

## Bedfordshire, Luton and Milton Keynes Area Prescribing Committee (BLMK APC)

Newsletter Number 07, December 2022

Welcome to the December 2022 BLMK Area Prescribing Committee newsletter. This newsletter contains a summary of the key recommendations and reflects the output from the seventh BLMK APC, held on 7<sup>th</sup> December 2022.

For full details of Joint Formulary additions / amendments – see separate [November 2022 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

Following the transition of BLMK Clinical Commissioning Group to NHS Bedfordshire, Luton and Milton Keynes Integrated Care Board (ICB) on 1<sup>st</sup> July 2022, the web address for the Medicines Management website was updated.

All approved BLMK APC documents will be uploaded to the website and all current approved JPC/MKPAG\* documents will also 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 simple 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](mailto:samantha.golton@nhs.net) (Website Manager) or [sandra.mcgroarty@nhs.net](mailto: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

### Hypertension Guidelines

NEW  
GUIDANCE

Two BLMK Hypertension Protocols have been produced by the BLMK Cardiovascular Disease Group and the Medicines Optimisation Team. The protocols provide simplified and streamlined algorithms to support clinicians managing patients with hypertension in primary care. There are two protocols: one for use in adults under 80 years of age, and another for those aged 80 years and over.

### Glucagon-like peptide 1 (GLP-1) Agonist Guidelines

NEW  
GUIDANCE

A new guideline on the use of [GLP-1 agonists](#) has been produced to support clinicians across primary and secondary care. The previous Bedfordshire & Luton shared care guideline for GLP-1 agonists has been retired and the formulary status of the medicines reviewed. All GLP-1 agonists (injectable and oral) are now **GREEN** on both joint Formularies and suitable for prescribing by the Diabetes Specialist Team (primary and secondary care) and by healthcare professionals in GP Practices with the relevant expertise and experience in the management of type 2 diabetes.

### Management of Gout

NICE  
GUIDANCE  
SUMMARIES

In June 2022, NICE issued a new guideline [NG219 Gout: diagnosis and management](#). The guideline includes recommendations for diagnosing gout, managing flares, long-term management of gout and referral to specialist services. Alongside the publication of the guideline, NICE has produced two visual summaries to support clinicians:

[Long-term management of gout with urate-lowering therapies \(ULTs\)](#)

[Management of gout \(managing gout flares; information and support; diet and lifestyle\)](#)

Prescribers are encouraged to use the visual summaries to support the management of patients with gout and when making prescribing choices, alongside information provided in the Milton Keynes Joint Formulary and the Bedfordshire and Luton Joint Formulary about treatment choices.

### Continuous Glucose Monitoring

NEW BLMK  
GUIDANCE

The APC ratified the recommendations of the BLMK CGM Diabetes Working Group on Continuous Glucose Monitoring (CGM). The document sets out the local recommendations, including CGM preferred device choices for different patient cohorts for the implementation of the guidance issued by NICE on blood glucose monitoring in NG17, 18 and 28. Alongside this, two CGM devices (Dexcom ONE and GlucoRX Aidex), available to prescribe on FP10, were approved for addition to the Formularies with **AMBER/AMBER 3** designation.

The local guidance may be accessed [here](#). A template letter for specialists to send to GPs has also been published to support the implementation of the recommendations. All guidance and documents relating to blood glucose monitoring (CGM and blood glucose testing strips (BGTS)) may be accessed [here](#).

### Additional guidelines updated / uploaded to the website

WEBSITE  
UPDATES

BLMK [Hyperhidrosis Policy](#)  
BLMK Guidelines for the prescribing and use of [specialist infant formula](#) in primary care  
[Testosterone for low sexual desire in women](#) – Factsheet (blood test monitoring requirements updated)

## SECONDARY CARE PRESCRIBING / COMMISSIONING ISSUES

### BLMK Ulcerative Colitis (Moderate to Severe) Biologic Treatment Pathway

UPDATED

The [BLMK treatment pathway](#) for moderate to severe Ulcerative Colitis has been updated following the publication of new NICE guidance: Ozanimod for treating moderately to severely active ulcerative colitis, NICE [TA828](#).

## SHARED CARE GUIDELINES

The following updated shared care guidelines were approved:

- [Denosumab \(Prolia®\)](#) for the treatment of Osteoporosis in Post-Menopausal Women and Adult Males ( $\geq 50$  years) at increased risk of fractures (updated November 2022).
- ADHD/Hyperkinetic Disorder for Children & Young People (6-17 years) - Methylphenidate, Atomoxetine, Dexamfetamine, Lisdexamfetamine and Guanfacine (applies to Bedfordshire and Luton only).

UPDATED  
SHARED CARE  
GUIDELINES

## NICE TECHNOLOGY APPRAISAL GUIDANCE and GUIDELINES ISSUED / UPDATED

The following NICE Technology Appraisal Guidance (ICB Commissioned) have been published during the period 15 September 2022 until 23 November 2022 inclusive:

**Vedolizumab for treating chronic refractory pouchitis after surgery for ulcerative colitis (terminated appraisal)** Technology appraisal [TA826] Published: 21 September 2022  
<https://www.nice.org.uk/guidance/ta826> (NB: no addition to formularies – terminated appraisal)

**Upadacitinib for treating active ankylosing spondylitis** Technology appraisal guidance [TA829] Published: 30 September 2022 <https://www.nice.org.uk/guidance/ta829> (NB: added to formularies with **RED** traffic light status).

**Ozanimod for treating moderately to severely active ulcerative colitis** Technology appraisal guidance [TA828] Published: 05 October 2022 <https://www.nice.org.uk/guidance/ta828> (NB: added to formularies with **RED** traffic light status).

