January 2015

The LPT-PG's E-Newsletter will be distributed to all medical staff, service managers, non-medical prescribers and pharmacists to inform them of decisions taken by the LPT-PG. Any new LPT position statements and guidelines will be reported on via the newsletter. Completed drug-related audits and action plans arising from these will also be highlighted. Feedback to be addressed to: zeibun.patel@leicspart.nhs.uk

Pharmacy department admissions service

All inpatient admissions to LPT have their medicines reconciled by the pharmacy departments admissions service. GPs or immediately preceding care organisations are contacted to get an up to date list of medicines patients were taking before admission. These are then reconciled with the inpatient prescription. Discrepancies are highlighted. Any medicines brought in by patients on admission are used to treat that patient providing they are in a condition suitable for use.

https://www.medicinescomplete.com/mc/bnf/current/PHP2124-zopiclone.htm

Please note new dosage for zopiclone in patients with COPD is initially 3.75mg due to increased risk of respiratory depression
# Pregabalin and Gabapentin Safer Prescribing


**Pregabalin and gabapentin: advice for prescribers on the risk of misuse**

Public Health England

Anaesthesia and pain | Mental health and Illness | Neurological disorders

This joint publication from PHE and NHS England includes an expert group’s advice for prescribers on the risk of misuse of pregabalin and gabapentin, and suggestions for a balanced and rational use of these medicines.

### Medicines related to valproate: risk of abnormal pregnancy outcomes

Central Alerting System

Neurological disorders | Obstetrics and gynaecology | Paediatric and neonatal medicine

Following a Europe-wide review, the MHRA is advising that valproate should not be prescribed to female children, female adolescents, women of childbearing potential or pregnant women unless other treatments are ineffective or not tolerated.

[Read UKMi comment](#)

### Patient Safety Alert (stage one): Harm from using Low Molecular Weight Heparins when contraindicated

NHS England

Cardiovascular system disorders

Consideration of contraindications is a prominent feature of available local and national guidance for prescribing and administering LMWHs. This stage one Patient Safety Alert aims to reinforce the need for reliable systems to ensure that this always occurs.

### Upcoming campaign: Drug driving legislation change

Pharmaceutical Services Negotiating Committee

Allergy and immunology | Mental health and illness

Pharmacy teams are being asked to help make patients aware of new drug driving legislation coming into force on 2nd March 2015.

A government awareness campaign starts in February with contractors being asked to display campaign materials in their pharmacies.

### Ensuring appropriate use of monitored dosage systems: reducing unnecessary pharmacy workload

Taunton and Somerset NHS Foundation Trust

This initiative aims to reduce the inappropriate use of monitored dosage systems by ensuring they are only issued on a case-by-case basis to address specific practical problems of medicines adherence.
Treatment for adults with social anxiety disorder

A large UK systematic review and network meta-analysis in adults with social anxiety disorder found that individual cognitive behavioural therapy (CBT) was the only psychological intervention that showed a statistically significant benefit on outcomes compared with psychological placebo. Individual CBT also showed a statistically significant benefit compared with pill placebo, psychodynamic psychotherapy and other psychological therapies. For drug treatments, selective serotonin reuptake inhibitors (SSRIs) showed the most consistent evidence of benefit. SSRIs, serotonin noradrenaline reuptake inhibitors (SNRIs) and monoamine oxidase inhibitors were the only drug treatments that showed a statistically significant benefit compared with pill placebo. This study was commissioned by NICE in the development of its guideline on social anxiety disorder (see Study sponsorship below for details).

Click here to read this medicines evidence commentary in full

BNF update January 2015
British National Formulary

This month's newsletter features an update on lipid modification for the primary and secondary prevention of cardiovascular disease and new legislation on drug impairment while driving, attempting to drive, or being in charge of a vehicle.

Crushing tablets or opening capsules in a care home setting
UKMi

This updated Medicines Q&A discusses what issues need to be considered when crushing tablets or opening capsules in a care home setting.

