Contact numbers

Primary Care Pharmacy

Prescribing Support Team
Primary Care Pharmacy Office
Euro House, Wellgreen Place
Stirling
FK8 2DJ

Director of Pharmacy	Page 0796301824	01786 431200
Prescribing Support Team		01786 431200
Clerical/ Admin		01786 431200
Clinical and Community Services Office (Mental Health, Learning Disabilities & Vaccines) Pharmacy Department Falkirk & District Royal Infirmary Westburn Avenue Falkirk FK1 5SU		01324 624000 ext 8893
On-call service	contact Switchboard	01786 434000

Acute Services Hospitals

Opening hours	-	*8.30 am – 5.00 pm*	*Monday to Friday*
		10.00 am – 4:30 pm	*Saturday (SRI)*
		10.00 am – 2.30 pm	*Sunday (SRI)*

On-call service out-with these hours - Contact the pharmacist through the site on-call co-ordinator.

SRI 01786 434000 **FDRI** 01324 624000

	SRI	FDRI
Dispensary	4180	5728
Aseptic Dispensary	4787	
Medicines Information	4184	
Stores and Distribution	4221	5416
Clinical Pharmacists' Office	4185/4705	5423/5414/5417 Surgery/Medicine/Medicine
Principal Pharmacists' Office	4190	5412

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Introduction

The formulary is produced by the New Drugs Sub Group of the Forth Valley Area Drug and Therapeutics Committee (ADTC), and the contents reflect wide consultation with a range of practitioners in medicine and pharmacy.

Aims and objectives

The main aim of this formulary is to promote rational, safe, clinical- and cost-effective prescribing in both Primary and Secondary Care. The BNF contains several thousand medicines and is designed to be comprehensive. The Forth Valley Formulary is a list containing fewer medicines, which provide appropriate treatment for the vast majority of patients, are approved for use in hospital and general practice. The modest size of the list should enhance the quality of prescribing as familiarity with the limited range of medicines will be readily acquired. Clinical units, Community Health Partnerships (CHPs) and general medical practices may wish to use the complete Forth Valley Formulary or may restrict the number of items further to suit local circumstances.

Using the Formulary

Medicines are presented according to the BNF classification. This enables the formulary to be used in conjunction with the current BNF, which prescribers are asked to use as their primary reference source for information regarding dosages, contra-indications and adverse reactions. Generally, formulations and strengths of preparations have been omitted to allow flexibility of prescribing, except when a particular formulation is not approved. Drugs are referred to throughout by generic name, with some exceptions. Where proprietary names are given, this indicates either a compound product or a product with unique characteristics and no substitutions should be made. Some brief prescribing points have been added and have been reviewed by general practitioners and specialists working together.

The British Approved Name (BAN) has been replaced by the recommended International Non-proprietary Name (rINN) where there is no risk to public health. Where the new rINN could cause confusion or error, the BAN name has been retained with the rINN as the synonym, in common with the BNF.

A list of substances in common use for which the BAN has changed to the rINN (Appendix 1) has been included for information.

Formulary Management

The printed version of the formulary will be updated annually at the start of August to respond to changes in practice, the marketing of new products and the acceptance of new indications. Each newly marketed drug is subject to review by the New Drugs Sub Group of the ADTC.

This is quite separate from any licensing restriction which might apply, details of which can be found in the BNF or Summary of Product Characteristics. The final decision on the formulary status of a new drug is made by the ADTC. Throughout the year, ADTC decisions of formulary amendments will be routinely communicated to Drug and Therapeutics Committees and Prescribing Groups, CHPs and general practitioners via ADTC News bulletin.

There is an area wide process for requesting drugs for inclusion in the Forth Valley Formulary. This involves the requestor completing a New Drugs Proforma available within electronic versions of the Formulary at the following link. http://intranet.fv.scot.nhs.uk/web/FILES/Pharmacyfiles/requestorproforma2002.doc
Completed forms for Primary Care to be submitted to Primary Care Pharmacy Services and Acute forms submitted to Medicines Information, Stirling Royal Infirmary.

