



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

(Even more) New inhalers launched in the UK

Flutiform K-haler – a breath actuated fluticasone/formoterol fumarate dry powder inhaler and Kelhale - a new metered-dose beclometasone inhaler equivalent in potency to Qvar, are now available in the UK. With the sheer number of inhalers now available to prescribers, with many containing similar medication but looking very different, it is **essential** that all inhalers (except salbutamol) are prescribed by **brand**.

NHS Choices website now called the NHS website

Although the web address (www.nhs.uk) remains the same, the NHS Choices website is to be rebranded as 'the NHS website'. All NHS organisations are being advised to update any digital or printed materials accordingly.

Flu vaccine for children – PHE wallchart

There are two types of flu vaccine available for children in 2018 to 2019, the 'live' nasal spray vaccine and the inactivated injected flu vaccine. Public Health England has published a wallchart to help.

https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/735239/Which_flu_vaccine_should_children_flu_vaccine_2018_.pdf

Prescriptions for thickening agents

From the 1st of November, the dietetic service will be taking over all prescribing of thickening agents for patients in Rotherham. The medicines management team will be facilitating transfer of current patients to the service. Any new requests for thickeners after the 1st November should be directed to the dietetics service on 01709 427079 or 01709 427725.

Association between physical exercise and mental health in 1-2 million individuals in the USA between 2011 and 2015: a cross-sectional study

A cross-sectional study of 1.24m people over 18 in the US found that individuals who exercised had 43.2% (1.49) fewer days of self-reported poor mental health in the past month than individuals who did not exercise, but were otherwise matched for several physical and demographic characteristics. Although more exercise was not always linked to better mental health, all exercise types were associated with a lower mental health burden.

The Lancet, Psychiatry. August 08, 2018 DOI:https://doi.org/10.1016/S2215-0366(18)30227-X

Shortage of Adalat Brand (nifedipine) products

Bayer will be out of stock of most of the Adalat range as follows (supplies of 10mg immediate release capsules are not affected):

Adalat 5mg immediate release capsules* - out of stock until Dec 2018

Adalat LA 20mg tabs* – out of stock until Feb 2019

Adalat LA 30mg tabs – out of stock or limited supplies from Oct 2018 to Apr 2019

Adalat LA 60mg tabs – out of stock until May 2019

Adalat Retard 10mg tabs – out of stock from Nov 2018 to May 2019

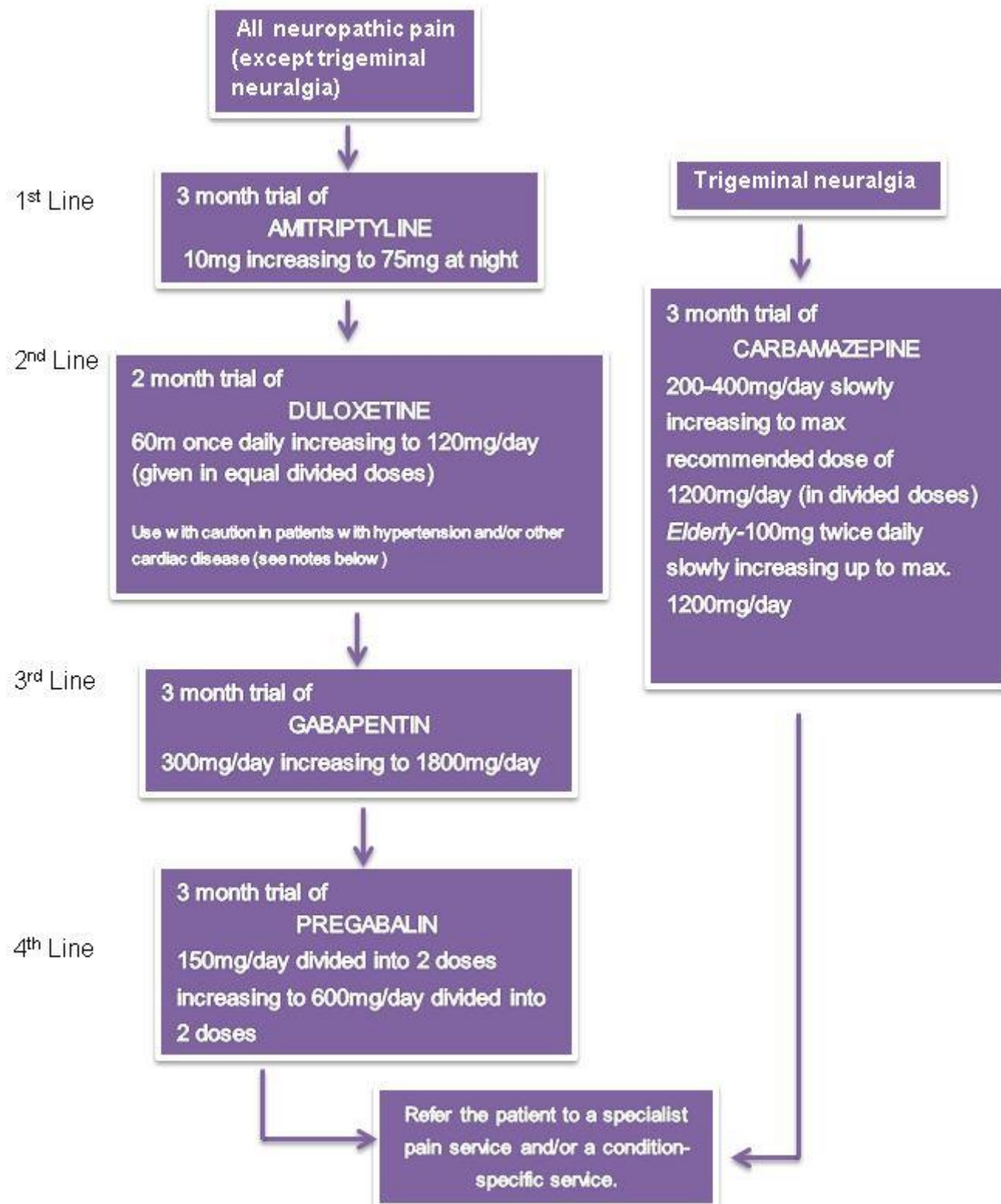
Retard 20mg tabs – out of stock until May 2019

*Bayer is the sole supplier of these two formulations

There are a variety of replacement generic and branded nifedipine formulations available, however recommending a specific alternative is difficult as stock of these are fluctuating on a weekly basis. When switching between brands, closer monitoring of BP may be required in the initial stages and patients reassured that they are receiving the same drug and dose but to report any adverse effects.

Guidelines for the treatment of Neuropathic Pain in Adults

The guidelines for the treatment of neuropathic pain in adults have been updated and are now on the CCG website. The guideline separates out trigeminal neuralgia from other types of neuropathic pain, however the recommendation of **Amitriptyline first line** (except in trigeminal neuralgia) remains the same.



The full guidelines, complete with accompanying key principles of care can be found in the top tips section of the RCCG website.