

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

Newsletter Number 13, March 2024

Welcome to the March 2024 BLMK Area Prescribing Committee newsletter. This newsletter contains a summary of the key recommendations, and reflects the output from, the BLMK APC meeting held on 28 February 2024.

For full details of Joint Formulary additions / amendments – see separate [February 2024 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

All current, approved BLMK APC documents are available on the BLMK Medicines website (current documents, that were previous approved by the JPC/MKPAG*, can also be found on the website, where applicable).

Medicines Optimisation Team website:

<https://medicines.bedfordshirelutonandmiltonkeynes.icb.nhs.uk/>

Searching the website:

All documents referred to within this 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 (Website Manager) or 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

Daridorexant for long-term insomnia – Information for Clinicians

NEW
GUIDANCE

New [prescribing guidance](#) has been developed to support prescribers in primary care when considering treatment with daridorexant for long-term insomnia (in line with [NICE TA922](#)). The document contains signposting information to local Talking Therapies services which provide Cognitive Behavioural Therapy for insomnia (CBTi). CBTi is the [recommended first line treatment](#) option for long-term insomnia.

SGLT2 inhibitors for treating chronic kidney disease - Primary Care Prescribing Guidance

UPDATED
GUIDANCE

The [prescribing support document](#) for dapagliflozin for the management of chronic kidney disease has been updated and extended to include empagliflozin, which is now also [NICE recommended](#) for treating chronic kidney disease. The formulary traffic light for SGLT2 inhibitors for this indication has been amended to **GREEN**, except for specific patient groups as specified in the guidance.

Rimegepant for acute migraine – Information for Clinicians

NEW
GUIDANCE

New [prescribing guidance](#) has been developed to support prescribers in primary care when considering treatment with rimegepant for acute migraine (in line with [NICE TA919](#)). The formulary traffic light is **GREEN** for this indication and it may be prescribed for patients who have tried **at least 2 triptans**, but they did not work well enough, or triptans were contraindicated or not tolerated, and NSAIDs and paracetamol were tried but did not work well enough (NB: traffic light remains **RED** for [prevention of migraine](#)).

Tirzepatide Prescribing Support Information (for type 2 diabetes)

NEW
GUIDANCE

Prescribing guidance has been developed to support primary care prescribers when [treating patients with type 2 diabetes \(T2DM\) with tirzepatide](#). Tirzepatide is a new long-acting GIP (glucose-dependent insulinotropic polypeptide) receptor and GLP-1 (glucagon-like peptide-1) receptor agonist recommended by [NICE](#) for the management of T2DM. It is an alternative to GLP-1 receptor agonists (RA) for the treatment of adults with insufficiently controlled T2DM as per [NICE NG28](#) criteria for GLP-1 RA initiation, monitoring and continuation.
Note: tirzepatide for managing overweight and obesity is being considered separately by [NICE](#) but the recommendations have not yet been published. Tirzepatide should not be prescribed for the management of obesity at the current time.

Asthma Guidelines for Adults

UPDATED
GUIDANCE

The BLMK guideline for the [management of asthma in adults](#) has been updated and recommends a new, SABA-free regimen for treating newly diagnosed patients, or as an option for those with uncontrolled asthma where appropriate. Traditional regimens, incorporating SABA inhalers, remain an alternative treatment option.

Semaglutide (Rybelsus) Switching Guide

NEW
GUIDANCE

In response to the publication of the [National Patient Safety Alert](#), relating to shortages of GLP-1 RAs, a [short guide](#) has been developed to support primary care prescribers switching patients from injectable GLP-1 RAs to oral semaglutide.

Additional guidelines updated / uploaded to the website

A treatment guideline for the [management of migraine in primary care](#) is now available on the Medicines website. This includes treatment of acute attacks and information on medicines for the prevention of migraine (excluding anti-CGRP medicines).

WEBSITE
UPDATES

SHARED CARE GUIDELINES

The following shared care guidelines have been finalised and uploaded to the Medicines Optimisation website:

- [Dementia shared care](#), and transfer of care, guideline (covering donepezil, galantamine, rivastigmine and memantine) – revised and updated guidance for use across BLMK.