Scottish Medicines Consortium (SMC)

The remit of the Scottish Medicines Consortium (SMC) is to provide advice to the NHS Boards and their Area Drug and Therapeutics Committees (ADTCs) across Scotland about the status of all newly licensed medicines, all new formulations of existing medicines and any major new indications for established products. Locally the process for considering SMC recommendations has been finalised and a summary can be found in Appendix 2. Prescribers will be updated via the ADTC News bulletin and the formulary web site.

The ADTC advises prescribers **not** to prescribe any drug that has been rejected by SMC or has not been considered by SMC **unless there is evidence to justify prescribing in the light of particular circumstances of an individual patient.**

Full details of all drugs that have been considered by the SMC can be found on their website http://www.scottishmedicines.org.uk/

NICE guidance

NHS Quality Improvement Scotland (NHS QIS) reviews NICE (National Institute for Health and Clinical Excellence) Multiple Technology Appraisal (MTA) and decides whether the recommendations should apply in Scotland. Where NHS QIS decides that an MTA should apply in Scotland, the NICE guidance supersedes SMC advice. Unlike the SMC process, MTAs examine a disease area or a class of drugs and usually contain new evidence gathered after the launch of drugs or new economic modelling.

SMC is the source of advice for Scotland on new drug therapies and the NICE Single technology Appraisal (STA) process therefore has no status in Scotland. If a NICE STA endorses a drug that was not recommended by the SMC, it is open to the manufacturers to resubmit the drug to SMC with new evidence.

This information is reviewed by the New Drugs Sub Group on a routine basis.

Paediatric Declaration

Children, and in particular neonates, differ from adults in their response to drugs. Pharmacokinetic changes in childhood are important and have a significant influence on drug absorption, distribution, metabolism and elimination and need to be considered when choosing an appropriate dosing regimen for a child. Where possible, children and neonatal medications should be prescribed within the terms of the product licence (market authorisation). However, many children may require medicines not specifically licensed for paediatric use.

Recommendations have been drawn up by the Standing Committee on Medicines, a joint committee of the RCPCH and the Neonatal and Paediatric Pharmacists Group on the use of medicines outwith their product licence. The recommendations are:

- Those who prescribe for a child should choose the medicine which offers the best prospect of benefit for that child, with due regard to cost
- The informed use of some unlicensed medicines or licensed medicines for unlicensed applications is necessary in paediatric practice
- Health professionals should have ready access to sound information on any medicine they prescribe, dispense or administer, and its availability
- In general, it is not necessary to take additional steps, beyond those taken when prescribing licensed medicines, to obtain the consent of parents, carers and child patients to prescribe or administer unlicensed medicines or licensed medicines for unlicensed applications
- NHS Forth Valley and Health Authorities should support therapeutic practices that are advocated by a respectable, responsible body of professional opinion

Forth Valley Formulary should not be used in isolation when prescribing medications for children/neonates. It is recommended that Medicines for Children (a Royal College of Paediatric & Child Health Publication) is used where possible or the Childrens BNF or BNF. For neonates e.g. in SCBU, the relevant formularies available on the ward should be used. Many of the drugs stated in the formulary will be used in paediatrics but not at the dosages stated.

In addition sugar free medicines should be used as much as possible when prescribing in children/neonates.

Web-Site

An acrobat version of the formulary can be found on the Forth Valley Primary Care Pharmacy Services intranet site at the following address:

http://intranet.fv.scot.nhs.uk/web/site/Depts/Pharmacy/Pharm_Joint_Formulary/pharm_formulary.asp

The web-based version of the formulary will be updated after each ADTC meeting and will be the most current version at any time.

Formulary Status

The formulary is intended for use across both primary and secondary care. The key for use has been agreed as follows:

✓	- Initiate and continue
⌖	- Continue where appropriate

GPs should not normally be expected to prescribe non-formulary drugs on the recommendation of hospital specialists unless sound clinical reasons are given in writing. If this does not happen, the GP can contact the specialist concerned. This requirement also extends to patients attending outpatient clinics.

Appeals

If a drug has been omitted from the formulary, and a consultant or GP maintains that such an omission could compromise patient care, the case for formulary inclusion can be reconsidered. Appeals against any formulary decisions should be made with full supporting evidence to the New Drugs Sub Group via the Medicines Information department at Stirling Royal Infirmary. Final decisions on appeals are taken by the ADTC.

