

COVID -19 Medicines optimisation key messages for practices – Issue 8

Please send all queries to the team inbox: MECCG.PIMMS@nhs.net

Please bear with us as like yourselves we are dealing with many challenges. We will do our best to respond in a timely manner but do consider that queries that have a wider impact may take longer to respond to whilst we seek guidance. We have set up a new page on our website for Covid-19 medicines resources:

<https://midessexccg.nhs.uk/medicines-optimisation/covid-19-resources>

Proxy ordering of medicines for care home residents

Practices should consider implementing proxy ordering for their care homes-process is outlined in the slide-set [LINK](#). Proxy access enables care home staff to order medicines electronically on behalf of their residents- improving efficiency and saving time for all.

Manor Lodge Care Home in Chelmsford have trialled it with positive results.

For more information and/or support contact the Medicines Optimisation in Care Homes team through the Care Home helpline on 01245 922 001 or email pharmacist.carehome@nhs.net

Re-Use of Medicines Schemes in Care Homes

Any unused medicines would normally be disposed of by returning them to a community pharmacy. Due to the COVID-19 pandemic and concerns about the impact on the medicines supply chain, DHSC and NHS England and NHS improvement have issued guidance about re-use of medicines in care homes, under very specific circumstances and only in a crisis situation as defined. To support implementation of this guidance an Essex wide standard operating procedure has been developed. Care Home providers have been informed by ECC who have published a webinar on their information hub - <https://www.livingwellessex.org/latest-news/> The guidance can be found under the care homes section of our COVID 19 resources [LINK](#).

ALERT – Patient attempting to obtain excess CD medication

A CAS alert has been circulated about a patient attending secondary care and other GP practices in mid Essex attempting to obtain excess Controlled Drug medications. Please contact MECCG.PIMMS@nhs.net for a copy if you have not seen it.

Everyone is reminded about the opioid contract as well as other resources available on our website in the Opioid Resource Pack for Practices folder.

Using an opioid contract is strongly recommended to manage patients taking opioids who are known, or suspected, to have drug seeking behaviour <https://midessexccg.nhs.uk/medicines-optimisation/opioid-resource-pack-for-practices>.

Vitamin D supplements should be purchased

Due to the current lockdown requiring people to stay indoors much of the time, Public Health England has updated and reissued their advice on vitamin D. This guidance states:

‘Consider taking 10 micrograms of vitamin D a day to keep your bones and muscles healthy. This is because you may not be getting enough vitamin D from sunlight if you’re indoors most of the day.’

A reminder that patients should be advised to **purchase** Vitamin D supplements. As per policy, prescribing is not supported for Vitamin D supplementation. This applies to all patients including those shielding or self-isolating. Prescribing of vitamin D is only supported where high dose replacement is needed for treatment of Vitamin D deficiency.

Refer to our prescribing policy [here](#).

CPPE resources for medication reviews in care homes

CPPE have published resources for pharmacy professionals conducting medication reviews in care homes.

Resources are in the form of gateway pages, a structured medication review e-course and medicines optimisation learning sets.

A summary of the resources can be found [here](#).

Abasaglar Kwik pens

We have been made aware that due to Abasaglar Kwik pens being omitted from the latest edition of the BNF an unlicensed medicines alert is triggered on GP prescribing systems saying “Abasaglar Kwik pens are discontinued by manufacturers for NHS and only available on private prescription.”

This is incorrect as Abasaglar Kwik pens are licensed, on formulary and prescribable on FP10.

If this message is triggered you can override it in the system and continue to prescribe it.

Eli Lilly are trying to get this issue resolved as soon as possible