**Relugolix–estradiol–norethisterone acetate for treating moderate to severe symptoms of uterine fibroids** Technology appraisal guidance [TA832] Published: 19 October 2022 <https://www.nice.org.uk/guidance/ta832> (NB: added to formularies with **AMBER/AMBER 3** traffic light status).

**Fostamatinib for treating refractory chronic immune thrombocytopenia** Technology appraisal guidance [TA835] Published: 19 October 2022 <https://www.nice.org.uk/guidance/ta835> (NB: added to formularies with **RED** traffic light status).

**Slow-release potassium bicarbonate–potassium citrate for treating distal renal tubular acidosis (terminated appraisal)** Technology appraisal [TA838] Published: 02 November 2022  
<https://www.nice.org.uk/guidance/ta838> (NB: no addition to formularies – terminated appraisal).

[Click here](#) to access all technology appraisal guidelines - ICB and NHSE Commissioned (15<sup>th</sup> September 2022 until 23<sup>rd</sup> November 2022 inclusive)

### NICE Guidelines:

NICE has published several NICE Guidelines since September 2022 - [click here](#) to access these guidelines.

## 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 ([September](#) and [October 2022](#)). In particular:

### **Methylphenidate long-acting (modified-release) preparations: caution if switching between products due to differences in formulations**

**Action(s) taken:** Review of Scriptswitch and Optimise entries to guide prescribers and raise awareness of the alert. Information added to the Formulary and DSU included in the Primary care Newsletter for dissemination.

### **MedSafetyWeek November 2022: Every Yellow Card report helps to improve patient safety**

**Action(s) taken:** Information included in BLMK primary care newsletter and raised at the Medication Safety Group to raise awareness of the importance of Yellow card reporting.

Additionally, the following NPSA alert was highlighted to the Committee:

### **National Patient Safety Alert: Class 1 Medicines Recall Notification: Recall of Targocid 200mg powder for solution for injection/infusion or oral solution, Aventis Pharma Limited t/a Sanofi, due to the presence of bacterial endotoxins, NatPSA/2022/008/MHRA**

**Action(s) taken:** Information has been included in the Primary Care newsletter advising on the alert, specifically signposting identified patients whom may have suffered the symptoms to be reported via the yellow card system, removal of affected batches (if applicable) and seeking of microbiology advice, where clinically appropriate.

### **Medication Safety Project Updates**

The last BLMK Medicines Safety Group meeting was held on 3<sup>rd</sup> November with update given on the following projects:

#### **Sodium Valproate Pregnancy Prevention forms**

The team are in the process of identifying the barriers to completion of the forms and are exploring new ways of working to increase compliance. An audit has been conducted which identified the need for more staff training and patient education. The group explored a potential GP and pharmacist led pilot scheme which will be taken forward as part of the project.

#### **Insulin Incidents**

The group have identified a new project for 2023 around insulin incidents. This is being scoped system wide with the aim of reducing errors across BLMK in relation to the prescribing and administration of insulins. Next steps are to gather and collate types of incidents observed and develop a stakeholder list for the project.

## ANTIMICROBIAL RESISTANCE UPDATE

An antimicrobial resistance (AMR) update was presented to the Committee, including:

- There are two system oversight targets antibiotic prescribing in place for primary care:
  - Total antibiotic usage: the current target is 0.871 items/STAR-PU (total antibiotic items issued adjusted for population units), which is proving difficult to meet. Only one system across the East of England is managing to achieve this. BLMK is currently achieving 0.939 items/STAR-PU.
  - Broad spectrum antibiotics: the current target is <10% of total antibiotic prescribing. This is currently being achieved in BLMK with 8.5%.

- A Regional Medicines Optimisation Committee Antimicrobial Prescribing Medicines Optimisation group has been formed, which an ICB representative will be attending. The first meeting took place in September 2022 and any relevant updates will be shared with the APC going forward.
- Within secondary care, the focus is on IV to oral switching – this is being facilitated by the East of England regional AMR team.
- A [BLMK Primary Care Antimicrobial Guideline website](#) has been developed, which is available to use as a resource by all primary care clinicians.

## ADDITIONAL PAPERS/ISSUES CONSIDERED BY THE COMMITTEE

### New treatments for COVID-19 (non-hospitalised patients)

An information paper on new treatments for COVID-19 came to the APC for noting and included information on:

- The BLMK service for community access to COVID-19 treatments:
  - Oral antiviral supply commissioned under a local enhanced service from 9 community pharmacies across BLMK (supplies issued under a patient specific direction).
  - Triage service commissioned from Milton Keynes Urgent Care for December 22 – March 23.
- Updates to the national Interim Clinical Commissioning Policy since the last meeting.
- The latest version of the policy for non-hospitalised patients, published 28<sup>th</sup> November 2022 may be accessed [here](#).

### BLMK Area Prescribing Committee Terms of Reference

The terms of reference for the Committee have been updated and may be accessed [here](#).

## BLMK APC 2023 MEETING DATES

Wednesday 1<sup>st</sup> March 2023

Wednesday 3<sup>rd</sup> May 2023

Wednesday 5<sup>th</sup> July 2023

Wednesday 27<sup>th</sup> September 2023

Wednesday 6<sup>th</sup> December 2023

## OTHER NEWS

### Use of Scriptswitch/Optimise Rx

To further enhance the communication of BLMK APC advice to GPs, the BLMK ICB medicines management 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](mailto:anne.graeff@nhs.net) and [sandra.mcgroarty@nhs.net](mailto:sandra.mcgroarty@nhs.net)