Non-formulary drug supply

In exceptional clinical circumstances a non-formulary medicine may be required for a particular patient. For certain non-formulary drugs which are being continuously monitored and for recent non-formulary decision this will require completion of a non-formulary request form by the consultant or clinical pharmacist for all hospital initiated non-formulary drugs.

In CHPs, there is flexibility within the prescribing targets of the Medicines Management indicators of the Quality and Outcomes Framework of the GMS Contract to allow the prescribing of non-formulary medicines, although it would be expected that the majority of prescribing would be from formulary choices.

Non-formulary drug use is reviewed by Drug and Therapeutics Committees, and thereafter by the ADTC.

An example of the Non formulary request form has been included (Appendix 3). This is available within electronic version of the Formulary at the following link http://intranet.fv.scot.nhs.uk/home/Depts/PrimaryPharmacy/Pharm_Joint_Formulary/pharm_formulary.asp

Guidance on prescribing

Local and National Guidance

The appendices of this formulary include Primary, Secondary and area wide Forth Valley Guidelines. Where national guidance is applicable references to web addresses have been included (as links in the electronic version). Prescribers are reminded that the electronic document is a dynamic document, which will be updated after each New Drugs Sub Group meeting. Similarly local and national guidance is continually updated and may influence prescribing. Some useful web addresses are included below to provide access to the latest national guidelines:

British Hypertension Society	http://www.bhsoc.org/
British Thoracic Society	http://www.brit-thoracic.org.uk/
National Institute for Health and Clinical Excellence	http://www.nice.org.uk/
Scottish Intercollegiate Guidelines Network	http://www.sign.ac.uk/

In hospitals

A Medicines Code of Practice is in existence within Forth Valley Acute Hospitals that gives guidance on the writing of prescriptions and the safe and secure handling of medicines.

Combination products

Please note: Whenever possible prescribe individual drug components rather than a fixed ratio combination as it allows flexibility of dosing and is usually more cost effective.

Unlicensed Medicines

The New Drugs Sub Group is aware of several preparations being used out-with their licenses, and some of these have been included within the formulary. Prescribers can still obtain unlicensed preparations in the same manner as they did prior to the launch of the Formulary.

In primary care, prescribers should note that if prescribing a preparation for an unlicensed indication, the liability for its use lies with the prescriber.

Therapeutic drug monitoring

Guidelines on therapeutic drug monitoring for antibiotics and other drugs can be found in Appendix 32.

Advice

Information and advice on medicine use is available from your local community pharmacist, Medicine Information Centre, Prescribing Support Team, practice or clinical pharmacist.

Feedback

The success of the formulary depends on feedback from the users and is most welcome. The formulary will be updated regularly.

Chapter/Section/Drug		Primary Care		Acute
		CHPs	Mental Health Specialties	Services
1	***Gastro-intestinal System***			
1.1	**Dyspepsia and Gastro-oesophageal Reflux Disease**			
Comment	Forth Valley Dyspepsia Management Guidelines. (Appendix 4)			
1.1.1	*Aluminium and Magnesium containing antacids*			
	Aluminium Hydroxide	✓	✓	✓
	Co-magaldrox	✓	✓	✓
Comment	Maalox® is the contract product for supply in Secondary Care. Mucogel® has the same formulation and is more cost-effective in Primary care. Mucaine is available for consultant initiation only in specialist cases.			
1.1.2	*Other drugs for dyspepsia and GORD*			
	Gaviscon Advance®	✓	✓	✓
	Infant Gaviscon®	✓	✓	✓
1.2	**Antispasmodics and other drugs altering gut motility**			
	Hyoscine Butylbromide			✓
	Dicycloverine [Dicyclomine]	✓	✓	⌖
	Mebeverine (not MR preparation)	✓	✓	✓
	Peppermint Oil	✓	⌖	⌖
	Metoclopramide	✓	✓	✓
	Domperidone	✓	✓	✓
1.3	**Ulcer-healing Drugs**			
1.3.1	*H2-receptor antagonists*			
	Ranitidine	✓	✓	✓
1.3.3	*Chelates and complexes*			
	Sucralfate	⌖	⌖	✓
1.3.5	*Proton pump inhibitors*			
	Omeprazole Capsules **(1st line)**	✓	✓	✓
	Lansoprazole Capsules	✓	✓	✓
Comment	In NSAID associated ulcers both PPIs licensed but omeprazole at 20mg strength only.			
	Pantoprazole (I.V.)			✓
1.4	**Antidiarrhoeal Drugs**			
1.4.1	Methylcellulose Tablets (see section 1.6.1)	✓	✓	✓
1.4.2	*Antimotility drugs*			
	Codeine Phosphate	✓	✓	✓
	Loperamide	✓	✓	✓
Comment	Prevention of electrolyte depletion and replacement of electorlyte is 1st line treatment in acute diarrhoea. Oral rehydration therapy is listed in section 9.2. Codeine recommended only in short-term use due to CNS side effects and dependence.			

