

# Prescribing Wise

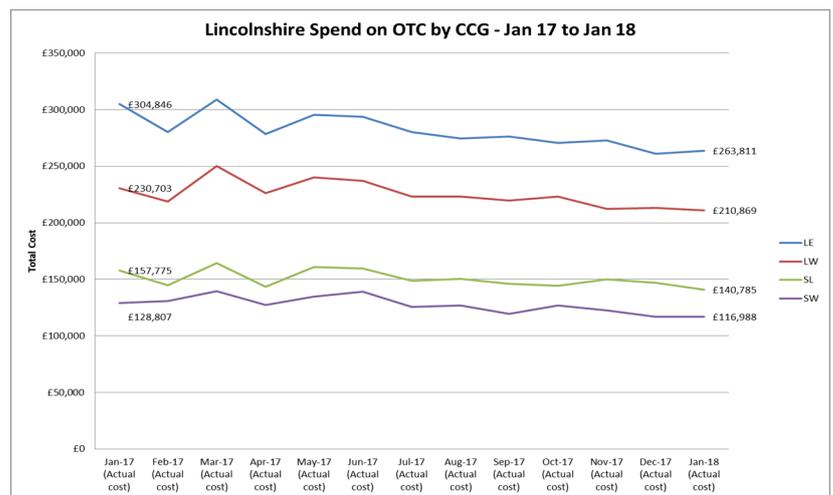
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## Over the Counter Medicines

The spend on over the counter (OTC) medicines across the four Lincolnshire CCGs has **decreased by 11%** since January 2017. This reflects the work carried out so far in the county across practices, community pharmacies and through countywide campaigns.

To progress this further, we will be focusing on OTC medicines by condition, and provide resources for GPs, Practice Staff, Community Pharmacies and Patients to facilitate the move from prescribing OTC medicines to self-care through lifestyle changes or purchasing these medicines over the counter from their Local Pharmacy, or other retail outlet.



## Baby Milks

A new version of the Lincolnshire '**Prescribing Specialist Infant Formulae: Quick Reference Guide**' is available. This covers formulary choices for:

- *Cow's milk protein allergy*
- *Colic*
- *Faltering growth*
- *Gastro-oesophageal reflux disease*
- *Lactose intolerance Pre-term Formulae*

The Reference Guide also gives guidance on:

- *when to advise OTC purchase*
- *when to prescribe*
- *when to refer*
- *guidance on quantities*

This guidance resource can be found at [LINK](#)

Click on this [LINK](#) for a Baby Milk Presentation

## Infrequent Constipation

**One of our focus points this month is the use of laxatives.** It is recognized that many cases of infrequent constipation in non-complex patients can be managed through self-care. NHS England estimated over £22 million was spent Nationally on treating infrequent constipation in the year preceding June 2017. In Lincolnshire, the spend on laxatives was over £1 million between Jan 2017 and January 2018. If this prescribing was reduced to the level of the practice with the 25th lowest spend per patient on laxatives in Lincolnshire, we could release £200,000 per year of cost-pressure on our primary care prescribing budget.

### Resources

For **information** on managing constipation, PrescQIPP provide a useful resource in their [Bulletin 137](#) on Constipation.

**Formulary laxatives** are listed in the [Lincolnshire Joint Formulary](#)

Further **patient information resources** will be available at the [STP Prescribing website](#)

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## Optimise Rx

**If you are familiar with** Optimise Rx<sup>®</sup>, you will know that this system is currently supported in Lincolnshire by Optum, who constantly maintain and switch on/off both the National and local messages to ensure they are up to date.

**As part of this year's approach**, we are seeking engagement with our Optimise Rx<sup>®</sup> users to ensure its relevance and accuracy, and to re-offer the system to those who do not currently have the software installed.

**The benefits of Optimise Rx** are:

- It displays reminders for best practice in line with National and local prescribing guidance (NICE, NHS England, PACEF etc.) at the point of prescribing and gives advice on first line formulary choices and a choice of cost effective drugs (generic or branded generics)
- Messages can also be triggered by related conditions, to help assist attaining the best patient outcomes.
- It provides useful information on prescribing trends that can be used to identify potential actions/ changes required for planning purposes

**As we are seeking feedback** on how we can maximise the benefits of using Optimise Rx<sup>®</sup>, we are looking to form a small panel of practice representatives to discuss their priority messages once per quarter. We will also be contacting all practices for their views on how we currently use the system via questionnaire.

**To register your interest**, highlight any system issues, or if any practices wish to join in using this system, please contact [ben.fawcett@southlincolnshireccg.nhs.uk](mailto:ben.fawcett@southlincolnshireccg.nhs.uk) or [Susanne.sand-schaper@nhs.net](mailto:Susanne.sand-schaper@nhs.net) who will be happy to offer support.

## RED RED Drugs

**Drugs that are classified as RED RED** on the Lincolnshire joint formulary currently account for around **£2.4 million per year** in Primary Care countywide. These are drugs that are not only non-formulary, but have been specifically classified as RED RED—Not recommended for prescribing in primary or secondary care.

**In the coming months**, our practice based pharmacists will be looking at this prescribing in the practices they attend with a view to reviewing this prescribing if possible.

Alongside this work, we will be sending each practice a list of their [RED RED prescribed items](#) and Pharmacist advice on reviewing and alternative to the Lincolnshire [top 25 RED RED drug](#) items by spend.

**We have noted that some of these items are being initiated in Secondary Care. If you have specific examples of this, please contact:**

[neil.ritchie@southlincolnshireccg.nhs.uk](mailto:neil.ritchie@southlincolnshireccg.nhs.uk) and

[Kerryn.Marriott@LincolnshireEastCCG.nhs.uk](mailto:Kerryn.Marriott@LincolnshireEastCCG.nhs.uk) with the details