Area Prescribing Committee (BLMK APC) Newsletter Number 10, July 2023

Welcome to the July 2023 BLMK Area Prescribing Committee newsletter. This newsletter contains a summary of the key recommendations and reflects the output from the tenth BLMK APC, held on 5th July 2023.

For full details of Joint Formulary additions / amendments – see separate [June 2023 Formulary Newsletter](#)

Click [here](#) to access the Bedfordshire & Luton Joint Formulary
Click [here](#) to access the Milton Keynes Joint Formulary

BLMK Medicines Optimisation Team Website

All approved BLMK APC documents will be uploaded to the Medicines Optimisation website and all current, approved JPC/MKPAG* documents will remain on the website as before.

Medicines Optimisation Team website:

<https://medicines.bedfordshirelutonandmiltonkeynes.icb.nhs.uk/>

Searching the website:

All documents referred to within the Newsletter (where appropriate) will be available shortly on the website.

The website has an easy to use search function which should make it easy to find the information you are looking for. If you have trouble searching the website or if you have any comments / suggestions, please do let us know - contact either samantha.golton@nhs.net (Website Manager) or sandra.mcgroarty@nhs.net (Website Pharmacist Clinical Lead).

*Bedfordshire and Luton Joint Prescribing Committee (JPC) / Milton Keynes Prescribing Advisory Group (MKPAG)

The following organisations contribute to and participate in the BLMK APC – Bedfordshire, Luton and Milton Keynes Integrated Care Board; Bedfordshire Hospitals NHS Foundation Trust; Cambridgeshire Community Services NHS Trust; Central and North West London NHS Foundation Trust; East London NHS Foundation Trust; Milton Keynes University Hospital NHS Foundation Trust

TREATMENT / PRESCRIBING GUIDELINES

Somatostatin analogues bulletin

The Area Prescribing Committee recommendations on [somatostatin analogues](#) (octreotide, lanreotide and pasireotide) have been updated and adopted for use across BLMK. This document clarifies the commissioning and formulary status of somatostatin analogues for different indications, and provides additional clinical information.

UPDATED
and extended
across
BLMK ICS

Liraglutide prescribing guidance – children and young people with Type 2 Diabetes

New guidance has been developed to support the prescribing of [liraglutide \(Victoza®\) in children and young people, under the age of 18 years, with Type 2 Diabetes](#) in primary care. The agreed formulary status for this indication is **SpIS** (specialist initiation and stabilisation, continuation in primary care).

NEW
GUIDANCE

AHSN Lipid Optimisation Pathways

The APC endorsed the adoption of two lipid optimisation pathways, produced by the Academic Health Science Network, in collaboration with NICE and the Accelerated Access Collaborative, for adoption within BLMK:

- [Lipid Optimisation Pathway for Secondary Prevention in Primary Care](#)
- [Lipid Optimisation Pathway following an Acute Cardiovascular Event Acute Ischaemic Stroke / Transient Ischaemic Attack \(TIA\) or Acute Coronary Syndrome \(ACS\)](#)

NEW
PATHWAYS

Medical Devices

The previous Bedfordshire and Luton bulletin on medical devices has been reviewed, updated and extended to apply across BLMK. Recommendations will be included in the medicines' and wound care formularies, where appropriate.

UPDATED
and extended
across
BLMK ICS

Glucagon-Like-Peptide 1 Receptor Agonist National Shortage Guidance

The APC ratified the [PCDS-ABCD guidance](#) for Glucagon-Like-Peptide 1 Receptor Agonists (GLP-1 RAs) to be used alongside [NICE NG28](#) guidance during the period of national shortage of GLP-1 RAs. This guidance has been produced by the Primary Care Diabetes Society (PCDS) and Association of British Clinical Diabetologists (ABCD).

NEW
GUIDANCE

Continuous Glucose Monitoring (CGM)

The recommendations for the choices of CGM device for use in pregnant patients with Type 1 Diabetes have been updated and are now included within the "[Continuous Glucose Monitors \(CGM\) in people with diabetes](#)" guidance.

