

IN THIS ISSUE

RDTC: Climate Emergency declaration	1
Meet the RDTC Team	1
Recent publications from the RDTC	1
Latest prescribing news from your area	2
Metolazone: preparations and safety considerations	2
World Antimicrobial Awareness Week	2
Price concessions and changes to the Discount Deduction scheme	2
A guide to the COVID-19 autumn booster	2
Changes to the Regional Medicine Information Service	2
Special Feature: The Great North Children's hospital and Pill Swallowing	3
New SPS publications	4
Medicines Availability Information	4
New and Updated NICE guidance	4
UK product launches	4

RDTC: Climate Emergency declaration

The RDTC recognise that the climate and ecological emergency is a health emergency and that the health impacts of climate change are unfairly distributed and exacerbate existing health inequalities.



Level 1: Committed
Award by SmartCarbon

The RDTC will act in both a professional and personal capacity to reduce the severe risks to public and global health and we will communicate the importance of these threats to health to our stakeholder colleagues, decision-makers and the public. We will call on our partnering organisations and government to tell the truth, respond fairly, and act in keeping with the urgency of the threat.



This declaration is in response to and in support of the Newcastle upon Tyne Hospital NHS Trust's climate emergency plans, which can be found [here](#).

The RDTC will be assessing our own carbon footprint in accordance with nationally approved methods and we encourage our stakeholders to accurately calculate their own.

The RDTC will ensure that future publications will support stakeholders with their own carbon reducing plans by including all available environmental data.

Meet the RDTC Team

In each newsletter we are going to include a few sentences to introduce one of the members of the RDTC team and how they support your work. This edition focuses on Medicines Information Scientist - Vincent Cassidy

I have been at the RDTC since 2005, initially working for the National Poisons Service. I made the move across to Medicines Information/ Prescribing Support in 2009. My background is a degree in Pharmacology and a MSc in Medical Toxicology.

My main focus has been on supporting the medicines information service but recently I have found myself being more closely involved with producing prescribing support publications.

In my spare time I'm a trustee for Ryhope Engines Trust; I am involved in the running and preservation of a Victorian pumping station.



Recent publications from the RDTC

Monthly Formulary Amendments

- August, September

Medicines in Practice:

- Optimising the use of morphine 10mg/5mL oral solution in primary care (Update)

Formulary assessment tool:

- metolazone (Xaqua®)
- glucagon SC pen (Ogluo®)

Comparison Tool:

- DPP-4 inhibitors (gliptins)

Monthly Horizon Scanning:

- September, October

Prescribing Analysis reports

- Monthly Financial Headlines (August 2022)
- Price concession bulletin (August 2022)
- Top 50 BNF Sections (Apr to June 2022)
- Cost comparison Charts (July 2022)
- Growth Contrast report (Apr 21 to March 22)

Therapeutic reports with Q1 2022/23 data:

- Antibacterial Drugs
- Cardiovascular
- Drugs for Dementia
- Drugs used in Diabetes



@RDTC_Rx

Latest prescribing news from your area

To access formulary decision summaries from your local formulary committee, see:

- [County Durham & Tees Valley APC](#)
- [North Yorkshire and York Area Prescribing Committee](#)
- [Greater Manchester Medicines Management Group](#)
- [North of Tyne, Gateshead and Cumbria APC](#)

Metolazone: preparations and safety considerations

In recent years, metolazone has only been available in the UK as an unlicensed (imported) product. A licensed formulation is now available (Xaqu[®] 5mg tablets). The SPC for Xaqu[®] 5mg tablets states that there is up to a two-fold difference in bioavailability compared to other metolazone preparations. A dose adjustment may be necessary if switching between metolazone preparations, and individualised titration based on the patient's response to and tolerability of metolazone is advised if switching from Xaqu[®] tablets to another metolazone product, or vice versa. An SPS resource regarding metolazone prescribing can be found [here](#).

In light of this and to support consistent decision making by formulary groups and APCs, the RDTC have produced a Formulary Assessment Tool for Xaqu[®]. This can be found [here](#) on the RDTC website (registration required).

