

MEDICINES OPTIMISATION

Wegovy® and Mounjaro® for Weight Management in South East London (SEL)

SEL has published an [interim policy statement](#) on prescribing Wegovy® and Mounjaro® for weight management. GPs can refer eligible people who meet the criteria above to **specialist weight management services** to access weight management medicines.

Eligibility Criteria:

- **BMI ≥40** with 4 [qualifying co-morbidities](#) such as cardiovascular disease, hypertension, type 2 diabetes, and sleep apnoea.
- **BMI ≥35** with 1 weight-related co-morbidity and specific conditions e.g. active malignancy, urgent weight loss for surgery, or obesity hypoventilation syndrome.

Action: Prescriptions for Wegovy® and Mounjaro® are currently available through specialist weight management services for patients who meet criteria only. Access to weight management medicines in primary care will be by summer 2025 for people who are eligible in line with the [NHS England Interim Commissioning Guidance](#).

Possible excess quantities of Semaglutide and Tirzepatide

Semaglutide and Tirzepatide are both listed as **AMBER 2** in the [South East London Joint Medicines formulary](#) to treat type 2 diabetes in primary care. Both injections are used weekly and available as a multidose pre-filled pen, each of which contain four doses. Based on this, **one multidose pen will last for one month**. There are still cases where excessive quantities are being issued every month.

Actions:

- Run the EMIS enterprise search to identify those with possible excess quantities (see **Attachment 1**)
- Ensure all GLP-1 quantities and doses are reviewed and amended in line with the [SEL GLP-1 pathway](#);
- Community Pharmacists can support by proactively identifying patients with possible excess quantities and liaising with GP practice.

Optimise Rx – most missed savings April 2025

- Gabapentin 600mg tablets - consider switching to gabapentin 2 x 300mg capsules
- Doxazosin 8mg tablets - consider switching to 2 x 4mg tablets
- Buprenorphine 10microgram/hour 7-day patches - consider switching to Bunov®, Reletrans® or Sevodyne®
- DPP-4 inhibitors - consider sitagliptin for new patients
- Methylphenidate 36mg MR tablets (Concerta® XL, Matoride® XL and Xaggitin® XL brands) - consider switching to Delmosart® or Xenidate® XL 36mg MR tablets
- Dapagliflozin 5mg tablets (brands, generic): ensure the most cost-effective dose regimen is prescribed using dapagliflozin 10mg tablets for new patients without liver disease.

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Inhaler disposal and recycling in South East London

The SEL Inhaler recycling project is live across 20 community pharmacies and all acute and mental health trusts, helping patients return used inhalers and support greener NHS goals and the SEL ICS Green Plan. Not all pharmacies can recycle inhalers; however, all pharmacies can dispose of inhalers properly, which is less damaging to the environment.

Actions:

- Display posters on GP surgery waiting area (digital screen or paper) – See **Attachment 2 and 3**
- Add Accurx Florey message for patients using inhalers
- Encourage patients to return used inhalers to their local pharmacy for proper disposal.
- Encourage patients to check if they are close to a SEL inhaler recycling pharmacy

Greenwich Medicines Optimisation: CQC Inspections and Medicines Guidance for Primary Care

The Medicines Optimisation Team have produced a guide to support GP practices with the Medicine Optimisation section of the [CQC Assessment Framework \(Attachment 4\)](#).

Action: To best prepare, we recommend practices read through the guidance to compare your local arrangements against the self-assessment questions. If you discover gaps or areas where improvements could be made, we encourage you to revise your internal systems along with your PCN pharmacists and digital leads who will be able to support you with this work.

Ocular Hypertension (OHT) and Chronic Open Angle Glaucoma (COAG) Guideline

The SEL guideline for [Ocular Hypertension \(OHT\) and Chronic Open Angle Glaucoma \(COAG\) Treatment](#) has been updated.

Changes to vaccination programmes

The UK Health Security Agency have communicated significant changes to the routine childhood vaccination schedule and to the selective hepatitis B (HepB) programme occurring from 1 July 2025 and 1 January 2026, including the introduction of a new routine vaccination appointment at 18 months of age. These changes are required as a result of the discontinuation of the manufacture of Menitorix (Hib/MenC) vaccine.

Action: Read and action the new changes on vaccinations [here](#).

Ardens Pharmacist Training - Wed 4th June 1pm – 2pm

This training session is designed for Pharmacists and Pharmacist Technicians who are new to Ardens. The training will include locating and utilising the pharmacists templates, adding patient recalls for ad-hoc blood tests, identifying recalls due, and navigating the Ardens searches to pinpoint potential clinical safety issues. Additionally, the session will cover topics such as prescribing monitoring, and managing outstanding contract work such as Network Contract DES.

Action: Practices can register here: [Microsoft Virtual Events Powered by Teams](#).

