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Bite Size Prescribing News

October 2019



Rotherham
Clinical Commissioning Group

Gabapentin and pregabalin associated with increased risks of suicidal behaviour, injuries, unintentional overdose, and road traffic incidents.

A large population-based cohort study in Sweden found that prescriptions for gabapentinoids were associated with increased risk of suicidal behaviour, unintentional overdoses, head and body injuries, and road traffic accidents and offences. Pregabalin was associated with higher hazards of these outcomes than gabapentin. However, the observational study design means it can only suggest an association, not causation.

In April 2019, pregabalin and gabapentin were reclassified as schedule 3 controlled drugs because of the risk of abuse and dependence. Prescribers should be aware of this new evidence, and the MHRA advises that people taking gabapentinoids should be alert to any mood changes, distressing thoughts, or feelings about suicide or harming themselves at any point during treatment.

Further information here: <https://www.bmj.com/content/365/bmj.l2147>

Lost or stolen prescription pads

We have been asked to provide some guidance on what to do should you lose, or have a prescription or prescription pad stolen.

If an FP10 prescription or pad(s) has been lost or stolen, the prescriber must immediately contact their Line / Practice Manager, and inform

- The Controlled Drugs accountable officer (CDAO) via the following link:
www.cdreporting.co.uk

The Practice must include in their incident report details of actions they will undertake to prevent further occurrence.

Where appropriate, the CDAO office will alert pharmacies in the area on the loss and to confirm with the practice if any further action is required.

Do not prescribe safety needles for community nurses

As practices are still receiving requests from community nurses for safety needles (e.g. BD Autosheild), clinicians are reminded that The Rotherham Foundation Trust (TRFT) have a duty of care to provide safety needles as they are protecting their staff (the community nursing team) from needle stick injuries.

TRFT have put safety needles into all community nurse bases for the community nurses to use when administering insulin via an insulin pen device. Additional supplies of safety needles will be supplied by TRFT.

The same principle applies to nursing homes i.e. the nursing home has a duty of care to protect its nurses. The only prescriptions for safety needles should be for the small minority of patients that self-administer insulin and require safety needles for example due to dexterity issues.

Loestrin (Ethinylestradiol / Norethisterone acetate) 20 and 30 to be discontinued

Galen Ltd (the manufacturer of Loestrin) states 'despite endeavors to resolve issues experienced by our contracted manufacturer of our licensed products, Loestrin 20 and Loestrin 30, as well as our efforts to identify an alternative manufacturer, Galen wish to advise both products are being discontinued.

Further information can be found here: <https://psnc.org.uk/our-news/contractor-notice-loestrin-20-and-30-discontinued/>

Top Ten Tips: Dependence Forming Medications

Royal College of General Practitioners has produced a 'Top Ten Tips: Dependence Forming Medications' for general practice teams (DFMs being primarily opioids, z drugs, benzodiazepines, gabapentin and pregabalin). This document outlines the key issues to consider when prescribing DFMs and states that the number of people prescribed DFMs has almost doubled since the year 2000, with nine percent of the UK population now on one or more of these medications. Further information can be found on the RCGP website, and the document itself can be found here: <https://www.rcgp.org.uk/-/media/Files/CIRC/Desktop-guides/Top-Ten-Tips-Dependence-Forming-Medications-April-2019.ashx?la=en>.

Generic Medication (Category M) price increase.

Category M drug prices have increased by on average 13%, and these medicines account for 22% of all prescribing costs. An example of how wide ranging this increase has been can be seen in the table below which lists just some of the 632 items that have increased in price.

