

MEDICINES OPTIMISATION

Updated CESEL Asthma guideline & webinar

The SEL CESEL Asthma adult guideline has been updated to include a new cost effective beclomethasone/formoterol MDI called Vivaire® which contains the same ingredients as Fostair® MDI.

Practices are recommended:

- To review if patients can be upgraded to a DPI such as Fostair® NEXThaler, if appropriate. Patients currently prescribed Fostair® MDI can be identified using the Ardens Manager search: Ardens Manager>Prescribing>Environment>Fostair pMDI on repeat, consider switch to NEXThaler.
- That if a patient does not have the required inhaler technique to use a DPI and a MDI is better suited, Vivaire® MDI should be prescribed with a spacer (replaced every 6-12 months).

CESEL and SEL Medicine Optimisation teams are hosting a webinar to launch the updated adult and children & young people asthma guidelines on 25th September at 1pm. Please click [here](#) to register.

SEL Paediatric Prescribing Support Dietetic Service update - Rice-Based Formula for Cow's Milk Allergy (CMA)

For infants with CMA, a new rice-based formula is now available on EMIS as a second-line option following a trial of extensively hydrolysed formula (EHF).

The product, 'Arize' is listed on EMIS as '**Arize Powder (Abbott Laboratories)**', which should be trialled only following a first-line trial of EHF, and **before** stepping up to an amino acid formula. Some GPs have been unable to find the product due the name changing from "**Similac Arize**" which appears discontinued, however, these are the same product.

As all patients prescribed Arize should be under the care of, or referred to a dietitian, any dietetic prescription requests for 'Similac Arize', should be prescribed as 'Arize Powder'.

Flu and COVID-19 Seasonal Vaccination Programme: Autumn/ Winter 2025/26

NHS England has published the [Flu and COVID-19 Seasonal Vaccination Programme: Autumn/ Winter 2025/26 letter](#)

The cohorts eligible for a COVID-19 vaccine in autumn/winter 2025/26 are:

- Residents in a care home for older adults
- All adults aged 75 years and over
- Persons aged 6 months and over who are immunosuppressed, as defined in tables 3 and 4 of the Green Book ([here](#)).

Actions:

- Please read and disseminate the [Flu and COVID-19 Seasonal Vaccination Programme: Autumn/ Winter 2025/26 letter](#) to all clinical members of staff.

SEL access to End of Life (EoL) Medicines Service

The [South East London Community Pharmacy End of Life Medicines Access Service 2025/26](#) is now live!

Seven community pharmacies will hold a consistent stock of specific specialist EoL medications. Please see **Attachment 1** for an overview of the service and **Attachment 2** for a printable version.

Supporting patients on weight loss medications: a practical guide for pharmacists

The Pharmacist have published an online article by Dr Waseem Majid on weight loss medication, which can be accessed [here](#).

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Community Pharmacy page for SELnet now live!

SELnet is a source of valuable information to support GP practices, PCNs and now Community Pharmacies across SEL.

The Community Pharmacy pages include:

- Relevant contacts for community pharmacy
- News and communications
- Tutorials and videos
- QA reporting form

You must have an individual nhs.net email account to access SELnet.

First-time users must complete the [SELnet Access Request Form](#). If any issues or queries, email SELnet@selondonics.nhs.uk.

Optimise Rx

Optimise Rx supports safer, patient specific, evidence-based and cost-effective prescribing. Greenwich practices saved £62,727, however £172,998 in potential savings remain.

Practices are encouraged to provide feedback to help identify barriers to implementation.

The Optimise Rx most missed savings for **July** are:

1. Estriol 0.01% cream - consider estriol 0.1% cream
2. Methylphenidate 36mg MR tablets (Concerta® XL, Matoride® XL and Xaggitin® XL) - consider Delmosart® XL or Xenidate® XL 36mg MR tablets
3. DPP-4 inhibitors - consider sitagliptin for new patients
4. Buprenorphine 10microgram/hour 7 day patches – consider switching to Bunov®, Reletrans® or Sevodyne®
5. Buprenorphine 15microgram/hour 7 day patches – consider switching to Reletrans® or Sevodyne® patches

Oxybutynin

Oxybutynin prescribing has been highlighted as an area for review. A reminder that oxybutynin immediate release (IR) tablet is the [first line](#) for use in urinary incontinence.