UPDATED

Additional guidelines updated / uploaded to the website

Methylphenidate Modified Release Products

A table detailing the differences between the various [Methylphenidate Modified Release](#) products is now available on the Medicines website. This document provides information on the different brands' release profiles and details which brands are bioequivalent and which ones are not bioequivalent.

WEBSITE
UPDATES

SECONDARY CARE PRESCRIBING / COMMISSIONING ISSUES

Ulcerative Colitis (Moderate to Severe) Treatment Pathway

The [BLMK treatment pathway](#) for moderate to severe Ulcerative Colitis has been updated to include recommendations on dose escalation of the recommended treatments.

UPDATED

Dibotermin alfa for the management of acute tibial fractures in adults

The East of England Priorities Advisory Committee (EoEPAC) guidance on the use of the bone morphogenetic protein, dibotermin alfa, for the management of acute tibial fractures has been updated. The guidance was ratified for use across BLMK.

UPDATED
and extended
across
BLMK ICS

EXOGEN ultrasound bone healing system for the management of bone fractures

The East of England Priorities Advisory Committee (EoEPAC) guidance on the use of the EXOGEN ultrasound bone healing system has been updated. The guidance has been ratified for use across BLMK and replaces existing Priorities Forum guidance.

UPDATED
and extended
across
BLMK ICS

WOUND CARE FORMULARY UPDATES

Wound care formulary news and updates:

- **Proshield** has continued to be requested via FP10 in the community. The product has been confirmed as non-formulary, with **DNP** (do not prescribe) traffic light designation (in both Medicines and Wound Care Formularies) and a message has been added to the Bedfordshire and Luton Formulary. It does not appear on the MK/CNWL Formulary.
- An **Online Formulary** is in development for use by practice nurses and community nurses in MK. It is anticipated that this will improve adherence to the woundcare formulary and also improve associated quality and savings.

FORMULARY
NEWS &
UPDATES

NICE TECHNOLOGY APPRAISAL GUIDANCE and GUIDELINES ISSUED / UPDATED

The following NICE Technology Appraisal Guidance (ICB Commissioned) have been published during the period 20 April 2023 until 22 June 2023 inclusive:

Risankizumab for previously treated moderately to severely active Crohn's disease Technology appraisal guidance [TA888] Published: 17 May 2023 <https://www.nice.org.uk/guidance/ta888> (added to formularies with **RED** traffic light status).

Esketamine for treating major depressive disorder in adults at imminent risk of suicide (terminated appraisal) Technology appraisal [TA899] Published: 06 June 2023 <https://www.nice.org.uk/guidance/ta899>

Tixagevimab plus cilgavimab for preventing COVID-19 Technology appraisal guidance [TA900] Published: 14 June 2023 <https://www.nice.org.uk/guidance/ta900> (not recommended by NICE).

Dapagliflozin for treating chronic heart failure with preserved or mildly reduced ejection fraction Technology appraisal guidance [TA902] Published: 21 June 2023 <https://www.nice.org.uk/guidance/ta902> (added to formularies with **GREEN** traffic light status).

Upadacitinib for previously treated moderately to severely active Crohn's disease

Technology appraisal guidance [TA905] Published: 21 June 2023 <https://www.nice.org.uk/guidance/ta905>
(added to formularies with **RED** traffic light status).

Casirivimab plus imdevimab, nirmatrelvir plus ritonavir, sotrovimab and tocilizumab for treating COVID-19

Technology appraisal guidance [TA878] Published: 29 March 2023 Last updated: 22 June 2023
<https://www.nice.org.uk/guidance/ta878>. Added to the formularies with the following traffic light statuses:

Casirivimab plus imdevimab: **DNP**

Nirmatrelvir plus ritonavir (Paxlovid): **GREEN**

Sotrovimab: **RED**

Tocilizumab: **RED**

[Click here](#) to access all technology appraisal guidelines - ICB and NHSE Commissioned (20 April 2023 until 22 June 2023 inclusive)

NICE Guidelines:

NICE have published several NICE Guidelines since June 2023 - [click here](#) to access these guidelines.

NICE COVID-19 Rapid Reviews/Information

The Committee noted that NICE have continued to issue/update a series of covid 19 rapid reviews/information: this information can be accessed from the NICE website [click here](#).