Chapter/Section/Drug		Primary Care		Acute
		CHPs	Mental Health Specialties	Services
1.5	**Treatment of Chronic Diarrhoeas and IBS**			
	Colestyramine [Cholestyramine]	⌖	⌖	✓
	Colifoam®	⌖	⌖	✓
	Mesalazine (Asacol®/Pentasa®)	⌖	⌖	✓
	Sulfasalazine [Sulphasalazine] (Salazopyrin®)	⌖	⌖	✓
Comment	Mesalazine and Sulphasalazine are MR products - prescribe by brand and do not interchange			
	Olsalazine	⌖	⌖	✓
Comment	Biologic therapies can only be prescribed by consultant gastroenterologist			
	Prednisolone (Predfoam®/Predenema®)	⌖	⌖	✓
Comment	Specialist recommendation.			
1.6	**Laxatives**			
Comment	Please refer to the relevant Constipation Management Guidelines Appendix 5 – Acute Services guidelines for Management and Prevention of Constipation in Adults.			
1.6.1	*Bulk-forming laxatives*			
	Ispaghula Husk	✓	✓	✓
	Methylcellulose Tablets (use in diarrhoea)	✓	✓	✓
1.6.2	*Stimulant laxatives*			
	Glycerol	✓	✓	✓
	Docusate Sodium (paediatric use only)	⌖		✓
	Senna	✓	✓	✓
	Co-danthramer (terminal care only)	✓	✓	✓
1.6.4	*Osmotic Laxatives*			
	Movicol®	✓	✓	✓
Comment	Prolonged use is not recommended.			
	Lactulose	✓	✓	✓
Comment	Lactulose may take up to 48 hours to act and is therefore unsuitable for relief of acute symptoms and for "prn" prescribing.			
	Phosphate enema	✓	✓	✓
	Sodium Citrate Enema (Micralax®)	✓	✓	✓
1.6.5	*Bowel cleansing solutions*			
	Klean-Prep®			✓
	Picolax®			✓
1.7	**Preparation for Haemorrhoids**			
	Anusol® Cream	✓	✓	✓
	Anusol® Suppositories	✓	✓	✓
	Anusol HC® Ointment	✓	⌖	⌖
	Xyloproct® Ointment	✓	⌖	⌖
	Lidocaine [lignocaine] Gel (see section 15.2)			✓
1.8	**Stoma Care**			
Comment	Specialist advice - contact Stoma Care Nurse.			

Chapter/Section/Drug		Primary Care		Acute
		CHPs	Mental Health Specialties	Services
1.9	**Drugs affecting intestinal secretions**			
1.9.1	*Drugs acting on the gall bladder*			
	Ursodeoxycholic Acid	⌖	⌖	✓
1.9.4	*Pancreatin*			
	Pancrex®	⌖	⌖	✓
	Pancrex V®	⌖	⌖	✓
	Creon®	⌖	⌖	✓
Comment	Specialist Consultant recommendation.			

