

Rotherham Place Prescribing Bitesize

Stock Shortages Advice

National Pharmacy Teams have produced useful updated advice for managing Out of Stock (OOS) issues.

CPE - [medicine is priced above tariff but is still available what can I do?](#)

GPhC - [struggles around medicines shortages](#)

RPS - [dealing with medicine shortages flow chart](#)

Please circulate to all who are involved in prescribing, repeat prescription issuing & responding to OOS queries.

Accurx OOS Process – all info re the Rotherham Wide agreed OOS process can be found [here](#). GP Practice colleagues to please direct any Community Pharmacy not communicating OOS via Accurx to the same webpage for info and sign-up

<https://yourhealthrotherham.co.uk/oos>

New Adolescent Asthma Action Plans

The South Yorkshire CYP Alliance is excited to launch 2 new adolescent asthma action plans to support clinicians when initiating **AIR** (anti-inflammatory reliever therapy) and **MART** (maintenance and reliever therapy) for young people with asthma. These strategies are the locally preferred approach for managing asthma for adults and children 12+. You can find the plans on the **Healthier Together Asthma webpage** <https://sybhealthiertogether.nhs.uk/parents/carers/easy-asthma> along with lots of other useful info & resources.

The plans are available as a printable version as well as a computer editable format.

DayLight – free digital app for anxiety

Free, evidence based digital app treatment for anxiety and worry. It has been developed by Big Health who are the makers of “Sleepio”, an app to treat insomnia. Daylight has been rolled out and used to benefit patients in Scotland for some time and is now being provided to South Yorkshire.

Daylight delivers CBT, the NICE 1st line recommended treatment for anxiety, via a smartphone app that **patients (18+) can access instantly, in their own time and at no cost.**

Patients do not need to be referred, they simply need to visit www.trydaylight.com/nhs to get started (and will get 12m free access).

It provides you with a non-drug option when considering whether to start patients on medication(s) for anxiety.

Inadine dressings - contra-indications updated

Following a Medical Device Regulation (MDR) review, the instructions for use of Inadine (and all povidone iodine-based products) have been updated. These items are now **contra-indicated** in patients with severe renal impairment and in women who are pregnant or breast-feeding; they should be used with **caution** in patients with thyroid disease and in children under 6 months.

In line with the rest of South Yorkshire ICB, TRFT have removed inadine from general use. It is still available for specialist use and the wound care service are providing it on a named patient basis for DN patients.

For further information please contact the wound care service: rg-h-tr.wound.careservice@nhs.net

Tirzepatide (Mounjaro®)-Place in Therapy.



The huge amount of recent publicity for this drug across social media and in other media outlets has led to many patient requests for tirzepatide. The Rotherham Medicines Optimisation Team is aware of intelligence that suggests some of the prescribing of this drug may not be following the recommendations set out in the NICE TA924.

Across the South Yorkshire ICB, tirzepatide, for the treatment of type 2 diabetes, is an Amber drug. It should only be initiated by a suitably qualified/experienced clinician who has experience with this drug and in the treatment of diabetes mellitus. Tirzepatide should NOT be initiated in patients who (amongst other criteria-see the full TA for details) have not tried metformin and at least two other oral antidiabetic agents.

Tirzepatide is a **Red** drug for weight loss at this time.

For full prescribing advice, the complete NICE TA924 for tirzepatide can be found here:

[Overview | Tirzepatide for treating type 2 diabetes | Guidance | NICE](#)

The starting dose for tirzepatide is 2.5mg subcutaneously once a week for four weeks. **Each Mounjaro® KwikPen contains 4 doses so one pen will last four weeks.** After four weeks, the dose should be increased to 5mg once weekly and the patient maintained on this dose until the next review (typically at three or six months).

Monthly Quantities

Below is a reminder to clinicians regarding pack sizes and appropriate monthly quantities to prescribe as a review of prescribing data has shown some GP practices issuing more than one month's supply on prescription:

Active ingredient:	Brand:	Monthly Quantity:
Semaglutide	Ozempic®	1 pre-filled pen
Dulaglutide	Trulicity®	4 pre-filled pens
Tirzepatide	Mounjaro®	1 pre-filled KwikPen

Private Supplies

There has been a considerable increase in the number of patients accessing this drug privately for weight loss and clinicians are reminded of the requirement to update the patient's clinical record to reflect this. The preferred method for this can be found here:

[CCG Recording Non Practice Drugs – Healthy Rotherham](#)

GP practices are under no obligation to perform any monitoring in connection with tirzepatide, the responsibility for this lies with the (private) prescriber. For further information please see our website:

[NHS and Private Healthcare Policy – Healthy Rotherham](#)

GLP1 RA Stock Update

With the long-term supply issues affecting other GLP1 agonists, tirzepatide can be considered as an alternative if a patient is experiencing issues obtaining their current GLP-1 agonist as advised in the Medicines Supply Notice MSN/2024/031 issued by the DHSC.

Novo Nordisk has confirmed **Victoza® (liraglutide)** injection pens will **not** be returning to the market after its extended period out of stock.