



➤ **High dose Vitamin D prescribing**

There have been some reported errors with the long-term prescribing of high dose vitamin D due to it being added to the patient's repeat medication with no clear end date or review. Replacement therapy (with a defined course length) is recommended when vitamin D levels are deficient (<25nmol/L). Consider prescribing replacement therapy acutely to prevent further issues in error. Patients who are insufficient (25-50nmol/L) and require maintenance should purchase supplementation over the counter in most cases. See Vitamin D guidelines for dosing, course length and recommendations in both adults and children.

➤ **Penicillin allergy labelling**

Penicillin is the go-to antibiotic for many common infections - but in the UK more than 1-in-15 adults have a penicillin allergy label on their medical record. New research suggests that many with these labels are not actually allergic. Professor Sue Pavitt explains how more accurate allergy labelling might help fight the rise of antimicrobial resistance. Listen here [BBC Sounds](#) or [Futures](#). **If practices are interested in penicillin allergy de-labelling please contact the Medicines Optimisation Team northantsicb.medicinesoptimisationteam@nhs.net who can help with searches, posters and other materials.**

➤ **Replacement of Dexcom ONE with Dexcom ONE+**

Dexcom ONE continuous glucose monitoring sensors are being replaced by Dexcom ONE+. Patients currently on Dexcom ONE sensors should be switched to Dexcom ONE+ sensors before the end of December 2025 as Dexcom ONE will be withdrawn from the Drug Tariff at the end of March 2026. Dexcom ONE+ sensors are smaller and do not require a separate transmitter. Each sensor will last 10 days so please prescribe a quantity of 3 per month. Patients with a smart phone, who currently use a Dexcom app, will need to download the Dexcom ONE+ app but login with their existing account details and follow the instructions to set it up. Patients who usually use a receiver will need a new Dexcom ONE+ receiver. Dexcom ONE+ sensors are not compatible with Dexcom ONE receivers. Practices can contact Dexcom to order Dexcom ONE+ receivers (supplied for free). The Dexcom contacts are Andrew Nicholson (Territory Manager) 07391869986 andrew.nicholson@dexcom.com and Amy Parmar (Lead Market Access Specialist) 07795375325 amy.parmar@dexcom.com.

➤ **Discontinuation of Freestyle Libre 3, switch to Freestyle Libre 3 Plus**

Freestyle Libre 3 Continuous Glucose Monitoring sensors are being replaced by Freestyle Libre 3 plus. All patients currently on Freestyle Libre 3 will need to switch to Freestyle Libre 3 plus before the end of December 2025. Freestyle Libre 3 plus sensor lasts 15 days and is only used for patients with a Ypsopump Hybrid Closed Loop insulin pump. Please contact the Medicines Optimisation Team northantsicb.medicinesoptimisationteam@nhs.net for more information.

➤ **BASHH guidelines for treatment of Scabies - update**

The BASHH guidelines for treatment of scabies have been updated. Recommended regimens for adults and children over 13 years include topical permethrin 5% cream and oral ivermectin tablets.

➤ **Managing paediatric respiratory tract infections - what is the evidence?**

On Wednesday 15th October 18.30-19.30 the Royal College of General Practitioners will host a webinar outlining the evidence for managing paediatric respiratory tract infections in primary care and identify tools and resources that can be used to support consultations. The webinar will be of interest to clinicians in primary care settings, including out of hours and community pharmacy. Use the following link to register and for further information [link](#)