



Issue:

Tablet Press

The prescribing newsletter for GPs, nurses and pharmacy teams
NHS Northamptonshire ICB



July 2025

➤ **[GLP-1 medicines for weight loss and diabetes: what you need to know](#)**

Following some safety concerns about GLP-1s the MHRA has issued guidance covering their uses, where to obtain them, risks, contraception and pregnancy, breastfeeding, depression or suicidal thoughts, and use around the time of surgery or an operation.

➤ **[Top tips for adding medication to clinical systems](#)**

A new guide to safely adding medication to the clinical systems is available on the [Primary Care Portal](#). This is a useful tool for new starters and may also be of use to existing prescribers. The guide provides advice for both SystmOne and EMIS. The guide includes information such as how to set up the Northamptonshire ICB formulary, tips for adding new medicines to acute or repeat, recording medication prescribed by other organisations and how to cancel prescriptions using the correct process.

➤ **[Updated dosing of oral iron for iron-deficiency anaemia in children](#)**

Following guidance published in 2021 by the British Society of Gastroenterology on the treatment of iron-deficiency anaemia in adults, BNF recommendations for oral iron salts in adult patients were updated to recommend lower doses of oral iron than those which have been traditionally used for iron-deficiency anaemia. The BNF for Children has now been updated to reflect that:

- Lower treatment doses (e.g. 1 tablet once daily or on alternate days) have fewer side effects and increase compliance.
- Absorption following lower dosing has been reported to be at least as effective as traditional dosing (e.g. 1 tablet two or three times daily) since the higher concentrations of iron stimulates hepcidin production, leading to reduced absorption of subsequent iron doses through the gut mucosa.

➤ **[Safety needles](#)**

Safety needles which incorporate automatic safety locks are available but should not normally be prescribed by GPs. These are for the benefit of healthcare workers to avoid needle stick injury and therefore they should not be prescribed on FP10. They should be provided by the employer of the staff administering the injection as protective equipment. The exceptions to this are:

- patients whose insulin is administered by a carer or relative AND
- where the patient is known to have a blood born virus e.g. HIV, hepatitis
- OR who is known to be aggressive

The preferred choices are:

- 1st line choice - Microdot Max Safety Pen Needles 5mm/30 gauge (£12.89/50)
- 2nd line choice - Microdot Safety Pen Needle (£17.00/50)

➤ **[‘Massive change’ in antibiotic prescribing for children in primary care since COVID-19](#)**

NHS England’s antimicrobial resistance national clinical lead for pharmacy and prescribing has said that before the pandemic 27% children received an antibiotic each year, which has risen to 36% since the pandemic. In the past year (Apr 2024-Mar 2025) 29.9% of all children aged 0-9 years in Northamptonshire received an antibiotic prescription. There are significant variations from practice to practice within Northamptonshire from 13% to 38.8%.

49 general practices in South of England hosted a one-hour in-house workshop facilitated by trained local pharmacy professionals using TARGET materials, prescribing data and safety-netting resources from the Healthier Together website. Prescribing to children under 5y decreased from 4.9% to 3.9% following the intervention with no observed increase in Consultations. If any practice would like the Medicines Optimisation Team to deliver training in antibiotics please contact us on at northantsicb.medicinesoptimisationteam@nhs.net

This edition is also available on the Primary Care Portal