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EMIS Local Service Procurement (from SEL ICB Digital Team)

NHS England has advised ICBs to pause renewing local contracts for EMIS Local Services (now Optum). Please note that referrals for blood pressure and contraceptive services will no longer be available through this service after **25 April 2025** (minor illness referral option will remain active). Practices should continue to signpost patients to community pharmacies using other means e.g. AccuMail or NHSmail for these referrals.

Medicines Supply Issues

Serious Shortage Protocols (SSPs)

If the Department of Health and Social Care (DHSC) decide there is a serious shortage of a specific medicine, then an SSP may be issued. The following SSPs have been issued for:

- [Estradot® \(estradiol\) 25microgram/24 hours transdermal patch](#) – 3 April to 4 July 2025
- [Estradot® \(estradiol\) 50micrograms/24 hours transdermal patch](#) – 19 December 2024 to 4 July 2025
- [Estradot® \(estradiol\) 75micrograms/24 hours transdermal patch](#) - 19 December 2024 to 6 June 2025
- [Estradot® \(estradiol\) 100micrograms/24 hours transdermal patch](#) – 19 December 2024 to 6 June 2025
- [Cefalexin 125mg/5ml oral suspension sugar free](#) – 10 December 2024 to 1 August 2025
- [Cefalexin 250mg/5ml oral suspension sugar free](#) – 8 May to 8 August 2025
- [Creon® 25000 capsules](#) – 24 May 2024 to 21 November 2025
- [Creon® 10000 capsules](#) – 24 May 2024 to 21 November 2025

Medicines Shortages: Medicine Supply Notification (MSN)

The contents of MSNs can be viewed on the [Medicines Supply Tool](#). To access the tool you will be required to register with the SPS. MSNs have been issued for the following:

- Tier 2 MSN for Phenobarbital 15mg/5ml elixir
- Tier 2 MSN for tolterodine 2mg and 4mg MR capsules
- Tier 2 MSN for Lidocaine (Xylocaine®) 10mg/dose spray
- Tier 2 MSN for Buprenorphine (Reletrans®) 5microgram and 15microgram/hour transdermal patches
- Tier 2 MSN for Fentanyl (Effentora®) 200microgram, 400microgram, 600microgram, 800microgram buccal tablets and Fentanyl (Actiq®) 800microgram lozenges

[SEL IMOC - Shortages](#) produces supporting information for primary care to manage significant medicines shortages.

Discontinuation of Nystan® 100,000units/ml oral suspension

The nystatin brand Nystan® 100,000units/ml oral suspension (ready mixed) 30 ml has been discontinued and is no longer available for community pharmacies to order.

PrescQIPP Updates

Bulletins

Bulletin 298. Capillary blood glucose monitoring – This bulletin considers the place in therapy of capillary blood glucose monitoring.

Bulletin 365. Oral anticoagulation – This 2-part bulletin supports DOAC initiation, review and switching. It also includes implementation resources.

Webinars

- **PrescQIPP Clinical Masterclass: Hypertension** Tuesday 3rd June, 1pm - 2pm. Register [here](#).
- **Specialist Pharmacy Services (SPS) Primary care discussions: biosimilar insulin** - Tuesday 10th June 1 – 2pm. Register [here](#).
- **Medicines Complete Lunch and Learn - Getting the most from resources** on Thursday 12th June at 1pm. Join [here](#).

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MHRA Drug Safety Update May 2025

- [Thiopurines and intrahepatic cholestasis \(ICP\) of pregnancy](#)
ICP has been rarely reported in patients treated with azathioprine products and is believed to be a risk applicable to all drugs in the thiopurine class (azathioprine, mercaptopurine and tioguanine). It tends to occur earlier in pregnancy than non drug-induced cholestasis, and elevated bile acid levels may not reduce with ursodeoxycholic acid.
- [Kaftrio▼ \(lvaceftor, tezacaftor, elexacaftor\): risk of psychological side effects](#) – side effects such as anxiety, low mood, poor concentration and forgetfulness have been infrequently reported in people with cystic fibrosis on Kaftrio. It is RED on the [SEL Joint Medicines Formulary](#), however GPs may encounter patients presenting with psychological effects.
- [MHRA: Short-acting beta 2 agonists \(SABA\) \(salbutamol and terbutaline\): reminder of the risks from overuse in asthma](#)
Healthcare professionals and patients are reminded of the risk of severe asthma attacks and increased mortality associated with overuse of SABA with or without anti-inflammatory maintenance therapy in patients with asthma. Healthcare professionals should be aware of the change in guidance that no longer recommends prescribing SABA without an inhaled corticosteroid.
Action: Utilise upcoming Ardens search to identify and review patients being prescribed excess SABA and treat inline with [CESEL Asthma guideline](#)

Specialist Pharmacy Service (SPS) To access SPS publications, please register or login [here](#).

For new guidance published in April please see [here](#).