World Antimicrobial Awareness Week 18th – 24th November

World Antimicrobial Awareness Week (WAAW) is an annual global campaign that aims to improve awareness and understanding of antimicrobial resistance (AMR) and encourage best practice among the public, One Health stakeholders and policymakers. This year, the theme of WAAW is "Preventing Antimicrobial Resistance Together."



A TARGET antibiotics toolkit, designed to support primary care clinicians to champion and implement antimicrobial stewardship activities can be accessed [here](#).

Prescribing data for antibacterials for Q1 of 2022/23 can be found on the RDTC website [here](#). A Prescribing for Population Health document regarding antibiotics usage is in development.

Price concessions and the Discount Deduction scheme

The number of drugs on the price concessionary list for September stands at 159 and as such is likely to have a significant impact on prescribing costs. Stakeholders who would like to monitor the effect this may have on their organisation can do so using our [Price Concessionary Bulletin](#).

In addition to the current shortages and supply chain issues, a new discount deduction scheme comes into place in October 2022, which will see the current single scale split into three groups: one each for generic medicines, branded medicines, and appliances. Rather than one set value for all items dispensed, separate fixed values have been determined for each group. Further details can be found [here](#).

A guide to the COVID-19 autumn booster

UKHSA guidance details who should be offered a autumn booster of Covid-19 vaccine has been published. The cohort includes:

- People aged 50 years and older,
- Residents in care homes for older people
- Those aged 5 years and over in a clinical risk group, and
- Health and social care staff

Appointments are available from the [National Booking Service](#).

Changes to the Regional Medicine Information Service

Regional SPS medicines advice services are now working together as one team with a single point of access. Primary care healthcare professionals can contact the service using the new national number **0300 7708564** or by emailing asksp.nhs@sps.direct. The RDTC MI phone number has not been in use since 1st September 2022.

Have an idea for a new document?

If you need a report, document, or prescribing data that we don't already produce, get in touch at nuth.nyrdtc.rxsupp@nhs.net or tweet us at [@RDTC Rx](https://twitter.com/RDTC_Rx)

Pill Swallowing, a skill for life!



Kidzmed is a programme developed for multidisciplinary teams to teach children and young people how to swallow pills. It was set up at the Great North Children's Hospital, Newcastle, and has won the NHS Sustainability Award, the HSJ Value Award for Pharmacy and Medicines Optimisation and the Bright Ideas in Health Award for Demonstrating an Impact upon Quality Improvement.

Pills have many advantages over liquid medications including:

- For children and young people, many liquid preparations taste bad and contain sugar and preservatives, pills are much more acceptable. Children who swallow pills tend to have better adherence to medication regimes
- For families and carers pills have a longer shelf life and do not need to be stored in a Fridge. They are easier to transport and can be taken on holiday (e.g. on flights)
- For prescribers pills are less prone to written prescribing errors and can be prescribed in large quantities
- For pharmacists pills are more commonly stocked in local pharmacies compared to liquid preparations

Swallowing pills is an important life skill for any child or adult to learn. We would never think of dispensing an inhaler without explaining to the patient how to use it, so why do we give out pills every day without explaining how to swallow them? We developed a 15-minute e-learning session for all health and care professionals who want to teach children and young people how to swallow pills, using an evidence-based, six-step technique on the national e-learning for Health website. There are also many resources to accompany the session including posters, certificates and information in different languages.

[KidzMed - elearning for healthcare \(e-lfh.org.uk\)](http://e-lfh.org.uk)

We challenge you to try our method (using a pop top bottle) and then teach somebody else how to swallow pills! This work has been done in collaboration with the Great North Children's Hospital pharmacy team, the general paediatric team and academic pharmacists at the Liverpool John Moores' University.

We would love you to get in touch if you would like to learn more or if you want to try starting up a pill swallowing session in your local place of work. We do run online courses and are happy to help.

