

# General Practice Updates

**NHS**

Stockport

Clinical Commissioning Group

Prescribing  
Edition

Issue 21

January 2018



## Medicine Waste

There has been a recent incident highlighted by a memo from Medicine Waste UK where a patient's family returns £20,000 worth of unused drugs after their death.

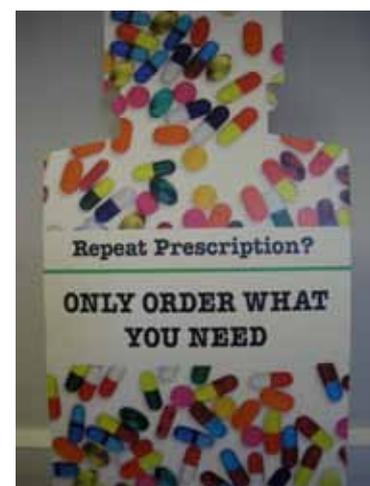
Below is a detailed list of the contents of 7 black bin bags of returned items by one patient:

### Prescription only medication (total cost £11,090.96 ) including:

- 13 boxes of codeine 30mg tabs
- 16 boxes of gliclazide 80mg tabs,
- 15 boxes of propranolol 40mg tabs
- 33 boxes of colofac MR 200mg caps
- 35 boxes of Zolpidem 10mg tabs
- 75 Ventolin inhalers

### Controlled Drugs (total cost £7,643.40) including:

- 445 tablets of fentanyl (abstral) 100mcg
- 104 tablets of oxycontin MR 10mg
- 200 tablets of longtec 80mg
- 291 tablets of longtec 120mg
- 7.5 litres of oxynorm 10mg/ml oral solution (120mls - 63 bottles)



Sadly, this is not an isolated incident and so we would like to remind practices to keep the message of [“Only order what you need”](#) alive by making it a regular feature on platforms such as practice newsletter, practice website, repeat prescription slips and digital signage if available in the waiting area.

## Prevention of Future Death Notice

Due to the outcome of a recent coroner's inquest which involved a prescription for a patient that was sent to the community pharmacist (at Well pharmacy) by EPS and sadly the patient has passed away.

The response from the superintendent pharmacist of Well pharmacy, Janice Perkins can be [accessed here](#) for further information.

### **Action for practices**

Recommend that prescribers should make a phone call to the community pharmacist to alert on urgent prescription because the current “EPS system does not allow urgent prescriptions to be highlighted to the receiving pharmacy when sent from a GP system”.



### **Consultation on repeat item request policy**

GMMMGM has just opened a consultation on the document *Repeat Item Request Policy for Dispensers and Suppliers of Medicines, Appliances and Nutritional Supplements*.

The consultation can be found here <http://gmmmg.nhs.uk/html/consultations.html> and comments should be submitted through the GMMMGM website by **5pm Wednesday 31st January 2018**.

We would like to encourage all service providers commissioned to provide services covered by this proposed policy to take part in this consultation using the above link.

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### **Liothyronine (T3) treatment guideline launched**

Liothyronine (T3) is a thyroid hormone with a similar action to levothyroxine, used to treat hypothyroidism. Following statements from national bodies (BTA, RCP) on its place in therapy, it has been deemed there is currently a poor evidence base for its use in the treatment of primary hypothyroidism, from both a clinical and cost efficacy point of view. National, regional and local guidance therefore has recommended it should be used under a specialist.

GMMMGM has listed it as a hospital only line for new patients, and added it to their Do Not Prescribe list. It has also been added to [Stockport's Grey List](#).

We are aware that there are some patients currently receiving liothyronine treatment from practices, so have [issued guidance](#) to provide a process to manage these patients on to levothyroxine. This has been put together in consultation with the endocrinology team at Stepping Hill, and contains information about the best way to switch, and the potential clinical issues with continued use.

#### **Action for practices**

- Reject any new requests to prescribe liothyronine
- Review any existing patients on liothyronine using this [guidance](#), with a view to switching to levothyroxine therapy

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### **Grey list update**

A new version of the [black and grey list](#) is now available on the CCG the website under black and grey lists. Changes include

- Reinstatement of Orlistat on the grey list with slightly amended criteria.
- Roflumilast and Entresto added to the grey list
- Freestyle Libre added as grey for use within the GMMMGM criteria as flagged in the last newsletter. Prior approval and specialist support is needed. The sensor should not be initiated in primary care. Details of the procedure to be followed are available [on the website](#).

