NHS Borders Prescribing Bulletin

March 2021

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Vitamin D loading doses - information for Community Hospitals

Vitamin D loading doses are used as part of the management for proven vitamin D deficiencies and in the management of hip fractures in NHS Borders. There have been a number of adverse events reported in recent months where errors in administration have happened. These reported errors were mainly due to:

- Unclear prescriptions on community hospital medicine charts leading to inappropriate frequency of administration
- Prescriptions indicating daily administration instead of the licensed weekly administration

For administration of weekly doses of medicines it is good practice within the community hospitals to:

- Prescribe the medicine as recommended (see back of the medicine chart for details).
- State day of week and the duration of the course within the notes section
- Highlight the intended administration day and cross off the other 6 days of the week to ensure it is not administered more frequently.

An example of good prescribing:



Patients being transferred from BGH Ward 9 should be sent with the remaining loading doses of the course to ensure the course is completed. Ward 9 has pre-labelled packs of 12 Stexerol® tablets 25000units so these should be in use on the wards prior to transfer. If the patient has been prescribed Fultium® D3 40000units once weekly for 7 weeks, these should be ordered through the Pharmacy BGH in the normal manner for the patient, and sent with the patient on transfer to the community hospital. Further details on prescribing can be found at:

Fultium D3 20000units

https://www.medicines.org.uk/emc/product/ 3659/smpc#gref

Stexerol 25000units

https://www.medicines.org.uk/emc/product/ 5062/smpc#gref The toxicity of short-term daily ingestion of a prescribed weekly dose is unclear from Toxbase. Vitamin D is classed as a low toxicity medicine. Chronic overdose of either preparation or even over the counter vitamin D preparations may result in hypercalcaemia with GI upset, confusion, dry mouth, hypomagnesaemia, hyperphosphatemia, AKI, convulsions or cardiac arrhythmias. Treatment if symptomatic includes ECG monitoring, rehydration and consideration of a bisphosphonate. There has been a case reported where, even despite these measures, an elderly person had to be admitted to an ITU with convulsive status epilepticus after a chronic vitamin D overdose and despite corrective measures remained post-ictal for at least 4 weeks following this episode. Another case was recently reported in the BMJ describing the treatment of a 25 year old person admitted with hypervitaminosis D induced hypercalcaemia who ingested 50,000 units daily for several months.

https://casereports.bmj.com/content/bmjcr/13/4/e233853.full.pdf

Thank you to Hazel Gueldner for contributing this article.

COVID-19 vaccine summary information

To support healthcare professionals in handling queries from the public about the COVID-19 vaccines the following list of references have been prepared:

MHRA 'Pfizer/BioNTech COVID-19 vaccine': https://www.gov.uk/government/publications/regulatory-approval-of-pfizer-biontech-vaccine-for-covid-19

MHRA 'AstraZeneca COVID-19 vaccine': https://www.gov.uk/government/publications/regulatory-approval-of-covid-19-vaccine-astrazeneca

MHRA 'Moderna COVID-19 vaccine': https://www.gov.uk/government/publications/regulatory-approval-of-covid-19-vaccine-moderna

PHE 'COVID-19 vaccination guidance for healthcare practitioners':

https://www.gov.uk/government/publications/covid-19-vaccination-programme-guidance-for-healthcare-practitioners

MHRA 'Managing allergic reactions with Pfizer/BioNTech vaccine':

https://www.gov.uk/government/news/confirmation-of-guidance-to-vaccination-centres-on-managing-allergic-reactions-following-covid-19-vaccination-with-the-pfizer-biontech-vaccine

PHE 'A guide for women of childbearing age, pregnant or breastfeeding':

https://www.gov.uk/governhhment/publications/covid-19-vaccination-women-of-childbearing-age-currently-pregnant-planning-a-pregnancy-or-breastfeeding/covid-19-vaccination-a-guide-for-women-of-childbearing-age-pregnant-planning-a-pregnancy-or-breastfeeding

Royal College of Midwives: https://www.rcm.org.uk/guidance-for-pregnant-women/

SPS 'COVID-19 vaccines': https://www.sps.nhs.uk/home/covid-19-vaccines/

Please note this information is for use by healthcare professionals only and is intended as an aid to professional and clinical decision-making. These documents were up-to-date at the time of collating (February 2021), please bear in mind that information is constantly being updated and to review available resources for the latest information.

Some quick one liners

Be aware:

Eye droppers supplied with products from NHS Scotland Pharmaceutical Specials Service (PSS) have a bulb made from natural rubber (containing latex) and now include a cautionary warning "contains latex".

Check out:

You can log on to TURAS to watch a clinical assessment skills video on urinalysis and dipstick testing at: https://learn.nes.nhs.scot/42482/pharmacy/cpd-resources/clinical-assessment-skills-videos (Please see our December 2020 bulletin on the UTI SIGN guideline and the recommendation to dipstick).

Thank you:

NHS Borders GPs and community pharmacies are 98% compliant with the Prescribable Gluten Free Foods List (found at: http://www.nhsborders.scot.nhs.uk/patients-and-visitors/our-services/pharmacies/community-pharmacy/). A quick reminder to prescribe the PURE brand of xanthum gum.

Pretty please:

Take a moment to check the quantity you are prescribing for semaglutide pens. ONE PEN lasts 4 weeks so the quantity on a prescription for 8 weeks should be 2.

Recommended for you:

Considerable work has been done recently to streamline and rationalise Stoma products and accessories. Please don't prescribe unless recommended by the Specialist Stoma Service.

Recent Borders Joint Formulary Changes - Please discuss with your practice-based pharmacy team if you have any questions

Melatonin tablets

Melatonin capsules are no longer on the Formulary, these have been replaced by the licensed <u>tablets</u>. This is to ensure that all patients prescribed melatonin 2mg or 3mg in capsule or tablet form (including Bio-melatonin® and Circadin®) are reviewed and changed to generic melatonin 3mg tablets as appropriate.

As per Formulary these are to be initiated only by child and adolescent psychiatry or paediatrics. Please ensure you are selecting the correct formulation when prescribing on EMIS.

Omnican needles

Omnican <u>32g</u> needles (4mm, 5mm and 6mm) are the preferred choice for insulin administration. The 31g needles will remain on the Formulary in the 8mm size.

Freestyle Libre 2

Freestyle Libre are releasing a new version of the blood glucose monitoring system. The Diabetes Team are currently reviewing patients for suitability to switch to the new system, please do not prescribe any Libre 2 items unless you have been asked to by the Diabetes Team.

Further information is available at: https://www.nhsborders.scot.nhs.uk/BordersFormulary/index.html



The <u>Medicine Safety Portal</u> is a recently launched open-access platform promoting safer prescribing and dispensing in primary care.

It offers multiple resources including case studies, quick e-learning modules, problem solving tips, and signposts a host of useful information resources providing a great tool to access vital information to optimise patient safety. The information resources cover a range of topics including medical excipients, breast feeding, travel vaccinations, and guidance on what medications can be crushed for administration and, drug stability in compliance aids.

The portal is hosted by University Hospital Southampton NHS Foundation Trust, England.

Correspondence and feedback to: dawn.macbrayne@borders.scot.nhs.uk.
Editorial team: Susie Anderson, Dawn MacBrayne, Nate Richardson-Read.

Past bulletins can be found at: http://intranet/microsites/index.asp?siteid=5&uid=5