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Bite Size Prescribing News

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NHS
Rotherham
Clinical Commissioning Group

Guideline for the treatment of dry eyes (Ocular Lubricants)

New guidance has been produced in conjunction with Ophthalmologists at the Rotherham Foundation Trust and is available on the CCG website. The majority of preservative free products are in standard sized eye-drop bottles that contain a valve and filter that allow for a three month expiry from opening.

<http://www.rotherhamccg.nhs.uk/Treatment%20of%20Dry%20Eyes%20v2%20FINAL%20October%202019%203%20.pdf>

Script-switch has been uploaded with all current ocular lubricant products that can be changed to a formulary alternative and provide cost-savings. Members of the MMT will provide a QIPP program of changes that could potentially save over £50 K across Rotherham CCG. The main changes are for the bulky "Hilo" products and Unit Dose Vials.

We have emailed all Optometrists in Rotherham to advise them that: **GPs in Rotherham will no longer provide prescriptions for uncomplicated dry eyes.** The email also states that any patients they diagnose with simple dry eyes should be advised to purchase eye-drops as part of self-care, and given the Rotherham self-care prescription leaflet.

<http://www.rotherhamccg.nhs.uk/Start%20Well%20Choose%20Well%20Stay%20Well%20Self%20Care%20A5%20Leaflet%202019.pdf>

Oral Tuberculosis Agents Medicines Supply Notification update

Since August 2019 a number of oral TB agents have been impacted by supply issues, and this is likely to continue into the new year.

As Rifinah tablets are out of stock, clinicians are asked to prescribe the isoniazid and rifampicin separately.

NHS England & NHS Improvement have written out to community pharmacies with information on how to order oral TB agents directly from manufacturers should they have problems obtaining them from their usual wholesalers.

Omega-3 fatty acids part of NHS England items which should not be routinely prescribed.

A quick reminder to clinicians that Omega-3 fatty acid preparations are part of the 2017 NHS England items which should not be routinely prescribed.

NICE states that omega-3 fatty acid supplements should **not** be offered to:

- People who have had a heart attack more than 3 months ago, to reduce the risk of a further heart attack
- People with diabetes, kidney disease or at risk of heart disease
- Most people with high triglycerides (a fatty substance in the blood)
- Most people with a family history of high cholesterol
- People with liver disease
- Children and young people with autism to manage sleep problems
- People with multiple sclerosis.

A patient information leaflet on this can be found here (<https://www.prescgipp.info/media/1401/patient-information-changes-to-omega-3-fatty-acids-prescribing.pdf>) and contains an email address to NHS England where patients can direct any questions they may have.

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

Medicines Management Christmas Quiz 2019

Question 1

How many pairs of hosiery does a patient require in six months?

- a) 2 pairs – one to wear and one to wash
- b) 3 pairs – one to wear and one to wash and one to hang up for Christmas presents
- c) 6 pairs – one pair per month as they should be on repeat prescription

Question 2

Who is eligible for Healthy Start vitamins from the 0-19 practitioners in Rotherham?

- a) Elves
- b) Snowpeople
- c) Pregnant women and children four years old and under

Question 3

Which blood clotting factor is deficient in a patient presenting with Christmas disease?

- a) Factor IIX
- b) Factor IX
- c) Factor X

Question 4

If Santa requests an emollient to help with the dry skin on his face that he gets when delivering presents, should you:

- a) Prescribe him some and wish him a very merry Christmas
- b) Present him with a self-care prescription and tell him to buy his own as he's passing over the shops
- c) Tell him that as a temporary resident you can only provide immediate and necessary treatment, so he'll have to get his regular medication from the North Pole

Question 5

A charge for prescriptions was first introduced in June 1952. How much did a prescription cost?

- a) A pound
- b) Ten pence
- c) One shilling

Question 6

Which phase of the Electronic Prescribing System roll out is set to occur in 2020?

- a) Phase 4
- b) Phase 5
- c) Phase 6

Question 7

To the nearest million, how many paracetamol tablets have been prescribed by primary care in Rotherham since April 2019?

- a) 10 million
- b) 11 Million
- c) 12 Million

Answers:
1) a, 2) c, 3) b, 4) b, 5) c, 6) a, 7) b