



Prescribing and Medicines Optimisation Guidance

Issue: 73

Date: 20th July 2022

1. NICE guidelines: Depression in adults: treatment and management ([Link](#))

This guideline covers identifying, treating and managing depression in people aged 18 and over. It recommends treatments for first episodes of depression and further-line treatments, and provides advice on preventing relapse, and managing chronic depression, psychotic depression and depression with a coexisting diagnosis of personality disorder.

2. NICE Diabetes guidelines update

NICE have updated the following guidelines:

- Diabetes (type 1 and type 2) in children and young people: diagnosis and management - updated guidance (NG18) [LINK](#)
- Type 1 diabetes in adults: diagnosis and management - updated guidance (NG17) [LINK](#)
- Type 2 diabetes in adults: management - updated guidance (NG28) [LINK](#)

NICE recommends that at diabetes reviews, patients should be advised they are at higher risk of periodontitis; management of periodontitis can improve blood glucose control & reduce risk of hyperglycaemia. Regular oral health reviews are recommended.

3. MHRA Drug safety update: Metformin and reduced vitamin B12 levels: new advice for monitoring patients at risk ([Link](#))

Decreased vitamin B12 levels, or vitamin B12 deficiency, is now considered to be a common side effect in patients on metformin treatment, especially in those receiving a higher dose or longer treatment duration and in those with existing risk factors. The MHRA are therefore advising checking vitamin B12 serum levels in patients being treated with metformin who have symptoms suggestive of vitamin B12 deficiency. They also advise that periodic monitoring for patients with risk factors for vitamin B12 deficiency should be considered.

4. NHS England guidelines: Hydroxychloroquine and chloroquine retinopathy monitoring ([Link](#))

This document, produced by the Regional Medicines Optimisation Committee (South), outlines the risks of retinopathy and contains practical recommendations for safe ophthalmology monitoring of patients who are receiving long term hydroxychloroquine or chloroquine therapy.

5. Cardiovascular disease webinars – Primary Care Cardiovascular Disease Optimisation Group

Webinar 3: Familial Hypercholesterolaemia and the PCN DES IIF 22/23

Thursday 22nd September 2022, at 13:00 – 14:00

Please register for the third webinar at ([Link](#))

The speakers at this webinar will be:

Dr Daniel O’Sullivan

PCN DES IIF for Familial Hypercholesterolaemia

Practical considerations (EMIS, SystmOne, FAMCAT-2 and UCL-P)

Dr Paul Cook MSc MRCP PhD FRCPATH

Consultant in Chemical Pathology and Metabolic Medicine, University Hospital Southampton NHS Foundation Trust

Familial Hypercholesterolaemia from the perspective of a lipidologist. Why it is important.

Dr Melanie Watson

Consultant Genetic Counsellor & Honorary Senior Clinical Lecturer University Hospital Southampton NHS Foundation Trust

Process of Genetic testing for FH - referral – testing - counselling – discharge. Importance of genetic diagnosis of FH and its implications to the patient, family, and population health.

6. NHS SPS Medicines Advice Service: new contact details.

From 13th July 2022 the telephone number to contact SPS Medicines Advice (formerly known as Regional Medicines Information) is changing to **0300 770 8564**.

7. SPS update: Understanding biological and biosimilar medicines ([Link](#))

Biological medicines are made or derived from a biological source. They are large, complex molecules, e.g. hormone therapies, insulin, and vaccines. A biosimilar medicine is a type of biological medicine that is highly similar in structure and function to an existing biological medicine already approved for use. The similarity includes clinical equivalence and immunogenicity. Biosimilar medicines have proven clinical equivalence to the ‘reference’ medicine, i.e., original product. Biosimilar medicines

have no clinically meaningful differences from their reference medicine; however, they are not quite the same as generic medicines.

This resource covers definition of a biological and a biosimilar medicine, regulation of biosimilar medicines, interchangeability and contains links to national guidance and experience.

8. SCAN MicroGuide version update ([Link](#))

SCAN have recently updated the MicroGuide site. Version 7.0 (which was updated on 18th July 2022) includes:

- Updated adult Acute Otitis Media (AOM) page to include the option of prescribing Otigo® (Phenazone 40mg/g with Lidocaine 10mg/g) if available in local formulary
- Moderate changes to most sections of Mastitis page, more information on how to manage treatment failure, recurrence etc.
- Major changes to Travellers' Diarrhoea (Stand-by or Prophylactic Treatment for bacterial causes) page, including treatment options changed
- Moderate changes to COPD Acute Exacerbation page, particularly warnings around Fluoroquinolones
- Drug links added throughout SCAN guidance for all Fluoroquinolones to link directly through to MHRA drug safety updates and cautions around their use.

9. UK Health Security Agency: Updated vaccine incident guidance: Responding to errors in vaccine storage, handling and administration ([Link](#))

New sections added about rounding up and down of decimal places and revaccination for those now older than usual vaccine recommended age. The shingles vaccine section in Appendix D has been updated to include information about Shingrix.

10. The safer management of controlled drugs ([Link](#))

Key issues covered in this annual report on the safer use of controlled drugs include aspects related to the governance of controlled drugs, remote prescribing and diversion of controlled drugs in NHS services, home deliveries and diversion and misuse by staff.