





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.

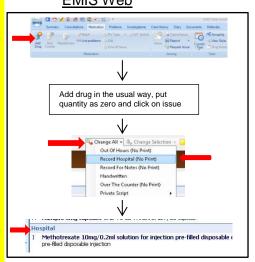
From September 2018 all patients prescribed AVEENO cream will be switched by the team to ZEROVEEN cream which is more cost effective, with both products considered interchangeable.

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.

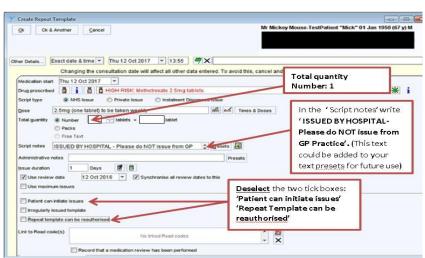
Learning from Methotrexate overdose incident

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 Systm1 and hospital section on EMIS web. This is the section and method we recommend as it cannot be accidently 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



Adding Hospital Drugs on System 1



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 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	
	Vitamins and Minerals	Vitamin B compound tablets, Vitamin C	Only prescribe in confirmed deficiency.	Exceptions are for those in	
2		effervescent 1g tablets,	Advise self care for maintenance and	institutional care or receiving	
_		Multivitamin preparations.	prevention	enteral nutrition	
3	Acute Sore Throat	benzydamine (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	
	Coughs and Colds and Nasal Congestion	Cough mixtures or linctus	Advise to self care		
		Saline nose drops			
6		Decongestant nasal sprays			
		Menthol vapour rubs			
		Cold and flu capsules or sachets			
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 creams or rottons for nead fice e.g.	Advise to self care		
17	Head Lice	dimeticone (Hedrin), malathion	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 dietry 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 dietry 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.