

# Prescribing Newsletter

Produced by Herefordshire CCG  
Medicines Optimisation Team

November 2019

## QIPP MR Brands - reminder

| Generic   | Formulary brand | Potential Saving |
|---|-----------------|------------------|
| Methylphenidate MR<br>(18, 27, 36, 54mg<br>Concerta XL) | Xaggitin XL     | £30k             |
| Ropinirole MR   | Ipinnia XL      | £15k             |
| Pramipexole MR  | Pipexus XL      | £10k             |
| Quetiapine MR   | Sondate XL      | £25k             |
| Metformin MR  | Sukkarto SR     | £20k             |

Prescribing by brand ensures continuity for patients & cost effectiveness for the NHS.

## Anticipatory Prescribing for Palliative care patients

The Countywide “Multi- Disciplinary Care Record for Adults for the Last days of life” includes “End of Life Symptom Control Guidelines.”

Drug charts should have the following prescribed PRN with medicines in place in the patient’s home in case they are needed:

- **Morphine Sulphate 10mg/ml** (unless already on morphine MR and requires a larger breakthrough dose)
- **Cyclizine 50mg/ml amp** for nausea and vomiting
- **Midazolam 10mg/2ml amp sc** for restlessness
- **Hyoscine Hydrobromide 400mcg/ml sc** for excess respiratory secretions.

Advice on prescribing directions to also comply with prescription legal requirements can be found [here](#).

Drug Tariff Oct 2019 Primary care costs for 5 ampoules of each of the 4 drugs above = £36.02 inclusive.

[18 NHS community pharmacies](#) keep a range of palliative care medicines in stock with opening hours ranging from 7am- 11pm across Herefordshire.

All providers, including care homes can place orders for the **Multidisciplinary Care Record** by emailing [christine.short@wvt.nhs.uk](mailto:christine.short@wvt.nhs.uk) who will process orders within 2-3 working days allowing small quantities to be kept in stock.

**NHS**

Herefordshire

Clinical Commissioning Group

## STOP PRESS!



### New Email for Queries

If you need to email the CCG Medicines Optimisation Team, please use the email address [medsopt@herefordshireccg.nhs.uk](mailto:medsopt@herefordshireccg.nhs.uk)

### NetFormulary NEW ONLINE FORMULARY website

<http://www.herefordshireformulary.nhs.uk>  
Search by drug or BNF chapter – feedback gratefully received to [medsopt@herefordshireccg.nhs.uk](mailto:medsopt@herefordshireccg.nhs.uk)

### St Mark’s Solution

St Mark’s Electrolyte Mix is a glucose electrolyte solution, also known as an oral rehydration solution (ORS) which is used in the management of Short Bowel Syndrome. Patients with short bowel have a disrupted fluid and nutrient absorption process leading to excessive fluid losses.

St Mark’s Solution should **NOT** be ordered as a special. Patients should be encouraged to buy the ingredients and make up the solution themselves. Further information is available from UKMi [here](#).

### Patient Information Leaflets

The [Food First](#) leaflet provides six steps for increasing nutritional intake. Food First advice is an essential part of the malnutrition pathway. There is also a weight record on the leaflet to encourage patients to weigh monthly and monitor their progress.

The [How to take your nutritional supplements](#) offers practical advice to ensure patients get the full benefit of their supplement.

The information contained in this newsletter is issued on the understanding that it is the best available from the resources at our disposal at the time of issue. **Comments, suggestions, contributions welcome!** Medicines Optimisation Team  
[medsopt@herefordshireccg.nhs.uk](mailto:medsopt@herefordshireccg.nhs.uk)

# Self Care Week 2019



Self Care Week is an annual national awareness week that focuses on providing support for self care across communities and families is running again between **18th-24th November 2019**.

The campaign aims to provide people-facing organisations such as community pharmacies and GP practices with a focus towards a targeted campaign to support people to take care of their health and wellbeing and improve their understanding of doing so.

**“Think Self Care for Life”** is the strapline for this year’s campaign and organisations are urged to join the 600 plus organisations that participated in national Self Care Week last year.

## Resources

Downloadable resources and ideas on how GP practices and pharmacy teams can plan for Self Care Week are available from the Self Care Forum.

For suggestions on how to run a Self Care Week campaign, please see **Successfully Delivering Self Care Week: Case Studies and Practical Advice**.

You can also be added to the mailing list to receive news on Self Care Week by emailing: [selfcare@selfcareforum.org](mailto:selfcare@selfcareforum.org)

Further links to find specific patient information on [“Stocking a safe medicines cabinet”](#) and [“An A-Z of how your pharmacist can help you”](#) for a list of pharmacy based services and conditions that can be self-managed will reinforce the practice and pharmacy teams working together on Care Navigation in Herefordshire.

New resources including animations for practices on winter health can also be found at this link: <https://www.prescqipp.info/our-resources/webkits/self-care/>

## World Antibiotic Awareness Week (18-24 November) & European Antibiotic Awareness Day (18 November)

Each November, World Antibiotic Awareness Week (WAAW) aims to increase global awareness of antibiotic resistance and to encourage best practice among the general public, health workers and policy makers.

- By 2050, deaths attributable to antimicrobial resistance (AMR) could be as high as 10 million a year.

Resources can be found here: [Antibiotic Awareness Materials](#)

