



## Self Care

From November 1<sup>st</sup> 2017 West Leicestershire CCG are asking GPs not to supply medicines on a prescription for the short term treatment of minor ailments, low dose vitamin D supplements for prevention of deficiency in line with LMSG guidance and some specialised infant formulas. Patients should be asked to purchase them over the counter instead. We are also asking patients not to request these items on their prescription.

### Minor ailments

We have asked GPs to follow the advice on the NHS Choices website around minor ailments suitable for self care and what OTC treatments can be purchased from the community pharmacy. We will also be promoting this to patients. We are also promoting Community Pharmacists as experts in the treatment of minor ailments and hope you will support this by providing patients with help and advice when necessary aligned to that on the NHS Choices website. ([Link](#))

The minor ailment guidance is attached with this newsletter for you to share with staff. However all the information is on the NHS Choices website. We have also pulled together a list of question and answers for patients based on feedback from the public survey that you may find helpful.

### Vitamin D supplements

We will be asking patients to purchase low dose vitamin D supplements in line with LMSG vitamin D guidance. This means that some patients may come to the pharmacy wanting advice about suitable products and dietary or lifestyle advice. You may find the following guidance helpful to assist you with your consultations or signpost patients to dietary or lifestyle advice.

- NHS Choices online. [Link](#)
- Leicestershire Guidance. [Link](#)
- Diagnosis and Management of Vitamin D Deficiency in Adults [Link](#)
- Diagnosis and Management of Vitamin D Deficiency in Children [Link](#)
- Vitamin D in Pregnancy [Link](#)
- Management of Nutrition Following Bariatric Surgery [Link](#)
- Leicestershire Guidelines for Secondary Prevention of Osteoporosis [Link](#)
- Vitamin D preparations suitable for people with soya or peanut allergies. [Link](#)
- Vitamin D preparations suitable for people who follow a vegetarian or vegan diet. [Link](#)

# Self Care-continued

## Infant Formula

From November 1st we are asking some patients to purchase specialised infant formula going forward. Infants will still remain under the care of the GP or dietitian where appropriate but they will be asked to purchase thickened, lactose free, comfort and soya based formulas as they are similar in cost to standard formulas. Patients may ask community pharmacists for information on costs or ask you to source.

Infant formulas for premature infants, amino-acid based and extensively hydrolysed formulas for infants with cow's milk protein allergy and formulas for other malabsorption syndromes under dietetic supervision will continue to be supplied on prescription.

In addition we are writing to parents and guardians who continue to receive specialised formula on prescription for their infants, to ask them not to order more infant formula on prescription than is needed. The table below is a guide to the quantity of infant formula required on a monthly basis and some infants may require more if due to catch up growth and/or feeding problems. Conversely the amount used could be much lower if the infant is being mainly breast fed and having formula top ups.

We would like you to be mindful of quantities ordered on repeat prescription and check that patients only order what they need when they need it.

\*Cost based on BNFc 2016-17 price of Neocate £28.30 per 400g tin

Age of infant	Under 6 months	6 - 12 months	12-24 months
Monthly quantity	8-12 x 400g/ 450g	8-12 x 400g/450g	4-8 x 400g/ 450g
Monthly quantity	4-6 x 900g	4-6x 900g	4 x 900g
*Cost of 1 month supply	£339-375	£198-375	£169-198

# Out of Stock Information

## Stanek

- Period of out of stock anticipated on Stanek (levodopa/carbidopa/entacapone)
- Estimated back in stock date - December 2017

Not all strengths will be affected; there will still be stock available of the 75, 125 and 175 strengths in the 100 tablet packs. As this is only a short term problem, prescribers are being asked to write an **acute script** for an equivalent strength generic levodopa/carbidopa/entacapone should there be an immediate stock issue,

## Fencino

- Period of out of stock anticipated on Fencino patches (fentanyl)
- Estimated back in stock date - November 2017

This stock shortage should now be resolved. Should there be any residual problems, prescribers are being asked to write an **acute script** for an equivalent strength generic fentanyl patch.

## Trifluoperazine tablets

- Period of out of stock anticipated on trifluoperazine tablets
- Long term

There is very little prescribing across the CCG of trifluoperazine. However this is predicted to be a long term problem. Prescribers are being asked to review any patients affected with a view to stopping trifluoperazine/ changing to an alternative.

For patients that can't be stopped/changed to an alternative, trifluoperazine liquid is still available. The 1mg/5ml strength is very expensive. The 5mg/5ml solution is more cost effective (appropriate oral syringe would need supplying for accurate dosing). Should you see any prescribing of the Trifluoperazine 1mg/5ml oral solution sugar free, please highlight the cost to the prescriber and query whether the Trifluoperazine 5mg/5ml oral solution sugar free would be a suitable alternative.

## November Drug Tariff prices:

Trifluoperazine 1mg/5ml oral solution sugar free 200 ml	£112.25
Trifluoperazine 5mg/5ml oral solution sugar free 150 ml	£25.50

## Epipen

Pharmacies can contact Alliance's South Normanton Central Depot, as this central hub can deliver nationally to pharmacies and hospitals.

## New Traffic Lights

**GREEN**

**Dalteparin** for initiation of low INR in primary care now has a green traffic light.

**SIMPLE**

**IV hydrocortisone** to treat adrenal crises in patients with Addison's disease now has a simple amber traffic light.

**BLACK**

**FreeStyle Libre** monitoring device now has a black traffic light.

The Leicestershire Medicines Strategy Group (LMSG) reviewed inclusion of FreeStyle Libre on the Leicestershire Formulary at its October meeting and assigned it a black traffic light status based on the following rationale:

- The evidence base for FreeStyle Libre has not yet been reviewed by the Leicestershire Health Care Community Committee as part of the process of managed entry of new drugs and devices to ensure the appropriate use of finite resources for the benefit of all patients. It is standard process for a black traffic light to be assigned until this has occurred.
- FreeStyle Libre® has not been demonstrated to be cost-effective and in the absence of a positive recommendation from a full technology appraisal (TA), produced and published by the National Institute for Health and Care Excellence (NICE), is not recommended for routine funding in primary care. However we will be working with diabetes specialists to establish whether there are any specific groups of diabetic patients in whom use of this device will be cost-effective.

This means that until further notice Leicestershire specialists in secondary care and general practitioners in primary care should not prescribe any component of the FreeStyle Libre device and patients must self-fund if they want to use it.

These details will be uploaded onto LMSG in the next few weeks.

## UKCPA Clinical Pharmacy Training Day

The *Clinical Pharmacy Training Day* provides essential updates in the management and treatment of common health conditions which community and GP practice pharmacists see every day. These bite sized sessions are perfect for you to receive the most up to date advice from expert clinical pharmacists. Plus you'll have plenty of opportunity to talk with other colleagues about the challenges you face.

- Effective prescribing in eczema
- Urinary Tract Infections
- Insulin: New risks in Diabetes
- Asthma: An update on current treatment
- Recent developments in COPD treatment
- Medication use in pregnancy
- Medication use in breastfeeding

The *Clinical Pharmacy Training Day* is taking place on 23 November 2017 at the Queen's Hotel in Leeds.

[Read more here about the full programme and details on how to book.](#)

If you have any further questions about this event, please contact UKCPA direct by emailing [mmatthews@ukcpa.com](mailto:mmatthews@ukcpa.com)

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