Please refer to the link below for further information.

Ensure TwoCal

Ensure Two Cal has been highlighted as a potential area for review. As per the SEL Oral Nutritional Supplement (ONS) formulary, Ensure TwoCal should only be prescribed if powder ONS is contraindicated. Please see [ONS product reference guide](#) for further information on clinically and cost-effective ONS.

Ongoing Rollout of Prescription Tracker in the NHS App

The National Patient Prescription Tracking Service (NPPTS), which allows patients to track their prescriptions online via the NHS App or website, is being rolled out as pharmacy IT suppliers update their systems. This service provides real-time status updates, reducing queries to pharmacy and GP teams while improving patient experience.

Pharmacy IT suppliers enable this functionality within their systems, and for most suppliers, the required data is already captured within their platforms. NHS England is continuing to work with pharmacy IT suppliers to make prescription readiness information available to patients.

In the future, the service is expected to support push notifications via the NHS App, alerting patients when their prescriptions are ready for collection.

For more information, please see [here](#).

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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 10 October 2025
- [Estradot® \(estradiol\) 50micrograms/24 hours transdermal patch](#) – 19 December 2024 to 10 October 2025
- [Estradot® \(estradiol\) 75micrograms/24 hours transdermal patch](#) – 19 December 2024 to 10 October 2025
- [Estradot® \(estradiol\) 100micrograms/24 hours transdermal patch](#) – 19 December 2024 to 10 October 2025
- [Cefalexin 250mg/5ml oral suspension sugar free](#) – 8 May to 26 September 2025
- [Cefalexin 125mg/5ml oral suspension sugar free](#) – 10 December 2024 to 26 September 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:

- **Updated** tier 2 MSN for Levemir® FlexPen® 100units/ml solution for injection 3ml pre-filled pens and Levemir® Penfill 100units/ml solution for injection 3ml cartridges
- Tier 2 MSN for Estradiol (Progynova® TS) 50micrograms and 100micrograms/24hours transdermal patches
- Tier 2 MSN for Isosorbide mononitrate 10mg tablets (IR)
- Tier 2 MSN for discontinuation of vial presentations of Hypurin® Porcine Isophane, Hypurin® Porcine Neutral and Hypurin® Porcine 30/70 Mix
- Tier 2 MSN for discontinuation of vials of Humulin® I, Humulin® S, Humulin® M3, and Humalog® Mix25

PrescQIPP Updates

[Bulletin 308. Infant feeds](#) – This bulletin discusses management and review of baby milks and appropriate quantities to prescribe.

Specialist Pharmacy Service (SPS)

- To access SPS publications, please register or login [here](#).
- For new guidance published in July please see [here](#).
- For Medicines Safety updates see [here](#).

Webinars

- PrescQIPP Prescribing Mastery: Mastering prescribing for Pain Management on Tuesday 2nd September 2025 1-2pm. For further information and to register, please see [here](#).
- PrescQIPP Prescribing Mastery: Reflecting on prescribing for pain management– what went well, what was difficult, what could you do differently? On Tuesday 18th September 2025 1-2pm. For further information and to register, see [here](#).
- PrescQIPP Clinical Masterclass: Diabetes on Wednesday 24th September 2025 1-2pm. For further information and to register, please see [here](#).
- Safe use of medicines in palliative and end of life care on Wednesday 24th September 2025 12:30-2pm. For further information and to register, see [here](#).
- Primary care discussions: biosimilar insulin on Tuesday 30th September 1-2pm. For further information and to register, see [here](#).

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Medicines Safety

London Region's Controlled Drugs (CD) Newsletter

Please find the Summer 2025 edition of the [London regions CD newsletter](#) and **Attachment 3** for guidance on reporting CD incidents and concerns.