Falls and Fractures With Atypical Antipsychotic Medication Use: A Population-Based Cohort Study
JAMA Internal Medicine
Mental health and illness

This Canadian study of older adults found a new oral atypical antipsychotic prescription (quetiapine, risperidone, or olanzapine) was associated with an increased 90-day risk of serious falls (OR 1.54) and fracture (non-vertebral osteoporotic, hip or all; OR 1.29–1.67).

Read UKMi comment

First-choice antidepressant use in adults with depression or generalised anxiety disorder- key therapeutic topic (KTT8)
National Institute for Health and Care Excellence
Mental health and illness

This document summarises the evidence-base and is a key therapeutic topic which has been identified to support Medicines Q&A.
<table>
<thead>
<tr>
<th>Title</th>
<th>Author</th>
<th>Category</th>
<th>Summary</th>
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<tbody>
<tr>
<td>Optimisation. It is not formal NICE guidance.</td>
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<tr>
<td><strong>Hypnotics- key therapeutic topic (KTT6)</strong></td>
<td>National Institute for Health and Care Excellence</td>
<td>Infection and infectious diseases</td>
<td>This document summarises the evidence-base and is a key therapeutic topic which has been identified to support Medicines Optimisation. It is not formal NICE guidance.</td>
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<tr>
<td><strong>Low-dose antipsychotics in people with dementia- key therapeutic topic (KTT7)</strong></td>
<td>National Institute for Health and Care Excellence</td>
<td>Infection and infectious diseases</td>
<td>This document summarises the evidence-base and is a key therapeutic topic which has been identified to support Medicines Optimisation. It is not formal NICE guidance.</td>
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<td>Antidepressants for people with epilepsy and depression (Review)</td>
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<td>Isotretinoin (Roaccutane): reminder of possible risk of psychiatric disorders—warn patients and family; monitor patients for signs of depression</td>
<td></td>
<td></td>
<td>Following a review of the latest evidence of an association between isotretinoin and psychiatric disorders, we remind you to monitor all patients for signs of depression and refer for appropriate treatment if necessary. Warn patients and their family that isotretinoin might cause psychiatric disorders and tell them to watch out for symptoms. <a href="http://onlinelibrary.wiley.com/doi/10.1002/14651858.CD010682.pub2/pdf/abstract">Read more...</a></td>
</tr>
<tr>
<td>Antenatal and postnatal mental health: clinical management and service guidance – guidance (CG192)</td>
<td>National Institute for Health and Care Excellence</td>
<td>Obstetrics and gynaecology</td>
<td>This guideline offers evidence-based advice on the recognition, assessment, care and treatment of mental health problems in women during pregnancy and the postnatal period, and in women who are planning a pregnancy.</td>
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<tr>
<td>Antipsychotic Treatment and Mortality in Schizophrenia</td>
<td>Schizophrenia Bulletin</td>
<td>Mental health and illness</td>
<td>Among patients with schizophrenia (SP), cumulative antipsychotic (AP) exposure displays U-shaped curve for overall mortality, revealing highest risk of death among those with no AP use. This suggests both excess overall and CV mortality in SP lin...</td>
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Tramadol Use and the Risk of Hospitalization for Hypoglycemia in Patients With Noncancer Pain

JAMA Internal Medicine

Anaesthesia and pain | Endocrine system disorders

In cohort of 334,034 patients and 11,019 controls, initiating tramadol was linked to increased risk of hypoglycaemia requiring hospitalisation. vs codeine (OR, 1.52;95% CI, 1.09-2.10), particularly elevated in 1st 30 days of use. More studies are needed to confirm this rare ADR.

Read UKMi comment

Yellow Card Scheme update

Black Triangle (▼) medicines now part of an EU-wide scheme: remember to report any suspected adverse reactions

Although the Black Triangle (▼) has been in place in the UK for many years to signify medicines that are subject to intensive monitoring, it will now also be used in all EU countries and this list of medicines has been agreed Europe-wide. Throughout Europe, this scheme is known as ‘additional monitoring’.

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