



NHS BSW CCG Medicines Optimisation Team: ✉ bswccg.prescribing@nhs.net
Website: <https://prescribing.bswccg.nhs.uk/>

- All at BSW CCG Meds Op would like to say a huge thank you for all your hard work.
- We wish you a very Merry Christmas
- Have a safe, healthy and prosperous New Year



New BSW Guidance for Self-Monitoring of Blood Glucose

Guidance was updated in collaboration with Diabetic Specialist Nurses (DSNs) from localities across BSW. Please read the full [guidance](#) for details on which options are most appropriate for varied clinical scenarios.

- Blood glucose monitoring should not be *routinely* offered to people with type 2 diabetes, except for specific groups as described in the guidance
- To better support remote consultations, new or replacement meters for self-monitoring of blood glucose should include features such as Bluetooth
- Meters using test strips costing *less than* £10 for 50 strips are cost effective
- **True Metrix Air (£6.95/50 strips)** is currently the DSNs preferred meter for people with type 2 diabetes where a new or replacement meter is required

For people with type 1 diabetes, joint decision making with their specialist should be used to agree the most appropriate meter. At specialist review, people not using the carbohydrate counting and insulin adjustment feature of specialist meters should be provided with a cost effective meter with features to support their requirements.

ACTION: Please share this updated guidance with your practice diabetes leads. Professionals can obtain supplies of True Metrix Air meters from Steve Llewellyn - 07810 084661 slllewelyn@trividiahealth.co.uk

BSW Area Prescribing Committee (APC) Updates

The [BSW APC website](#) includes information on the APC and the formulary decision making process. Decisions from October 2020 meeting have been ratified and can be found in full [here](#).

- **Oxybutynin has moved from Green to Amber for new patients in line with the [updated Over Active Bladder prescribing pathway](#).** Review existing oxybutynin patients 12monthly (6monthly if >75yrs). A PIL to support discussions about anticholinergic medications is available [here](#).
- **INR test strips** e.g. CoaguChek are included on BSW formulary ONLY for prescribing in line with the updated [BSW INR self-testing guidance](#). This represents a change for BaNES patients only.
- [Sharps Bin Prescribing on FP10 Guidance](#) new guide to support safe and cost-effective prescribing of waste bins for sharps and cytotoxic waste.
- [BSW Cow's Milk Protein Allergy prescribing guide](#) for managing suspected CMPA. Formulary section on specialised formula milk also in development [here](#).

National Supply of Vitamin D to at risk groups

Care home residents and individuals on the clinically extremely vulnerable list will be offered a 4 month supply from January. [Care homes](#) will automatically receive a delivery and others will receive a letter inviting them to opt in for home delivery. Prescribers will not need to prescribe for these patient groups but should be ready to support patients with queries they may have. Anyone in these groups who are able to purchase a vitamin D supplement is advised to do so and start taking them now. Evidence of the link of vitamin D to COVID-19 is still being researched and a re-review of the current evidence is expected shortly.

Current guidance is that all patients should consider taking a Vitamin D supplement which should be bought OTC. Prescriptions for Vitamin D should only be for patients with a proven deficiency and who are classified as high risk for prevention or maintenance of Vitamin D Deficiency. Further info can be found [here](#).

EU Exit – Medicines Supply Update

Further reminder to not stockpile locally and to continue to prescribe as normal (usual quantities, usual frequency). Please reassure patients there is no need for additional supplies. Further information describing the work that has been done nationally to ensure continuity of medicines supply can be found [here](#).

Community Pharmacist Consultation Service (CPCS) in BSW

As part of the work to integrate community pharmacy into local NHS urgent care pathways, a new approach is being taken which involves making a digital referral to a community pharmacist instead of booking a GP appointment for a minor illness assessment.

Six practices, in the BANES locality, are taking part in the rollout of the digital transfer of information and referral from the GP to a community pharmacy with a few more who have expressed an interest.

This involves the patient contacting the GP practice via telephone, website or in person. Using care navigation tools the reception staff will refer appropriate patients with minor illnesses electronically via NHS Mail to a designated pharmacy. The pharmacist will undertake a clinical assessment in a consultation room with the patient and, where appropriate, over the counter medication will be recommended to the patient.

Very positive feedback has been received from those practices that have gone live to date in other areas. This programme will be extended to other practices/PCNs during 2021.

BSW PCN/Practice Pharmacist Upcoming Webinars

Date/time	Planned Topics
13th January, 1.30pm	Prescribing Incentive Scheme: Anticholinergic Burden Further topics TBC
10 th February, 1.30pm	BSW CMPA prescribing guide Oral Nutrition Formulary – Tools and Tips to improve your prescribing of ‘sip feeds’

Slides from the previous webinars are available in the ‘Training and Education’ tab on our website here: <https://prescribing.bswccg.nhs.uk/training-and-education>.

Safety Updates November 2020

- [Modafinil](#) should not be used during pregnancy and women of childbearing potential must use effective contraception during treatment and for 2 months after stopping modafinil due to increased risk of congenital malformations.
- Steroid Emergency Card update – National work is happening to address some of queries that have been raised when implementing the alert. We will share further guidance as it becomes available.

Website Updates

MOCH Care Home December Newsletter	https://prescribing.bswccg.nhs.uk/?wpdmdl=8266
Using BSW Medicines Optimisation Formulary in SystemOne	https://prescribing.bswccg.nhs.uk/?wpdmdl=4570

This newsletter represents what is known at the time of writing so information may be subsequently superseded. Please contact the Medicines Optimisation Teams with comments/feedback or information for inclusion. This newsletter is aimed at healthcare professionals working within BSW.