Fraudulent Prescriptions

There have been reports of fraudulent private prescriptions for medicines such as promethazine, diazepam and zopiclone.

Actions:

- Treat any handwritten or amended prescriptions with caution and follow up with the prescriber if concerned
- Report any fraudulent prescriptions as per **Attachment 4** - Guidance for Lost/Stolen/Fraudulent Prescriptions

Accuracy of prescribing information

The accuracy of prescribing information has come to light following discrepancies between GP and pharmacy records. Non-GP prescribing originating from urgent treatment centres, 111/emergency departments, outpatient appointments, discharges, out of hours/emergency supply and private services may not be accurate in records accessible to GPs.

Actions:

- Clinicians should take additional precautions when prescribing or undertaking medication reviews and consider both patient records and information directly from the patient and/or their family.

MHRA Safety Roundup July 2025

For a summary of the latest safety advice for medicines and medical device users, please see the [MHRA Safety Roundup](#).

New and Updated NICE Guidelines

- [NICE Technology Appraisal Guidance \[TA1087\] Betula verrucosa for treating moderate to severe allergic rhinitis or conjunctivitis caused by tree pollen](#)
- [NICE Technology appraisal guidance \[TA753\] Cenobamate for treating focal onset seizures in epilepsy](#)
- [NICE Technology appraisal guidance \[TA108\] Mirikizumab for previously treated moderately to severely active Crohn's disease](#)

BNF Update

Significant changes

[Apixaban](#) – update to structure of dosing and renal impairment dose adjustments for prophylaxis of stroke and systemic embolism in non-valvular atrial fibrillation and at least one risk factor.

[COVID-19](#) – update to guidance for symptomatic management of cough, and anxiety and agitation.

[Malaria, treatment](#) – updated guidance

Contact Details

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Quality Alert reporting form can be found [here](#)

Appendix 1 - NEWSLETTER EXTENSION

SOUTH EAST LONDON INTEGRATED MEDICINES OPTIMISATION (SEL IMOC) UPDATE

New:

- A treatment pathway for ritlecitinib (Litfulo®) in patients 12 years and older with severe alopecia areata has been developed via the dermatology sub-group in line with NICE TA 958
- An information sheet on Mounjaro® (tirzepatide) for managing overweight and obesity has been developed to support clinicians in primary care with the prescribing of Mounjaro®. This is in line with the update to the SEL Joint Medicines Formulary for Mounjaro® as AMBER 2 (specialist initiation) in specific cohorts of patients, Mounjaro® remains as RED (hospital only) for all other patient cohorts.
- Paediatric formulary inclusion of aripiprazole in autistic spectrum disorder and tics and Tourette's in children (off-label) as RED (hospital only)
- Formulary inclusion of azithromycin for the prophylaxis of asthma exacerbations as AMBER 2 (specialist initiation). See the SEL Joint Medicines Formulary (SEL JMF) for further information.

Updated:

- The SEL JMF has been updated to remove the restriction that made desogestrel a 2nd line progesterone only contraceptive pill option. Desogestrel is now a 1st line progesterone only contraceptive pill option, in line with national guidance. The formulary also now includes a statement on the potential allergy risk associated with the generic versions of desogestrel containing soya or arachis oil.
- The skin and soft tissue infections section of the SEL Primary Care Antimicrobial Prescribing Guidelines on Eolas® has the updated to include a new section – gastrostomy site infections (stoma site care).
- Formulary recommendation 155 - Apixaban for thromboprophylaxis and prevention of clot extension after deep venous stent insertion procedure, has been updated to expand the indication to cover all deep venous stenting procedures. Apixaban in this setting remains as AMBER 2 (specialist initiation).
- Formulary recommendation 145- Rituximab for refractory autoimmune hepatitis in adults, has been updated following presentation of outcome data and the time limit to the formulary approval removed. Rituximab in this setting remains as RED (hospital only).