MEDICINES SAFETY DRUG UPDATES (DSU) AND PATIENT SAFETY ALERTS

The APC received a Primary Care Medicines Safety Update and an update from the BLMK ICS Medicines Safety Group (MSG).

This update focussed on the primary care response to the MHRA Drug Safety Updates ([April 2023](#)). In particular:

Nitrofurantoin: reminder of the risks of pulmonary and hepatic adverse drug reactions

Actions taken: DSU has been added to the Formularies, awaiting messages to be centrally created for Optimise Rx prior to activation. MSG are seeking advice from the Specialist Pharmacy Service (SPS) regarding frequency of monitoring. The DSU will also be circulated in the next care homes newsletter to disseminate the information.

Isotretinoin (Roaccutane ▼): new safety measures to be introduced in the coming months, including additional oversight on initiation of treatment for patients under 18 years and [updated NICE guidance](#)

Actions taken: Review of EPACT2 prescribing data and practice pharmacist review and repatriation of identified patients. DSU has been linked to the Formularies and isotretinoin wording strengthened on GP messaging systems to highlight the medicine is hospital only prescribing.

Projects being undertaken by the Medicines Safety Group include:

- **Discharge safety project** - The Medicines Safety Group (MSG) are collaborating to explore a systemwide discharge group which will be led by Bedfordshire Hospitals NHS Foundation Trust.
- **'Bounceback' forms** – the group are reviewing the form and process currently used by Milton Keynes and plan to adapt and roll out both across BLMK. Bounceback forms provide a mechanism for Primary Care clinicians to reject inappropriate prescribing requests from specialists (e.g. non-formulary and Red medicines).
- **Insulin safety** – sharing of learning from medication errors and incidents involving insulin, and the development of targeted training to reduce errors and improve safety.

The latest **BLMK Medication Safety Group Newsletter** (edition 4) can be accessed [here](#).

ANTIMICROBIAL RESISTANCE UPDATE

An update on primary care antimicrobial prescribing was provided for the Committee:

- The significant Group A Streptococcus outbreak in 2022 led to a marked increase in total antimicrobial prescribing, resulting in BLMK and national averages being above the national target.
- Broad spectrum prescribing as a proportion has gone down due to the increase in total antibiotic prescribing.

Reminder: A new BLMK antibiotics guidelines website has been developed, which may be accessed [here](#)

ADDITIONAL PAPERS / ISSUES CONSIDERED BY THE COMMITTEE

Formulary alignment project update

- Beds/Luton **BLACK** and MK **RedRed** categories on the Formularies are now aligned and “DNP” (do not prescribe) status has been applied across both Formularies (replacing **BLACK** and **RedRed**).
- **RED** - work is underway to compare the content of both Formularies and ensure that products are in the Red category on Optimise Rx.
- **AMBER 3** (MK only) has been audited and switched to **SpIS** (specialist initiation and stabilisation, followed by continuation in primary care).
- **AMBER 2** (MK only) has been fully audited, with identification and extraction of Red, discontinued and Green products. The remaining Amber 2 list has been merged and re-named with the Amber 1 list to **SpA** (specialist advised, initiation as per local arrangement, continuation in primary care).

The [BLMK Area Prescribing Committee 2022/23 Annual Report](#) was approved by the Committee.

BLMK APC 2023/2024 MEETING DATES

Wednesday 27th September 2023
Wednesday 6th December 2023
Wednesday 28th February 2024
Wednesday 1st May 2024
Wednesday 3rd July 2024
Wednesday 25th September 2024
Wednesday 4th December 2024

OTHER NEWS

Use of Scriptswitch/Optimise Rx

To further enhance the communication of BLMK APC advice to GPs, the BLMK ICB medicines optimisation team **are actively reviewing the messages on NetFormulary, Scriptswitch and Optimise Rx** to highlight when BLMK APC guidance is available and including a hyperlink to the [BLMK Medicines Optimisation website](#). Please advise us if you notice any issues.

Contact Us:  anne.graeff@nhs.net and taiya.large1@nhs.net