NEW / UPDATED
SHARED CARE
GUIDELINES

WOUND CARE FORMULARY UPDATES

Reminder: The **use of product samples (dressings/creams) from Repts** on patients is not recommended as it cannot be guaranteed that products have been kept in an optimal storage condition and so the quality of the product cannot be assured. The [position statement on the clinical use of product samples](#) can be found on the Wound Formulary on Microguide.

NICE TECHNOLOGY APPRAISAL GUIDANCE and GUIDELINES ISSUED / UPDATED

The following NICE Technology Appraisal Guidance (ICB Commissioned) have been published during the period 23 November 2023 until 14 February 2024 inclusive:

Dupilumab for treating eosinophilic oesophagitis in people 12 years and over (terminated appraisal) Technology appraisal [TA938] Published: 07 December 2023 <https://www.nice.org.uk/guidance/ta938>

Hybrid closed loop systems for managing blood glucose levels in type 1 diabetes Technology appraisal guidance [TA943] Published: 19 December 2023 <https://www.nice.org.uk/guidance/ta943>

Empagliflozin for treating chronic kidney disease Technology appraisal guidance [TA942] Published: 20 December 2023 <https://www.nice.org.uk/guidance/ta942> (added to formularies with **GREEN** traffic light)

Targeted-release budesonide for treating primary IgA nephropathy Technology appraisal guidance [TA937] Published: 20 December 2023 <https://www.nice.org.uk/guidance/ta937> (added to formularies with **RED** traffic light).

[Click here](#) to access **all** technology appraisal guidelines - ICB and NHS England Commissioned (23 November 2023 until 14 February 2024 inclusive)

NICE Guidelines:

NICE have published several NICE Guidelines since December 2023 - [click here](#) to access these guidelines.

NICE COVID-19 Rapid Reviews/Information

The Committee noted that NICE have continued to review and update its guidance on covid 19: this information can be accessed from the NICE website [click here](#)

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 ([November 2023](#), [December 2023](#) and [January 2024](#)). In particular:

Fluoroquinolone antibiotics: must now only be prescribed when other commonly recommended antibiotics are inappropriate (DSU, January 2024)

Actions taken: Linked to formularies. Usage within BLMK already heavily restricted however the DSU is planned for discussion at the March Antimicrobial Stewardship group to explore any further actions. There is now a PIL available via Ardens to support the new restrictions.

Potential contamination of some carbomer-containing lubricating eye products with Burkholderia cenocepacia - measures to reduce patient risk ([CAS alert, December 2023](#))

Linked to formularies. In primary care, an alert message has been created on OptimiseRx which will present if a carbomer product is newly prescribed or re-authorised for a patient coded as having CF. There is also a clinical report which can be found in Ardens.

It was noted that patient numbers are low due to recent shortages of carbomer products.

Potential for inappropriate dosing of insulin when switching insulin degludec (Tresiba) products ([CAS alert, December 2023](#))

Linked to formularies. BHFT and ELFT have produced a memo on this and have circulated Trust-wide to raise awareness. The memo will be shared with MSG.

Shortage of GLP-1 receptor agonists (GLP-1 RA) update ([CAS alert, January 2024](#))

Linked to formularies. Temporary recommendation taken via Formulary Subgroup to enable patients on injectables (Victoza and Byetta) to switch to Rybelsus tablets.

Projects being undertaken by the BLMK Medicines Safety Group (MSG) include:

- **Actimorph (morphine sulphate orodispersible tablets)** – engagement to use project Plans to set up an Opioid Subgroup - currently in the process of gauging interest from relevant stakeholders. Engagement via posters (in development), amongst other workstreams relating to medicines safety around opioids, will be looked at by this group.
- **SystemOne local Formulary** – a local set of Formularies has been created and embedded within SystemOne BLMK wide to direct prescribers to sets of the most commonly prescribed medicines on Formulary. It is hoped this will aid Formulary adherence, reduce variation and prescribing errors and save prescribers time by having common medicines to hand in the list.

BLMK APC 2024 MEETING DATES

Wednesday 1st May 2024

Wednesday 3rd July 2024

Wednesday 25th September 2024

Wednesday 4th December 2024