The team involved with KIDZMED are:

- Dr Emma Lim, Consultant Paediatrician Great North Children's Hospital, Newcastle email: emma.lim2@nhs.net **twitter:** @ejlim8
- Nicola Vasey, Lead Pharmacist Great North Children's Hospital, Newcastle email: n.vasey@nhs.net
- Dr Vincent Tse Consultant Paediatric Nephrologist, Great North Children's Hospital, Newcastle **twitter:** @yinentTse
- Alice McClosky, Senior Lecturer Clinical Pharmacy and Therapeutics, Newcastle **twitter:** @DrAliceMcC
- Ailsa Pickering, Senior Sister, Great North Children's Hospital, Newcastle
- Lisa Clark, Pharmacy Technician, Great North Children's Hospital, Newcastle

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New SPS publications

Recently added resources on the [SPS website](#) include:

- Example medicines to prescribe by brand name in primary care
- Understanding biological and biosimilar medicines
- Considerations for monkeypox vaccination
- Supply of vaccines under Mutual Aid
- Using opioids for pain relief during pregnancy
- Written Instruction for the administration of seasonal 'flu vaccination
- Compatibility of nebuliser solution combinations
- Differences between metolazone preparations and safety considerations
- Managing constipation in people taking clozapine
- Herbal Medicines: Safety during pregnancy
- Managing peripheral oedema caused by calcium channel blockers



Details of all national shortages can be found on the [SPS website](#). Registration is required.

Medicines Availability Information

Semaglutide (Ozempic[®]) Supplies of Ozempic 1mg solution for injection are limited. Supplies will only be available for existing patients until January 2023. **Dulaglutide** (Trulicity[®]) 0.75mg, 1.5mg, 3mg and 4.5mg solution for injection devices are limited until January 2023, supply will only be available for existing patients. The parenteral GLP-1 RAs, exenatide and liraglutide, are able to support an uplift in demand. They

differ in dose schedule and tolerability, as well as evidence base for effectiveness and clinical outcomes. Local formularies and guidelines will aid product selection. **Dioralyte** oral rehydration sachets are expected to be in limited supply until late December 2022. Limited stock of Dioralyte Relief oral powder sachets remain available but cannot support an uplift in demand. **Temazepam** 10mg and 20mg tablets

are in limited supply until w/c 5th December 2022. Patients should be reviewed to identify those who are willing to discontinue temazepam. For chronic users who have agreed to discontinue temazepam, a switch to diazepam and a slow withdrawal is recommended ([CKS guidance here](#)). Alternative benzodiazepines and non-benzodiazepine hypnotics remain available and will be able to support increased demand.

New and updated NICE guidance

NICE Guidance—updated

[NG17: Type 1 diabetes in adults: diagnosis and management](#)

[CG118: Colorectal cancer prevention: colonoscopic surveillance in adults with ulcerative colitis, Crohn's disease or adenomas](#)

[NG122: Lung cancer: diagnosis and management](#)

[CG189: Obesity: identification, assessment and management](#)

[NG209: Tobacco: preventing uptake, promoting quitting and treating dependence](#)

NICE Guidance—new

[NG225: Self-harm: assessment, management and preventing recurrence](#)

[NG226: Osteoarthritis in over 16s: diagnosis and management](#)

UK product launches

Tildrakizumab (Ilumetri[®]) 100mg, 200mg solution for injection in pre-filled syringe. Indicated for the treatment of adults with moderate to severe plaque psoriasis who are candidates for systemic therapy. Tildrakizumab has a commercial arrangement (simple discount) that is commercial in confidence.

Sufentanil citrate (Dzuevo[®]) 30 mcg sublingual tablet. Indicated for the management of acute moderate to severe pain in adult patients. To be administered by a HCP in a medically monitored setting only with equipment and personnel trained to detect and manage hypoventilation, and availability of supplemental oxygen and opioid antagonists, such as naloxone.

Rimegepant (Vydura[®]) 75 mg oral lyophilizate. Indicated for the acute treatment of migraine with or without aura in adults and the preventive treatment of episodic migraine in adults who have at least 4 migraine attacks per month. Licensed to be given once daily as needed for acute treatment, and every other day for migraine prophylaxis.

Looking for something?

Our documents, reports, and other useful publications are all published on our website www.rdtc.nhs.uk

Drafts may be available on request

We need YOU!

We're always on the lookout for reviewers to comment on our draft publications. If you'd be interested [email us](#) and we'll add you to our reviewers list.

Specialise in a particular area?

We can tailor what we send you for review so that you only receive documents relevant to you

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