#### **Action for practices**

- Orlistat all patients need to be reviewed in line with the revised criteria
- Clinicians need to be familiar with the procedure for requesting approval for patients to be considered for Freestyle Libre on the NHS. There is a [bespoke form for approval requests](#) for funding due to the specific information required to assess.

## Medicines shortages

There are some key factors that have caused the current issues: firstly, inspections at two of the major generics manufacturers (Bristol Laboratories and Dr Reddys) led to a halt in manufacturing and supply issues for many common medicines (e.g. Amlodipine which Bristol Labs were responsible for a significant part of the supply) and, secondly, increased commodity prices internationally, which has had a knock-on effect on the supply chain. These have contributed to making sourcing certain medicines very difficult by community pharmacies and wholesalers, causing a huge increase in procurement workload, pricing and availability.

This situation is not ideal but we all want to ensure patients receive their treatment timely and there is no impact on patient safety. The CCG Medicines Optimisation Teams are aware of these shortages so we advise that you contact your practice support pharmacist who will liaise with the local pharmacies to resolve stock issues.

The Pharmaceutical Services Negotiating Committee (PSNC) has published a [series of questions and answers](#) which is a useful when explaining the current situation to patients.



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## Quick reference guide for Primary Care Antimicrobial Policy 2017

“[Antibiotic body](#)” has been updated to the latest GM guidance and is available for download from the documents section of the BI tool and under the [medicines optimisation guidance \(infections\)](#) of the CCG website.

### Action for practices

- Please destroy earlier versions
- Access the full policy which is available on the [GMMMG website](#)

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## Discontinuation of Testim (testosterone) 50mg transdermal gel



The license holder for Testim 50mg transdermal gel (Ferring) has announced that the distribution and marketing of this product will cease sometime 2018. It is currently out of stock, though a final delivery is expected in February 2018.

Recommendations:

As it is non-formulary item, usage across Stockport is low. Formulary alternatives include Tostran and Testogel. Please see our [guidance](#) for further information.

## STOMP Audit

NHS England led a 'call to action' following reports of widespread inappropriate use of antipsychotics and other medicines used to treat mental illness in people with learning disabilities. This led to a pledge to reduce over medication and the start of the STOMP project about Stopping The Over use of psychotropic Medicines in People with a learning disability, autism or both.

The goal is to improve the quality of life of people with a learning disability, autism or both by reducing the potential harm of inappropriate psychotropic drugs as a "chemical restraint" to control challenging behaviour, or in place of other more appropriate treatment options.



In Stockport, we have developed an audit which aims to:

- Identify the learning disabilities population having a psychotropic drug for challenging behaviours not currently under the care of a consultant
- Identify people where it might be appropriate to reduce or discontinue psychotropic drugs and encourage GPs to act on it

A "[One Page Information for GPs](#)" has been developed in line with this.

Practice based medicines coordinators and CCG medicines coordinators will start collating data shortly so people with learning disabilities, autism or both where it might be appropriate to reduce or discontinue psychotropic drugs are identified. Your practice Prescribing Advisor pharmacist will discuss with the relevant GP best course of action for each individual (it is anticipated there will be approx. 1-2 eligible patients per practice).

### Welcome ...

A big welcome to the following new members of staff who have recently joined the medicine optimisation team as part of the NHS England funded Practice Pharmacists: Tasneem Kothia and Javed Tayab who are both practice support pharmacists working with the Heaton.

We are sure the practices and the medicine optimisation team will make the new team members feel welcome.

### PBMC Corner

We would like to invite all PBMC to complete a [short survey](#) which will help us know what you think of the training that is currently run bi-monthly.

We value your feedback which will help us change the format of the current training to improve the quality of training that is offered and outcome.

Training this month introduced 2 new SOPs for Aquamax and Kemadrin. Also the framework for Freestyle Libre requests and the guidance to move patients from Liothyronine.