Chapter/Section/Drug		Primary Care		Acute
		CHPs	Mental Health Specialties	Services
2	***Cardiovascular System***			
Comment	For Hypertension guidance, Please refer to Forth Valley Hypertension Guideline Flow charts (Appendix 8) and the British Hypertension Society www.bhsoc.org			
2.1	**Positive inotropic drugs**			
	Digoxin	✓	✓	✓
	Digibind®			✓
2.2	**Diuretics**			
2.2.1	*Thiazides and related diuretics*			
	Bendroflumethiazide [Bendrofluazide]	✓	✓	✓
	Metolazone	⌖	⌖	✓
2.2.2	*Loop Diuretics*			
	Furosemide [Frusemide] **(1st Line)**	✓	✓	✓
	Bumetanide (2nd line)	✓	✓	✓
Comment	Although the efficacy of bumetanide is the same as furosemide, it is much more expensive to prescribe in Primary Care. It should therefore be used 2nd line.			
2.2.3	*Potassium-sparing diuretics*			
	Amiloride	✓	✓	✓
	Spironolactone	✓	✓	✓
	Eplerenone	✓	✓	✓
2.2.4	*Potassium-sparing diuretics with other diuretics*			
	'Co-amilofruse'	✓	✓	✓
Comment	Please specify strength of Co-amilofruse.			
2.2.5	*Osmotic Diuretics*			
	Mannitol			✓
Comment	Diuretics should be prescribed separately except for patients with poor compliance, where combination products may be indicated. Potassium containing diuretic combinations: The majority of patients do not require potassium supplementation. For those patients who may require potassium supplements, potassium-sparing diuretics should be used. Potassium containing diuretics do not contain adequate amounts of potassium to match the patients' requirements and are therefore not advised for use.			

Chapter/Section/Drug		Primary Care		Acute
		CHPs	Mental Health Specialties	Services
2.3	**Anti-arrhythmic Drugs**			
	Verapamil (see section 2.6)	Cardiology recommendation		
	Amiodarone	Cardiology recommendation		
	Propafenone	Cardiology recommendation		
	Lidocaine [Lignocaine]			✓
	Disopyramide	Cardiology recommendation		
	Adenosine			✓
	Flecainide	Cardiology recommendation		
2.4	**Beta-Blockers**			
	Bisoprolol **(1st line)**	✓	✓	✓
	Nebivolol (2nd line)	Cardiology Recommendation		
	Propranolol (see section 4.1.2)	✓	✓	✓
	Atenolol	✓	✓	✓
	Carvedilol	Cardiology Recommendation		
	Esmolol (I.V. for arrythmia)			✓
	Labetalol	Cardiology Recommendation		
	Metoprolol	✓	⌖	✓
2.5	**Drugs affecting the renin-angiotensin system and some other antihypertensive drugs**			
2.5.1	*Vasodilator antihypertensive drugs*			
	Hydralazine	⌖	⌖	✓
2.5.2	*Centrally acting antihypertensive drugs*			
	Methyldopa	⌖	⌖	✓
2.5.4	*Alpha-adrenoceptor blocking drugs*			
	Doxazosin (not M/R)	✓	✓	✓
2.5.5.1	*Angiotensin-converting enzyme inhibitors*			
	Lisinopril	✓	✓	✓
	Ramipril	✓	✓	✓
	Perindopril	✓	✓	✓
2.5.5.2	*Angiotensin-II receptor antagonists*			
	Candesartan	✓	✓	✓
	Irbesartan	✓	✓	✓
	Losartan	✓	✓	✓
	Valsartan	✓	✓	✓
Comment	Evidence base is changing in this area and will be kept under review.			

Chapter/Section/Drug		Primary Care		Acute
		CHPs	Mental Health Specialties	Services
2.6	**Nitrates, Calcium channel blockers, and Potassium-channel activators**			
Comment	Products marked with an * are available as both standard release and sustained release preparations. Sustained release preparations may be produced by many different manufacturers and may not have the same bioavailabilities, therefore, these products should be prescribed by brand name (the locally recommended brands are specified). Standard release preparations may be prescribed generically.			
2.6.1	*Nitrates*			
	Glyceryl Trinitrate	✓	✓	✓
Comment	Patches not recommended due to tolerance problems			
	Isosorbide Mononitrate * (Isotard®)	✓	✓	✓
2.6.2	*Calcium-channel blockers*			
	Diltiazem * (Tildiem LA® & Retard®)	✓	✓	✓
	Nifedipine * (Coracten®)	Cardiology Recommendation		
Comment	Only use generic Nifedipine in Raynaud's. Not to be used sublingually			
	Verapamil *	✓	✓	✓
	Amlodipine	✓	✓	✓
	Felodipine	✓	✓	✓
2.6.3	*Potassium-channel activators*			
	Ivabradine (3rd line after beta-blockers & diltiazem)	✓	✓	✓
	Nicorandil	✓	✓	✓
2.6.4.1	*Peripheral vasodilators*			
	Naftidrofuryl	✓	✓	✓
Comment	Use as per SIGN Guideline 89			

