



Produced by the
NHS Rotherham
CCG
Medicines
Management Team
Tel (01709) 302639 if
further
information is
required.

Bite Size Prescribing News

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Rotherham
Clinical Commissioning Group

Mefenamic acid has increased in price to £50 / 28 tablets

We have previously reported in the bite-size that naproxen provides superior action in reducing menstrual bleeding (58% vs 40%) and has less side-effects (usually GI related). Therefore, with this current price increase there is no longer any clinical or cost reason for the use of mefenamic acid.

Please remember to prescribe plain naproxen tablets, as the EC coating does not prevent the systemic GI problems and can delay action by up to 2 hours. (Current DT price for naproxen 500mg tablets is £1.14 / 28 tablets)

Pregabalin prescribing update

It seems that the stock levels of generic pregabalin have now stabilised. It is therefore now time to ensure that **all prescriptions** for pregabalin are prescribed generically to ensure cost effective prescribing.

Pregabalin Strength	Dec Drug Tariff price
Pregabalin 25mg caps (56 caps)	£1.84
Pregabalin 50mg caps (84 caps)	£1.91
Pregabalin 75mg caps (56 caps)	£1.81
Pregabalin 100mg caps (84 caps)	£2.43
Pregabalin 150mg caps (56 caps)	£2.17
Pregabalin 200mg caps (84 caps)	£2.93
Pregabalin 225mg caps (56 caps)	£2.74
Pregabalin 300mg caps (56 caps)	£3.54

New triple therapy inhalers for COPD

There are now two triple therapy inhalers available to prescribe:

Trimbow 87mcg/5mcg/9mcg pressurised inhalation solution (contains 87mcg of beclometasone, 5mcg of formoterol fumarate and 9mcg of glycopyrronium)



Trelegy 92mcg/55mcg/22mcg inhalation powder (contains 92mcg of Fluticasone, 55mcg of umeclidinium and 22mcg of vilanterol)



Both of these inhalers should be reserved for severe/very severe COPD – category D in the RCGG COPD guidelines. Revert back to dual therapy if exacerbation rates don't change.

Updated NICE Asthma Guidelines (NG80) – Don't change practice yet.

NICE has recently updated its asthma guidelines with changes to treatment pathways and increased focus on the use of fractional exhaled nitric oxide (FeNO) tests in asthma diagnosis. RCGG is waiting for updates from BTS/SIGN to see if there is consensus of opinion before updating our local asthma guidance.

Merry Christmas and a Happy New Year from all of us in the Medicines Management Team

Drugs Not to be Routinely Prescribed (DNRP) on the NHS

The NHS England consultation on Drugs Not to be Routinely Prescribed (DNRP) on the NHS reported earlier this month. The consultation covered a total of 18 areas/drugs and for Rotherham prescribers the results are mixed, with prescribing already being minimal for these medicines:

- Liothyroxine - We're the lowest in England!
- Co-proxamol - We're almost the lowest in England.
- Dosulepin - Great achievement. We used to prescribe lots of this dangerous antidepressant
- Perindopril argenine - Please ensure perindopril prescribed as **Perindopril Erbumine**)
- Lidocaine plasters
- Paracetamol/Tramadol combination preparations – Splitting this can help tailor analgesia

The following medicines should be reviewed and changed where possible:

1	Trimipramine	Trimipramine 10mg X 28 tablets =£179 Trimipramine 25mg X 28 tablets =£200 Trimipramine 50mg X 28 capsules =£290 Trimipramine can be changed to Imipramine (titration required).
2	Rubefaciants (Not topical NSAIDS)	Encourage patients to self care initially. Switch to topical ibuprofen or first choice rubefacient (Algesal)
3	Omega-3 and all other fish oils	For Hypertriglyceridemia only. RDASH will no longer recommend omega-3 for psychiatric reasons due to the lack of an evidence base.
4	Fentanyl Immediate release	For use in palliative care only
5	Oxycodone & naloxone	For use in palliative care only
6	Doxazosin MR	Only the non-MR preparation should be prescribed.
7	Tadalafil once daily	All prescriptions should be written generically.

The following medication should no longer be initiated in primary care. Any current prescribing of these medicines should be reviewed and stopped where appropriate.

1	Glucosamine & Chondroitin	Do not initiate new prescriptions, review and stop all existing prescriptions
2	Travel Vaccines	Travel vaccines should not be prescribed for any patients.
3	Lutein & antioxidants	Do not initiate new prescriptions, review and stop all existing prescriptions
4	Herbal Treatments	Do not initiate new prescriptions, review and stop all existing prescriptions

Old Scrooge sat busy in his counting-house.