



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

Bite Size Prescribing News

August 2018



Rotherham
Clinical Commissioning Group

Warfarin prescribing safety issues

Prescribers are reminded that patients should not be given prescriptions of 0.5mg or 5mg warfarin tablets to make up their total dose. This is long standing safety advice used to minimise potential prescribing, dispensing and administration errors that have occurred when one of these tablets was used instead of the other.

INRstar can be configured to prevent the use of the 5mg strength tablet by using the following process:

Click on the 'Clinical Details' tab in the patient's treatment plan

- Click the 'Edit Treatment Plan' button
- Uncheck the '5mg tablet strength' box in the 'Tablet Selection' section

It should also be noted that 0.5mg and 5mg tablets are not recommended in the 18/19 warfarin LES.

Change from Aveeno cream to Zeroveen cream.

In the past year, Rotherham CCG spent approximately £147,000 on prescriptions for the over the counter moisturiser Aveeno. The medicines management team and dermatology department at Rotherham Hospital have worked closely together to update the emollient formulary to ensure a consistent approach across primary and secondary care.

From September 2018 all patients prescribed AVEENO cream will be switched by the team to ZEROVEEN cream which is more cost effective, with both products considered interchangeable.

The prescribing of any emollient is reserved for patients with a confirmed chronic skin condition, patients with simple dry skin conditions should be advised to purchase their own emollients as per the CCG self-care agenda. Please note that this switch will shortly be added to the ScriptSwitch program.

Learning from Methotrexate overdose incident

Due to a recent Methotrexate over-dose incident, we are reminding prescribers of the importance of recording **"hospital only medications"** in the correct manner. They should be recorded using the method below on System1 and hospital section on EMIS web. This is the section and method we recommend as it cannot be accidentally issued but does allow the computer system to highlight interactions and warnings. Please ensure all prescribers are following this procedure and contact the MMT if you need further advice.

Adding Hospital Drugs EMIS Web

Add drug in the usual way, put quantity as zero and click on issue

Change Selection -
Out Of Hours (No Print)
Record Hospital (No Print)
Record For Notes (No Print)
Handwritten
Over The Counter (No Print)
Private Script

Hospital
Methotrexate 10mg/0.2ml solution for injection pre-filled disposable

Adding Hospital Drugs on System 1

Mr Mickey Mouse-TestPatient "Mick" 01 Jan 1950 (67 y) M

Other Details: Exact date & time Thu 12 Oct 2017 13:55

Medication start: Thu 12 Oct 2017
Drug prescribed: HIGH RISK: Methotrexate 2.5mg tablets
Dose: 2.5mg (one tablet) to be taken weekly
Total quantity: Number 1 tablets = 1 tablet

Script type: NHS Issue
Script notes: ISSUED BY HOSPITAL - Please do NOT issue from GP Practice

Administrative notes: Issue duration 1 Days
 Use review date 12 Oct 2018
 Synchronise all review dates to this

Use maximum issues
 Patient can initiate issues
 Irregularly issued template
 Repeat template can be reauthorised

When prescribing Methotrexate, please select a pre-filled syringe rather than a vial which are often much higher doses. You may have to scroll down to find the correct product.

Self Care Brown Traffic Light List

Following on from the launch of the Rotherham CCG self care campaign, the list of minor and self-limiting conditions for which prescriptions should not be provided can be found on the CCG website, in the traffic light section under the Self Care (brown) list. <http://www.rotherhamccg.nhs.uk/traffic-light-system-2.htm>

Self Care Brown Traffic Light List				
	Condition	Item Example Products	Prescribing Advice	Additional Information
1	Probiotics	Any Probiotic	Do not prescribe	Lack of clinical evidence
2	Vitamins and Minerals	Vitamin B compound tablets, Vitamin C effervescent 1g tablets, Multivitamin preparations.	Only prescribe in confirmed deficiency. Advise self care for maintenance and prevention	Exceptions are for those in institutional care or receiving enteral nutrition
3	Acute Sore Throat	benzdamine (Difflam)	Advise to self care	
4	Cold Sores	Antiviral cold sore cream e.g. aciclovir cream	Advise to self care	Exceptions are for those who are immunocompromised or have chronic recurring cold sores
5	Conjunctivitis	Antimicrobial eye drops and eye ointment e.g. chloramphenicol	Self care. Licensed treatment available to buy for patients aged 2 years onwards	GP discretion as to whether a prescription is required for an alternative antibiotic due to severity of infection
6	Coughs and Colds and Nasal Congestion	Cough mixtures or linctus Saline nose drops Decongestant nasal sprays Menthol vapour rubs Cold and flu capsules or sachets	Advise to self care	
7	Cradle Cap	Emulsifying ointment Shampoos	Advise to self care	
8	Haemorrhoids	Haemorrhoid creams, ointments and suppositories e.g. Anusol, Germoloids	Advise to self care	Exception - chronic persistent haemorrhoids requiring regular treatment
9	Infant Colic	Simethicone suspensions e.g. Infacol, lactase drops e.g. Colief	Advise to self care	Exception for confirmed lactose intolerance
10	Mild Cystitis	Sodium bicarbonate or potassium citrate granules/sachets	Advise to self care	
11	Contact Dermatitis	Emollients e.g. Aveeno, E45, Oilatum Steroid creams	Advise to self care	Exception for those with diagnosed eczema/psoriasis
12	Dandruff	preparations (T Gel) (Nizoral)	Advise to self care	
13	Diarrhoea (Adults)	Loperamide 2mg capsules Diorolyte, O.R.S	Advise to self care	Exception for those who have chronic recurring diarrhoea e.g; crohns disease
14	Dry Eyes/Sore(tired) eyes	Eye drops for sore tired eyes Hypromellose 0.3% eye drops	Advise to self care	
15	Earwax	hydrogen peroxide, olive oil (Earol), almond oil, urea (Otex)	Advise to self care	
16	Excessive sweating (mild – moderate hyperhidrosis)	Aluminium chloride sprays, roll-ons, solutions. e.g. Driclor, Anhydrol Forte	Advise to self care	
17	Head Lice	creams or lotions for head lice e.g. dimeticone (Hedrin), malathion (Dexta)	Advise to self care	Promote wet combing
18	Indigestion and Heartburn	Antacid tablets or liquids e.g. Rennie, Ranitidine 75mg tablets e.g. Zantac OTC proton pump inhibitors e.g. omeprazole 10mg (Zanprol), pantoprazole 20mg (Pantoloc Sodium alginate, calcium carbonate or sodium bicarbonate liquids e.g. all Gaviscon preparations, Maalox, Peptac	Advise to self care (including dietary and lifestyle advice)	Exception for those with a confirmed diagnosis requiring long term treatment/prevention
19	Infrequent Constipation	Bisacodyl tablets 5mg Ispaghula Husk granules e.g. Fybogel Lactulose solution	Advise to self care (including dietary and lifestyle advice)	Exception for those with a confirmed diagnosis requiring long term treatment/prevention
20	Infrequent Migraines	Migraine tablets e.g. sumatriptan Painkillers e.g. aspirin, ibuprofen, prochlorperazine	Advise to self care	Exception for chronic recurring migraines

A list of examples of medication which available to purchase OTC will be provided to practices shortly.