

## MEDICINES OPTIMISATION NEWSLETTER

Merry Christmas and Happy New Year to you all! Welcome to the December edition of our Medicines Optimisation newsletter.



### Stopping managed repeats and reducing medicines waste:

- Stopping managed repeats and giving patients responsibility to order their own repeat prescriptions will help to reduce medicines waste and reduce workload in your practice.
- The use of [Electronic Repeat Dispensing \(eRD\)](#) should always be the preferred option for prescribing/management of repeat medication.
- Three GP practices in mid Essex have successfully stopped managed repeats and are continually moving patients to eRD. More practices are working towards stopping managed repeats in the new year.
- We strongly advise all practices to stop managed repeats. We have useful materials to support you with this: <https://midessexccg.nhs.uk/liveswell/your-medicines-your-nhs/reducing-medicines-waste>
- We can also put you in touch with practice staff that have already stopped managed repeats and are willing to help.
- Has your practice held a medicines waste campaign? A reminder to practices that it is a requirement for MOLES so let us know on your monthly MOLES return when you are holding yours.

### Requests for drug charts by community nurses:

- We have had queries where community nurses have requested GPs for drug charts to aid administering of medication such as eye drops and vitamin B12 injections.
- GPs do not supply drug charts; nurses are trained and are expected to transcribe medicines and the dose directions themselves rather than asking GPs for drug charts.
- To facilitate this process, please ensure that prescriptions and labels have **the actual directions and not "use as directed"**. It is good practice to provide accurate directions instead of "as directed" whenever possible.



We have been made aware that several practices have been contacted by companies such as Cactus Rx, advising that the CCG recommends some particular medication brand switches to be made. Please be advised that this is **not** the case. The Medicines Optimisation Team would always notify practices directly if recommending any medication switches and would always take into account the following:

- Clinical appropriateness and patient safety
- The time and effort it would take for practices to undertake the task
- Cost saving

It would also be taken through the Medicines Optimisation Committee for discussion and approval. If you are contacted by Cactus Rx, or any other similar companies, please notify us by emailing [MECCG.PIMMS@nhs.net](mailto:MECCG.PIMMS@nhs.net)



**Policies/guidelines update (links):**

**Eclipse resources**

[Diabetes - blood glucose meters, test strips and lancets guidelines](#)

[AF Anticoagulation clinical decision aid](#)

[Chronic COPD management - updated prescribing guidelines](#)

[COPD - Withdrawal of inhaled corticosteroid \(ICS\) therapy](#)

[Self-care and homely remedies toolkit for care homes](#)



**Formulary updates:**

Dapagliflozin, Empagliflozin, Canagliflozin, Ertugliflozin - hospital only (RED) prescribing for type 1 diabetes with insulin.

Darifenacin – removed

Solifenacin – replaces Darifenacin as second choice

Check the formulary before contacting us and if still in doubt, do contact us!

**[ONPOS \(dressings\) formulary \(link\)](#)**

**[Mid Essex formulary spreadsheet \(link\)](#)**

**MOLES:**

- Please ensure MOLES templates are fully completed when submitting every month.
- If unable to complete, please state reason on relevant section of template.
- Submissions will only be accepted directly from practice managers or MOLES leads.
- All monthly submissions must be received by the 15<sup>th</sup> of the following month.
- Reports will be subject to randomised assurance checks against prescribing data. If we cannot see the evidence, we will contact you for clarification.
- Please note that payments could be withheld in the absence of evidence to support your monthly report.
- Weekly uploads to Eclipse is a requirement for MOLES and also now a **monthly patient list** upload to VISTA Pathways.
- We host teleconferences to support delivery of MOLES. Dial in details are sent to all MOLES leads.
- **The next prescription clerks/dispensers/technicians meeting is on 16/01/19 at 2-4pm in the Plume room at Wren House. Hope to see you then!**

**PALS:**

Please direct all complaints/concerns/compliments to our dedicated PALS team: [meccg.patientexperience@nhs.net](mailto:meccg.patientexperience@nhs.net) or 01245 459459 (Mon-Fri 9am-5pm, confidential voicemail available outside office hours) Please do not give patients the medicines optimisation team contact details.

**Advice and assistance:** Visit our [website](#) or contact the Medicines Optimisation team - [MECCG.PIMMS@nhs.net](mailto:MECCG.PIMMS@nhs.net)

**Thank you all for your hard work and ongoing co-operation throughout the year!**

