



- **[Pragmatic prescribing for older people with frailty](#)**
The British Geriatrics Society, Royal College of General Practitioners (RCGP) and Royal Pharmaceutical Society (RPS) have developed guidance on pragmatic prescribing for older people with frailty. The guidance covers 6 common conditions and suggests adjustments for patients with moderate and severe frailty. Although people with moderate or severe frailty are not usually included in clinical trials of medicines it is recommended that the [GP evidence website](#) is used so that discussions are supported by Number Needed to Treat and Number Needed to Harm data.
- **[Lack of Association Between Hemoglobin A1c and Continuous Glucose Monitor Metrics Among Individuals with Prediabetes and Normoglycemia](#)**
In study (n=972), CGM metrics showed minimal associations with HbA1c in people with normoglycaemia, with mean glucose demonstrating a weak association and time in range showing no relationship, suggesting CGM metrics should not be interpreted to reflect HbA1c in this population.
- **[Parents' and carers' preferences and understanding of dosage instructions on dispensed paediatric medicines: a cross-sectional survey](#)**
A survey (n=215) found parents and carers prefer simpler wording for dosage instructions, with most respondents without a healthcare background (72.8%) preferring millilitres alone for expressing doses of oral liquid medicines. The Neonatal and Paediatric Pharmacists Group (NPPG) has issued advice and the Medicines Optimisation team has been working to ensure that default directions on GP systems are in line with NPPG recommendations.
- **[New resources to support Structured Medication Reviews \(SMRs\) with care home residents](#)**
Materials, which aim to support a collaborative approach to SMRs, include draft invitation letters to residents and their families, patient-facing leaflets about safely stopping a medicine, and posters explaining what SMRs are for, and how staff can support residents with them.
- **[Hydrocortisone emergency kits now available from NGH and KGH.](#)**
The most recent NICE guidance for Adrenal Insufficiency [link](#) recommends that people with primary and secondary adrenal insufficiency are provided 2 or 3 emergency kits. Each emergency kit should contain:
 - premixed hydrocortisone sodium phosphate 100 mg/1 ml (1 vial), **or**
 - hydrocortisone sodium succinate 100 mg powder and 5 ml or 10 ml water for injection (1 vial)
 - two blue needles
 - two 2 ml syringes
 - written instructions in an easy-to-understand format on how to prepare and give emergency intramuscular
 - hydrocortisone and how to safely dispose of needles and syringes
 - steroid emergency cards
 - glucose gel (only for babies, children and young people under 16)
 - one orange needle and a 1 ml syringe (only for babies under 1 year)KGH and NGH are supplying the kits to patients and will check these whenever the patient is seen in clinic. On occasion it might be appropriate for primary care to supply individual items within the kit e.g. hydrocortisone.
- **[Coroner raises concerns over system for patients ordering repeat medication](#)**
Following the death of a patient the coroner has expressed concern that Optum (formerly EMIS) removes medication from repeat prescription list after 12 months if patients do not reorder it, without alerting GP of change.