



- [\*\*2025 Resuscitation guidelines\*\*](#)  
Based on systematic evidence reviews and consensus development, these updated guidelines provide a shared knowledge base for healthcare professionals across the UK, encompassing basic and advanced life support for adults, children, and newborns. [Further Information](#)
- [\*\*Guidelines for Medicines used during Foreign Travel\*\*](#)  
Local guidance for Medicines used during Foreign Travel is available on the Primary Care Portal. This guidance should support GP practices with prescribing since it covers:
  - Travel vaccinations
    - Vaccines for NHS use
    - Vaccine for Private Use
  - Travel Advice
  - Prophylactic medicines (including Malaria)
  - Prescribing medicines for use outside of the UK, including advice on the duration for which medication can be prescribed to cover foreign travel.

The guidelines have been written in accordance with The Medicines Act 1968, GMS contract and Care Quality Commission Standards.
- [\*\*A Guide to 28/30 Day Prescribing\*\*](#)  
In response to a request from a GP practice the ICB's Medicines Optimisation team have produced a "Guide to 28/30 Day Prescribing". The guide is available on the Primary Care Portal since it should facilitate GP practices in responding to patient enquiries about prescription durations.
- **Freestyle Libre 3 sensor switch to Freestyle Libre 3 Plus Sensor**  
The Freestyle Libre 3 sensor is being removed from the Drug Tariff at the end of March 2026. Freestyle Libre 3 prescribing should be replaced with Freestyle Libre 3 Plus. The PIP code is **434-7779**. Freestyle Libre 3 Plus is classified as Double Red Prior Approval since it should only be prescribed for patients using it to create hybrid closed loop systems with compatible insulin pumps. Any other patients should be reviewed. Freestyle Libre 3 Plus has a 15 day sensor duration so the prescription will need to change from 28 to 30 days.
- [\*\*NICE checklist for primary care\*\*](#)  
This checklist outlines five key actions primary care teams should take to proactively monitor and embed relevant NICE guidance, and signposts to supporting resources for practices.
- [\*\*Management of non-specific low back pain without drugs: Clinical Practice Update\*\*](#)  
This BMJ article is a companion to one published last year on analgesia for non-specific low back pain. It reviews the evidence about common non-drug interventions and discusses the dissonance between evidence and practice.
- [\*\*Methenamine hippurate as prophylaxis for recurrent urinary tract infections in older women—a triple-blind, randomised, placebo-controlled, phase IV trial \(ImpresU\)\*\*](#)  
This trial suggests that methenamine hippurate reduces the frequency of rUTIs in older women with a point estimate of a 25% reduction, suggesting advantages over low-dose antibiotic prophylaxis because of its low potential for selection for antimicrobial resistance and mild side effects. However, discontinuation after 6-month treatment duration seems to increase the risk of UTI relapses, and physicians should be aware of this risk when initiating or discontinuing treatment.
- [\*\*Podcast: UK Medical Eligibility Criteria \(UKMEC\) contraception changes explained\*\*](#)  
Podcast discusses specific changes to UKMEC recommendations on contraceptive safety, including new categories for multiple sclerosis and chronic kidney disease, an increase in the risk category for depot contraception injections and advice on vaping.

This edition is also available on the Primary Care Portal