Chapter/Section/Drug		Primary Care		Acute
		CHPs	Mental Health Specialties	Services
2.7	**Sympathomimetics**			
2.7.1	*Inotropic Sympathomimetics*			
	Dobutamine			✓
	Dopamine			✓
	Dopexamine			✓
2.7.2	*Vasoconstrictor sympathomimetics*			
	Noradrenaline [Norepinephrine]			✓
2.7.3	*Cardiopulmonary resuscitation*			
	Adrenaline[Epinephrine]	✓	✓	✓
2.8	**Anticoagulants and Protamine**			
2.8.1	*Parenteral anticoagulants*			
	Heparin			✓
	Enoxaparin			✓
	Fondaparinux sodium inj. (to be used with guidance)			✓
2.8.2	*Oral anticoagulants*			
	Warfarin	✓	✓	✓
	Phenindione			✓
	Rivaroxaban			✓
2.8.3	Protamine			✓
2.9	**Antiplatelet Drugs**			
	Dipyridamole Retard (Persantin Retard®)	✓	✓	✓
	Aspirin	✓	✓	✓
	Clopidogrel	✓	✓	✓
	Eptafibatide			✓
	Tirofiban			✓
Comment	Refer to Forth Valley Clopidogrel Guidelines (Appendix 9)			

Chapter/Section/Drug		Primary Care		Acute
		CHPs	Mental Health Specialties	Services
2.10	**Fibrinolytics**			
	Streptokinase (For Life Threatening P.E.)			✓
	Alteplase (For Ischaemic Stroke)			✓
	Tenecteplase (For ST Elevation M.I.)			✓
2.11	**Antifibrinolytics**			
	Tranexamic Acid	✓	✓	✓
	Ethamsylate			✓
2.12	**Lipid-regulating Drugs**			
Comment	Ensure that statins and ezetimibe are prescribed in accordance with Forth Valley Lipid Lowering Guidelines (Appendix 10)			
	Bezafibrate	⌖	⌖	✓
	Fenofibrate (Lipantil®)	⌖	⌖	✓
	Atorvastatin	✓	✓	✓
	Rosuvastatin	✓	✓	✓
	Simvastatin	✓	✓	✓
	Ezetimibe	✓	✓	✓
	Omacor®	⌖	⌖	✓

Chapter/Section/Drug		Primary Care		Acute
		CHPs	Mental Health Specialties	Services
3	***Respiratory System***			
Comment	Local guidance is available from the Forth Valley Asthma Online Resource with links to national guidance at http://nww.fv.scot.nhs.uk/clineff/CE_Guidance.asp?topic=Asthma			
3.1	**Bronchodilators**			
3.1.1	*Adrenoceptor stimulants*			
	Salbutamol	✓	✓	✓
	Terbutaline	✓	✓	✓
	Salmeterol	✓	✓	✓
3.1.2	*Antimuscarinic bronchodilators*			
	Ipratropium Bromide	✓	✓	✓
	Tiotropium	✓	✓	✓
3.1.3	*Theophylline*			
	Aminophylline Injection			✓
	Uniphyllin®	✓	✓	✓
Comment	Different brands of theophylline modified release preparations have different bioavailabilities. As the products are NOT INTERCHANGEABLE, prescribers should specify the brand on which a patient is stabilised.			
3.1.4	*Combination bronchodilator preparations*			
	Combivent®	✓	✓	✓
3.1.5	*Peak flow meters, inhaler devices and nebulisers*			
	Peak Flow Meter (Mini-Wright® Adult & Paediatric)	✓	✓	✓
	Inhaler spacer device	✓	✓	✓
Comment	Spacer devices are recommended in preference to dry powder or breath actuated inhalers particularly in young children.			
	Emergency Drugs			
	Adrenaline [Epinephrine]	✓	✓	✓
	Specialist Products			
	Caffeine Citrate			✓
Comment	Caffeine Citrate is the oral xanthine of choice in neonates.			
3.2	**Corticosteroids**			
	Beclometasone Dipropionate **(1st line Clenil Modulite®)**	✓	✓	✓
	Budesonide	✓	✓	✓
	Fluticasone	✓	✓	✓
	Hydrocortisone IV (See section 6.3.2)			
	Prednisolone Oral (See section 6.3.2)			
	Other Compound Preparations			
	Seretide® (Seretide 500 accuhaler-licensed for COPD and cheaper than MDI which is unlicensed for COPD)	✓	✓	✓
	Symbicort®	✓	✓	✓
	Fostair®	✓	✓	✓
Comment	Refer to Guidance on Issuing Steroid Cards (Appendix 11).			

