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Welcome to the NHS England Central Midlands Controlled Drugs Newsletter

1. GP Practice Controlled Drug Formal Review Visits

NHS England Central Midlands will be carrying out Controlled Drug (CD) Formal Reviews with all dispensing General Practices in the Central Midlands area that dispense Controlled Drugs. The purpose of conducting the CD formal reviews is to ensure that all aspects relating to the prescribing, monitoring, safe management and disposal of all schedules of CDs, including processes at the practice are in line with the CD regulations.

We aim to visit all practices on a three year rolling cycle. All practices due a visit in 2018/19 should have received a letter in April from the CDAO explaining this in detail.

From the visits conducted so far, the following themes have been identified:

- * Standard Operating Procedure (SOPs) were reviewed and noted to have gaps.
- * No version control on the SOP.
- * No assigning of responsibilities and training expectations / considerations.
- * Missing SOPs.
- * Prescribing SOP missing information around legal requirements.
- * Key codes for CD keys not changed regularly and logs not available.
- * Errors in the CD register, a footnote should be added to explain the error which should be signed and dated. There should be no crossing out or overwriting.
- * When CDs leave the dispensary to be delivered, there is no signature log.
- * CDs are transported in normal prescription bags.

The feedback from the practices visited so far has been very positive. All staff have been engaging and we have been able to supply template SOPs to help fill the gaps.

2. FP10 MDA Prescriptions

We have been alerted to the fact that there has been some prescribing of items not allowed on FP10MDA prescriptions. In England, only the following can be supplied in instalments against a

FP10MDA prescription:

- * **Schedule 2 Controlled Drugs**
- * **Buprenorphine (Subutex, Espranor)**
- * **Buprenorphine/naloxone (Suboxone)**
- * **Diazepam**

Diamorphine – requires a specific licence.

If you are using FP10MDA prescriptions outside of the above recommendation please contact the CD Team.

3. Sharing Learning From Incidents

Incident Description

A private prescription for Diazepam was presented to the community pharmacy and they decided to look up the prescriber's details on the GMC Register. On doing so they realised that the GMC number given was one digit short; the prescriber's name and address did not exist either. When the pharmacy advisor told the patient that they might take a little longer to process the prescription, the patient then just said to leave it and left the store without returning. No medication was dispensed.

Lessons Learnt

Whenever there is a suspicion of a fraudulent private prescription:

- * Check Dr's GMC number
- * Contact issuing practice
- * Always confirm patients name and address
- * If in doubt, do not dispense the prescription until you have been able to clarify the validity of the prescription
- * If fraud is suspected contact the Police

4. CD Destructions

All schedule 2, 3 and 4 (part 1) controlled drugs, must be denatured or rendered irretrievable before they are disposed of, by using a CD denaturing kit before placing in the DOOP bin.

It is a legal requirement under the 2001 regulations to have stocks of obsolete, expired and unwanted Schedule 2 CDs destroyed in the presence of an authorised witness. Please contact NHS England to request a visit from an authorised witness.

Out of date or obsolete schedule 3 CDs (eg. **Temazepam, Tramadol, Buprenorphine, Midazolam**) do not require an authorised witness. It is recommended for a senior member of practice staff/pharmacy to destroy the Schedule 3 CD and another member of staff to witness the destruction.

5. Opioids Aware

There have been numerous incidents reported in the press recently regarding the increased use of strong painkillers, leading to addiction, overdose and in some cases death.

The following link provides some valuable resources for clinicians to help support your patients towards better self-management of their long term pain:

<https://livewellwithpain.co.uk>

Also available is a webinar (link below):

<https://www.sps.nhs.uk/meetings/11-july-2018-pain-update-focusing-on-opioids-and-issues-emily-davies/>

This webinar, presented by Emma Davies, Advanced Pharmacist Practitioner in Pain Management, Abertawe Bro Morgannwg University Health Board, includes a brief history of opioids, where they came from, how they've been used and why they have become omnipresent in pain management in the UK and around the world. The safety of opioid medicines and the evidence to support their use in practice or not is also covered. Finally, the webinar covers how we should be viewing opioids and what practical steps we can take to support people who are prescribed them.

6. Reminder

All incidents and concerns raised involving CDs must be reported to the CD Accountable Officer. Concerns may include patients potentially misusing or abusing drugs, prescribing concerns, dispensing concerns etc.

To report all CD incidents, concerns or to request a CD destruction visit, please use the CD online reporting tool available at

www.cdreporting.co.uk