

## Summary of recommendations

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### **Patiromer for treatment of hyperkalaemia in adults - RED (Recommended for restricted prescribing by specialist only, not recommended for primary care prescribing)**

NICE recommends for certain patients with persistent hyperkalaemia and stages 3b to 5 chronic kidney disease or heart failure. (Recommendations in line with NICE TA623).

### **Unlicensed Cannabis-based Medicinal Preparations - Guidance Statement RED (Not recommended for use in primary care. Prescribing responsibility to be retained in secondary care)**

In line with the updated East of England Priorities Advisory Committee Guidance Statement on unlicensed cannabis-based medicinal preparations, prescribing in primary care is not recommended.

Initiation of treatment with unlicensed cannabis based medicinal products by GPs is illegal and is not permitted. All prescribing should remain with the responsible specialist.

### **Licensed cannabis-based medicinal products - RED (Not recommended for use in primary care. Prescribing responsibility to be retained in secondary care)**

RED status for drugs/indications including: Sativex<sup>®</sup> (THC:CBD spray) for moderate to severe spasticity in adults with multiple sclerosis (criteria for use in line with NICE Guideline 144), Nabilone for the treatment of intractable chemotherapy induced nausea and vomiting (in line with NICE Guideline 144) and Cannabidiol (Epidyolex<sup>®</sup>) with clobazam as an option for treating seizures associated with Dravet syndrome (in line with NICE TA 614) and Lennox-Gastaut syndrome (LGS) (in line with NICE TA 615) in people aged 2 years and older.

### **Food first resources - Recommended for use**

An update has been made to the following 3 'Food First' patient resources to include updated named food products listed; *Homemade supplements, Eating well for small appetites and Quick Guide*.

An additional new resource is produced to support healthcare professionals to explain why ONS is not routinely used in care homes; *'How healthcare staff support care homes to treat malnutrition - Information sheet for relatives and friends'*.

### **E-cigarettes for tobacco dependence - DOUBLE RED (Not recommended for prescribing in primary and secondary care)**

Minor update to East of England Priorities Advisory Committee Guidance Statement which is approved as local guidance; GPs should not prescribe e-cigarettes or other novel nicotine containing devices such as the Voke inhaler.

### **Denosumab for osteoporosis - AMBER INITIATION (Initiation by specialists with prescribing continued in primary care under transfer of care guideline)**

Guidance updated to change formulary status for denosumab from shared care to amber initiation. The time period before re-referral to secondary care has increased from 3 to 5 years. Prescribing support document and transfer template letter has been updated to support this change. GPs are advised in the transfer letter if vitamin D monitoring is needed for individual patients.

### **Alzheimer treatment decision document and dementia prescribing support - AMBER INITIATION (Initiation by specialist with prescribing continued in primary care under prescribing support document)**

This provides an update to the existing Hertfordshire dementia prescribing support document. The update includes the potential use of dual pharmacological treatment in

patients with moderate or severe Alzheimer's disease and notes that acetylcholinesterase inhibitors should not be stopped because of disease severity alone. Update follows publication of NICE guideline NG97.

**Toujeo® (insulin glargine 300 units/ml) - AMBER INITIATION (Initiation by specialists with prescribing continued in primary care with specific information provided by the specialist)**

Recommended for restricted use in patients with type 1 and type 2 diabetes with either

- significant nocturnal hypoglycaemia
- considered a “Chaotic patient” who may be at significant risk of diabetic ketoacidosis or hyperosmolar hyperglycaemic state or
- psychological problems who are not supervised by a daily carer and do not qualify to receive district nurse injections of daily insulin glargine or
- patients with a diagnosed allergy to either insulin detemir or insulin degludec.

Recommendation includes an implementation plan to support safe use as this is a high strength insulin (key points for primary care staff are included) and a prescribing support document.

**LWMH indications and clinical responsibilities - Recommended for use**

Outlines prescribing and monitoring responsibilities for LMWH for different indications and specialities:

New patients: not recommended for primary care prescribing with prescribing to be retained by specialists. *NB: there may be exceptional clinical circumstances where short term urgent LMWH treatment is required. This could be prescribed by the GP on advice of the specialist while the patient is awaiting a specialist review.*

Existing patients: LMWHs may continue to be prescribed in primary care under existing arrangements with appropriate ongoing review and monitoring.

**Azathioprine/mercaptopurine in adults shared care protocol - Recommended for use**

Updated shared care protocol for use in adults with multisystem autoimmune disease (included indications specified, post-transplant use in new patients not included - prescribing should be retained by specialist)

**Needles for insulin pens guidance - Recommended for use**

The guidance considered NHSE guidance on items that should not routinely be prescribed in primary care and offers a joint statement between primary, community and secondary care on the prescribing of needles for pre-filled and reusable insulin pens. Patients who are on needles that cost more than £4 per 100 should be switched to a cost-effective brand (cost less than £4 for 100). Locally recommended products are BD Viva® or Tricare® (Herts Valleys CCG) and BD Viva® (East and North Hertfordshire CCG).

**Emollient guidelines - Recommended for use**

Update to existing guidance to include Epimax products name changes (EPIMAX® Original Cream (previously Epimax Cream), EPIMAX® ExCetra Cream (previously ExCetra Cream), EPIMAX® Isomol Gel (previously Isomol Gel))

**Silk garments - DOUBLE RED (Not recommended for prescribing)**

Not recommended in line with NHSE guidance:

New patients; do not start any new patients on silk garments

Existing patients; prescribing should be reviewed and stopped. If desired, patients may self-purchase over-the-counter.

**FreeStyle Libre® - process changes - AMBER INITIATION (Initiation by specialist with prescribing continued in primary care on advice of specialist)**

Change in supply process:

New patients; duration of specialist supply is reduced from 6 months to 2 months prior to transfer to GP prescribing.

For previous self-funders; GPs to take on prescribing following specialist review/confirmation that the patient meets both NHSE initiation and continuation criteria.

Updated and new resources available via <https://www.enhertscg.nhs.uk/endocrine-system>

**Melatonin for sleep disturbances in children with neurodevelopmental disorders - AMBER INITIATION (Initiation by specialist with transfer to primary care prescribing under prescribing support document)**

Melatonin is recommended for treatment of sleep disturbances in children (under 18 years) with a formal confirmed diagnosis of Autism Spectrum Disorder or a formal confirmed diagnosis of Attention Deficit Hyperactivity Disorder. Following initiation and stabilisation by specialist, ongoing prescribing in primary care is supported under a prescribing support document.

**Other Published Recommendations: COVID-19 prescribing updates on ENHCCG GP website:**

Hydroxocobalamin - guidance on vitamin B12 supplements during COVID-19 pandemic to reflect the most recent guidance from British Society for Haematology.

High risk drug monitoring schedule guidance for use during COVID-19 pandemic; now includes ENHT feedback from the dermatology department.

**Patient information leaflets published:**

- Liothyronine patient information leaflet - in support of **RED recommendation (Hospital prescribing only)**
- Bath oils for dry skin condition patient information leaflet - in support of **DOUBLE RED recommendation (not recommended for prescribing)**
- Shared care information for patients - **Recommended for use by specialists**