New and Updated NICE Guidelines

- [NICE Guideline \[NG140\] – Abortion care - updated](#)
- [NICE Technology Appraisal 753 \[TA753\] – Cenobamate for treating focal onset seizures in epilepsy – updated](#)
- [NICE Guideline \[NG191\] – COVID-19 rapid guideline: managing COVID-19 – updated](#)
- [NICE Technology Appraisal 878 \[TA878\] - Nirmatrelvir plus ritonavir, sotrovimab and tocilizumab for treating COVID-19 – updated](#)

BNF Update

Significant changes

- [Amphotericin B](#) – review of indications and dose for liposomal preparations, plus updates to administration, breast-feeding, pregnancy, cautions, and monitoring advice
- [Asthma, chronic](#) – updated guidance on management
- [Budesonide with formoterol](#) - DuoResp Spiromax® 160/4.5 and Fobumix® 160/4.5 Easyhaler – new indication and dose for mild asthma, reliever therapy
- [Prolonged-release opioids](#) – removal of indication for relief of post-operative pain (advice in all opioids sections)
- [Smoking cessation](#) – updated drug treatment guidance

Dose Changes:

- [Fobumix® 80/4.5 Easyhaler](#), [Fobumix® 160/4.5 Easyhaler](#) [Fobumix® 320/9 Easyhaler](#) – update to dosing for asthma,

Contact Details

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Appendix 1 - NEWSLETTER EXTENSION

SOUTH EAST LONDON INTEGRATED MEDICINES OPTIMISATION (SEL IMOC) UPDATE

Please see the [South East London Joint Medicines Formulary](#) for the relevant formulary updates and further information.

New:

- A [nightmare disorder pathway](#) has been developed to support both primary and secondary care clinicians in the management of nightmare disorder in adults with Post Traumatic Stress Disorder (PTSD)
- [Formulary recommendation 160](#) - Prazosin for the management of nightmare disorder in patients with PTSD has been approved as **AMBER 2** in line with the [nightmare disorder pathway](#)
- [Formulary recommendation 161](#)- Fidaxomicin for clostridium difficile associated diarrhoea in children under 18 years of age has been approved as **RED**.
- Budesonide 4mg suppositories have been added to the [SEL adults Joint Medicines Formulary](#) (JMF) as **GREEN** as an alternative to prednisolone suppositories for treating acute mild to moderate ulcerative proctitis in adult patients.
- Tirzepatide injection (Mounjaro®) for managing overweight and obesity has been added to the [SEL Joint Medicines Formulary](#) as **RED**.

Updated:

- The [lipid management medicines optimisation pathways](#) has been updated; the main updates include the lipid management for women of childbearing age and people living with HIV.
- The SEL JMF has been updated to formally categorise [atorvastatin](#), [rosuvastatin](#) and [ezetimibe](#) as **GREEN** in line with the updated [lipid management medicines optimisation pathways](#)
- Due to recent vitamin D supply distributions, the [paediatric vitamin D guideline](#) has been updated to reflect the availability of current vitamin D preparations
- The [SEL APC menopause and HRT guidelines](#) has been updated, the main update includes noting Utrogestan® generically as micronized progesterone in line with the recent launch of Gepretix® (a branded generic of Utrogestan®)
- [Formulary recommendation 122](#)- Rivaroxaban and apixaban for the treatment left ventricular thrombus (LVT) in adults (off-label), has been updated to change the place in therapy of apixaban and rivaroxaban in this setting from 2nd line to 1st line in post myocardial patients only.
- [Formulary recommendation 147](#)- Colchicine for the secondary prevention of ischaemic heart disease in adults (off-label) has been updated to extend the time limit of the approval till April 2026 to enable further collection of data for the outcomes report
- The [chronic open angle glaucoma and ocular hypertension pharmacological treatment pathway](#) has been updated; the main updates include the addition of latanoprost with netarsudil (Roclanda®) in line with [NICE TA 1009](#) and the use of selective laser therapy for glaucoma and ocular hypertension in line with [NICE guideline NG81](#)
- The [SEL JMF](#) has been updated to remove the restriction of combined use of rasagiline with levodopa for the management of Parkinsons disease in line with [NICE guideline NG71](#)
- The review date of the following diabetes resources has been extended:
 - [Hyperglycaemia guideline for T2DM](#)
 - [Once Daily basal insulin titration patient information leaflet \(PIL\)](#)
 - [Sick day rules PIL](#)
- The following GLP-1 Type 2 Diabetes Mellitus (T2DM) resources have been updated to reflect the resolution of the GLP-1 shortages:
 - [GLP-1 for glycaemic control in T2DM information sheet](#)
 - [GLP-1 pathway for adults with T2DM](#)
- The [guidance on alternatives to prescribing unlicensed specials in primary care](#) has been amended to reflect recent updates to local guidance