Chapter/Section/Drug		Primary Care		Acute
		CHPs	Mental Health Specialties	Services
3.3	**Cromoglicate, related therapy and leukotriene antagonists**			
3.3.2	*Leukotriene receptor antagonists*			
	Montelukast	✓	⌖	✓
3.4	**Allergic Disorders**			
3.4.1	*Antihistamines*			
	Cetirizine	✓	✓	✓
	Loratadine	✓	✓	✓
	Alimemazine [Trimeprazine] (Paediatrics)	✓		✓
	Chlorphenamine [Chlorpheniramine]	✓	✓	✓
	Promethazine (Paediatrics)	✓		✓
Comment	For drugs acting on the nose see section 12.2.			
3.4.2	*Allergen Immunotherapy*			
	Omalizumab	Respiratory Consultant Only		
3.4.3	*Allergic emergencies*			
	Epipen® (Prescribe by brand)	✓	✓	✓
3.5	**Respiratory Stimulants and Pulmonary Surfactants**			
3.5.2	*Pulmonary Surfactants*			
	Caffeine base 5mg/ml Sol'n for injection			✓
	Poractant alfa			✓
3.6	**Oxygen**			
	Cylinders	✓	✓	✓
	Piped			✓
3.7	**Mucolytics**			
	Carbocisteine	✓	✓	✓
	Mecysteine Hydrochloride	✓	✓	✓

Chapter/Section/Drug		Primary Care		Acute
		CHPs	Mental Health Specialties	Services
4	***Central Nervous System***			
4.1	**Hypnotics & Anxiolytics**			
Comment	All sedative hypnotics and anxiolytic products are licensed for short term use only and should be reserved for short courses to alleviate acute conditions after causal factors have been established.			
4.1.1	*Hypnotics*			
	Temazepam	✓	✓	✓
	Zopiclone	✓	✓	✓
4.1.2	*Anxiolytics*			
	Diazepam	✓	✓	✓
	Chlordiazepoxide (use in alcohol addiction)	✓	✓	✓
Comment	Refer to Alcohol Dependance - In-Patient Management of Alcohol Withdrawal (Appendix 22), Alcohol Dependance - Maintenance of Abstinence (Appendix 23) & Alcohol Dependance – Community Management of Alcohol Withdrawl (Appendix 24)			
	Lorazepam		✓	✓
	Propranolol (see section 2.4)	✓	✓	✓
4.2	**Drugs in psychoses and related disorders**			
4.2.1	*Antipsychotic Drugs*			
Comment:	Refer to Prescribing Guidelines • Emergency Sedation Prescribing Guideline (Appendix 12) • Algorithm 2 Emergency Sedation – Adult Mental Health (Appendix 13) • Algorithm 3 Emergency Sedation – Elderly Mental Health (Appendix 14) • Algorithm 4 Emergency Sedation Protocol -Learning Disability Service (Appendix 15) • Regular Use of More Than One Antipsychotic (Appendix 16) • Monitoring Guidance for Patients Receiving Atypical Antipsychotic Therapy (Appendix 17) • The Use of High Dose Antipsychotics (Appendix 18) • Algorithm 1 Drug Treatment of Schizophrenia (Appendix 19) • Guidance on Atypical Antipsychotics Use in Elderly Dementia (Appendix 26)			
	Chlorpromazine	✓	✓	✓
	Haloperidol (Baseline ECG Required)	⌖	✓	✓
	Levomepromazine [Methotrimeprazine] **(Palliative Care)**	✓	✓	⌖
	Trifluoperazine	⌖	✓	⌖
	Zuclopenthixol Dihydrochloride (Clopixol® tabs)	⌖	✓	⌖
	Zuclopenthixol Acetate (Clopixol Acuphase®)		✓	⌖
	Amisulpride	⌖	✓	⌖
	Aripiprazole	⌖	✓	⌖
	Clozapine	⌖	✓	⌖
Comment	Clozapine used for treatment resistant schizophrenia only.			
	Olanzapine (See protocol for IM use)	⌖	✓	⌖
	Quetiapine	⌖	✓	⌖
	Risperidone	⌖	✓	⌖

