

# Medicines Optimisation news headlines

APRIL 2014

## 1. Oral Nutritional Supplements (ONS) – Appropriate Prescribing Project Update

The dietetic project to help improve outcomes and reduce inappropriate spend on oral nutritional supplements (ONS) is still going strong. All our resources have been uploaded onto the CCG public website (no password needed). You will find the following information is now available in the [nutrition folder](#).

### ONS

- Promote [Food First](#) for two months. Encourage fortified milk and high fat foods.
- Weigh your patients, document BMI, percentage weight loss and MUST score.
- Ask for an [ONS request form](#) to be completed if care homes/community nurses are requesting ONS.
- Use the [formulary](#) to prescribe the most appropriate ONS (compact ONS in 125mls, traditional ONS in 200mls or powder sachet to be made by the patient). The most cost effective products have been highlighted.
- Document clear goals you hope ONS will achieve, and follow up plans.
- Give patients our [tips sheet](#) to aid compliance.

### Gluten free

- Prescribe a [preferred product](#) unless a rationale for an alternative is clearly given by a health professional.
- Prescribe Gluten free products within the [recommended units](#), based on age and sex.
- Give your patient our [leaflet](#) explaining the prescribing guidelines of gluten free products.

### Infant formula

- [New Guidelines](#) are available! These have been ratified by, and developed in conjunction with, Hampshire Hospitals and Southern Health.
- The guidelines cover a wide range of conditions: cow's milk protein allergy, prescribing for pre-term infants, secondary lactose intolerance, faltering growth and gastro oesophageal reflux.
- It is a large document but easily navigable for targeted use.

Kim and Aude are available for local updates, training, advice and audit.

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## 2. Inhaler Device Comparison Charts

Confused about all the different inhaler devices?

Quick reference charts are now available on the West Hampshire CCG website through the following link:

[http://www.westhampshireccg.nhs.uk/documents/cat\\_view/84-medicines/92-guidance-](http://www.westhampshireccg.nhs.uk/documents/cat_view/84-medicines/92-guidance-)

These are divided by therapeutic action, differentiate between formulary and non-formulary products and most importantly provide practical guidance on each of the devices. It should be noted that a number of inhalers have a short expiry once the packaging is opened. Please share this with your practice nurses.

## 3. Clinical advice about medicines

The Medicines Information Centre at Southampton has a new phone number: 023 8120 6908 or 09. The old number will shortly be disconnected. The Centre can answer your clinical questions about medicines such as the management of side effects, information about unfamiliar medicines, the safety of herbal products, and the appropriate use of medicines in pregnancy.

## 4. Immunosuppressants for patients post renal transplant

Portsmouth Hospital Trust is continuing to repatriate the prescribing of immunosuppressants for patients who have had a renal transplant. Over half the patients are now having their medicines prescribed by the hospital. Please continue to prescribe until you receive notification from the hospital for the individual patient. It is likely that similar exercises will be undertaken in the future for patients who have had other solid organ transplants – in the interests of patient safety this will be led by the specialist centres.

## 5. Clinical Director – Medicines Management

Unfortunately Dr Greg Warner has resigned as CCG Clinical Director – Medicines Management. We would like to thank Greg for his work and support and are pleased that he will continue to provide GP input to the Southern Health Mental Health Medicines Committee.

An advert for the Clinical Director post will be circulated to practices shortly.

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