Drug Name	% Increase	Drug Name.	% Increase.	Drug Name,	% Increase,
Sodium chloride 0.9% nebuliser liquid 2.5ml unit dose ampoules	77.52%	Prednisolone 5mg tablets	15.05%	Citalopram 20mg tablets	14.46%
Ranitidine 300mg tablets	35.00%	Amoxicillin 500mg capsules	15.04%	Oxytetracycline 250mg tablets	14.46%
Quetiapine 25mg tablets	23.83%	Aspirin 300mg dispersible tablets	14.94%	Metoprolol 50mg tablets	14.44%
Quetiapine 200mg tablets	20.45%	Domperidone 10mg tablets	14.94%	Ramipril 5mg capsules	14.44%
Co-careldopa 25mg/100mg tablets	16.84%	Ferrous gluconate 300mg tablets	14.94%	Letrozole 2.5mg tablets	14.43%
Escitalopram 5mg tablets	16.67%	Ramipril 1.25mg capsules	14.94%	Co-codamol 30mg/500mg tablets	14.29%
Atenolol 25mg tablets	16.39%	Aspirin 75mg dispersible tablets	14.93%	Codeine 30mg tablets	14.29%
Candesartan 4mg tablets	16.25%	Indapamide 2.5mg tablets	14.89%	Ramipril 2.5mg capsules	14.29%
Bendroflumethiazide 2.5mg tablets	15.79%	Zopiclone 7.5mg tablets	14.89%	Methadone 1mg/ml oral solution sugar free	14.29%
Ciprofloxacin 250mg tablets	15.71%	Amlodipine 10mg tablets	14.86%	Codeine 30mg tablets	14.29%
Lisinopril 2.5mg tablets	15.63%	Tramadol 50mg capsules	14.86%	Ibuprofen 400mg tablets	14.29%
Escitalopram 10mg tablets	15.52%	Warfarin 1mg tablets	14.86%	Indometacin 25mg capsules	14.29%
Topiramate 100mg tablets	15.49%	Domperidone 10mg tablets	14.83%	Methadone 1mg/ml oral solution sugar free	14.29%
Phenobarbital 30mg tablets	15.38%	Amoxicillin 500mg capsules	14.81%	Simvastatin 40mg tablets	14.29%
Simvastatin 20mg tablets	15.38%	Cetirizine 10mg tablets	14.81%	Co-dydramol 10mg/500mg tablets	14.29%
Omeprazole 40mg capsules	15.38%	Co-codamol 8mg/500mg tablets	14.81%	Lisinopril 5mg tablets	14.29%
Amlodipine 5mg tablets	15.28%	Imipramine 10mg tablets	14.81%	Loratadine 10mg tablets	14.29%
Atorvastatin 10mg tablets	15.28%	Lisinopril 10mg tablets	14.81%	Paroxetine 20mg tablets	14.29%
Doxycycline 100mg capsules	15.19%	Co-codamol 8mg/500mg tablets	14.81%	Ciprofloxacin 500mg tablets	14.13%
Ibuprofen 200mg tablets	15.19%	Paracetamol 500mg tablets	14.75%	Atorvastatin 20mg tablets	14.12%
Pravastatin 10mg tablets	15.19%	Amoxicillin 250mg capsules	14.68%	Citalopram 10mg tablets	14.12%
Sildenafil 25mg tablets	15.19%	Paracetamol 500mg tablets	14.66%	Codeine 15mg tablets	14.12%
Ibuprofen 200mg tablets	15.16%	Imipramine 25mg tablets	14.63%	Loperamide 2mg capsules	14.12%
Bendroflumethiazide 5mg tablets	15.15%	Lansoprazole 15mg capsules	14.63%	Warfarin 5mg tablets	14.12%
Diazepam 5mg tablets	15.15%	Sildenafil 100mg tablets	14.63%	Ibuprofen 400mg tablets	14.11%
Metoclopramide 10mg tablets	15.15%	Warfarin 3mg tablets	14.63%	Co-codamol 30mg/500mg tablets	14.11%
Simvastatin 10mg tablets	15.15%	Citalopram 40mg tablets	14.58%	Amoxicillin 250mg capsules	14.10%
Alendronic acid 70mg tablets	15.12%	Tramadol 50mg capsules	14.57%	Trimethoprim 100mg tablets	14.10%
Aspirin 300mg dispersible tablets	15.07%	Diazepam 2mg tablets	14.52%	Bisoprolol 5mg tablets	14.08%
Diazepam 10mg tablets	15.07%	Amitriptyline 25mg tablets	14.47%	Amoxicillin 250mg/5ml oral suspension sugar free	14.06%
Aspirin 75mg dispersible tablets	15.06%	Aspirin 75mg gastro-resistant tablets	14.47%	Zolpidem 10mg tablets	14.05%

This increase will add approximately £800,000 to 2019/20 prescribing costs in Rotherham and may put more practices in an overspent position at the end of the year.

However practices can help mitigating this overspend by reducing the amount of self-care medications prescribed, as all of these have also experienced the 13% price increase.