

Medicines Formulary Assessments

Salbulin Novolizer® (salbutamol dry powder inhaler) has been added to the Formularies (Green) to offer a low carbon footprint option of asthma reliever inhaler. It has clinical advantages over other DPIs as less inspiratory effort is required. The device is also refillable, with a life of up to 1 year or 2000 actuations (10 cartridges). Please ensure only one starter pack is issued on initiation, with subsequent repeats for the refills only.

In 2021, BLMK issued ~120,000 MDIs which collectively have a carbon footprint equivalent to driving around the world 843 times by car. Please encourage patients to switch to low carbon inhaler options wherever possible. Indicators have now been added to the Formularies to show **low**, **medium** and **high** carbon footprint options of inhalers.



To read more about the national project for the NHS to become net zero by 2040 [click here](#).

The ICB now endorse the [RMO recommendations](#) for prescribing of **liothyronine for hypothyroidism**. It is expected that only a small cohort of patients will be prescribed liothyronine under exceptional circumstances (Amber/Amber 3). Initiation and stabilisation (for at least 3 months) is via specialist [NHS](#) endocrinologist only. The document also advises scrutiny of legacy patients to ensure therapy continues to be appropriate for them, under the direction of an NHS endocrinologist. Please choose the most cost effective preparations (currently 5 and 10 microgram capsules and 20 microgram tablets) and avoid doubling up of strengths to make up doses when prescribing.

For depression and oncology indications, liothyronine remains Red (hospital only).

Milton Keynes University Hospital have launched a patient led scheme for those living with mild-moderate Ulcerative Colitis. The patient initiated follow up (PIFU) service encourages self-assessment of symptoms and medicines management, including self-escalation of dosing. Patients are provided with a cover letter which enables access via GP to a single 8 week course of **Cortiment MMX (budesonide 9mg capsules)** for management of an acute flare. Only those enrolled in PIFU can obtain Cortiment from the GP. All other patients will access the medicine through secondary care (Red). Cortiment has been added as Amber 1 for those within Milton Keynes who are suitable for self-management via PIFU.

Methotrexate 10mg tablets have been removed from Milton Keynes Formulary following occurrence of a never event resulting in hospitalisation of a patient. 10mg tablets are no longer authorised for use in BLMK—please actively switch patients to 2.5mg tablets.

Spironolactone 12.5mg tablets have been added to the Formularies for patients with heart failure who require low dose. Current practice is to cut the 25mg tablets however due to tablet thickness and film coating the tablets are fragmenting (even when using a pill cutter), which makes it difficult to dose patients accurately. The 12.5mg tablets were added to both Formularies (Green). Please ensure doses are not doubled up when using the 12.5mg tablets as this equates to a significant cost pressure.

Lacosamide tablets for epilepsy have been added to the Formularies (Amber/Amber 3) for use in line with [NICE NG 217](#).

Tacalcitol lotion for plaque psoriasis in adults has been added (Green) as a cost-effective and less irritant alternative to calcipotriol scalp solution.

Our [Formulary page](#) has been updated and includes:

- Request forms for additions & amendments to the Formularies
- Formulary Subgroup meeting dates and submission deadlines for 2023
- Minutes of previous meetings held

Is there a medicine you would like added to the Bedfordshire, Luton and Milton Keynes Joint Formulary?

Email us via blmkicb.medsopt@nhs.net to discuss how