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4.2.2	*Antipsychotic Depot Injections*			
	Fluphenazine Decanoate Inj	⌖	✓	⌖
	Pipotiazine Palmitate Inj	⌖	✓	⌖
	Haloperidol Decanoate Inj	⌖	✓	⌖
	Risperidone	⌖	✓	⌖
	Zuclopenthixol Decanoate Inj	⌖	✓	⌖
	Flupentixol Decanoate Inj	⌖	✓	⌖
4.2.3	*Antimanic Drugs*			
	Carbamazepine	⌖	✓	⌖
	Valproate Semisodium (Depakote®)	⌖	✓	⌖
Comment	Valproate Semisodium (Depakote®) is licensed for the treatment of manic episodes associated with bipolar disorder but is not currently licensed for the maintenance treatment of bipolar affective disorder. It has been agreed by the Forth Valley New Drugs Sub Group that if prophylaxis is needed, following stabilisation of the episode of acute mania with Depakote® and prior to discharge, sodium valproate should be substituted.			
	Lithium	⌖	✓	⌖
Comment	Lithium products Priadel® and Camcolit® have different bioavailabilities, therefore brand must be specified when prescribing. Liquid preparations Priadel® and Li-Liquid® also have different bioavailabilities.			
4.3	**Antidepressants**			
Comment	Refer to Local Antidepressant Guideline – Appendix 20 & 21			
4.3.1	*Tricyclic and related Antidepressant Drugs*			
	Amitriptyline	✓	✓	✓
	Clomipramine	⌖	✓	⌖
	Lofepramine	✓	✓	✓
	Trazodone	✓	✓	✓
4.3.2	*Monoamine-oxidase Inhibitors*			
	Phenelzine (dietary / interaction advice required)	⌖	✓	⌖
	Moclobemide	⌖	✓	⌖
4.3.3	*Selective Serotonin Re-uptake Inhibitors*			
	Citalopram	✓	✓	✓
	Fluoxetine	✓	✓	✓
4.3.4	*Other Antidepressant Drugs*			
	Mirtazapine	✓	✓	✓
	Venlafaxine	⌖	✓	⌖
4.4	**Central nervous system stimulants**			
	Atomoxetine	⌖	✓	⌖
	Dexamfetamine (Not first line)	⌖	✓	⌖
	Methylphenidate	⌖	✓	⌖
Comment	Refer to SMC recommendation on sustained release methylphenidate and Atomoxetine preparations. http://www.scottishmedicines.org.uk/			

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4.5	**Drugs used in the treatment of obesity**			
	Orlistat	✓	⌖	✓
	Sibutramine	✓	⌖	✓
Comment	To be prescribed in conjunction with NICE guidelines.			
4.6	**Drugs used in Nausea & Vertigo**			
	Betahistine	✓	✓	✓
	Cinnarizine	✓	✓	✓
	Cyclizine Inj (oral use in paediatrics and adolescents in acute trust)	✓	✓	✓
	Domperidone	✓	✓	✓
	Hyoscine Hydrobromide	✓	✓	✓
	Haloperidol **(palliative care) (see section 4.2)**	⌖	⌖	✓
	Levomepromazine [Methotrimeprazine] **(palliative care) (see section 4.2)**	⌖	⌖	✓
	Metoclopramide	✓	✓	✓
	Prochlorperazine	✓	✓	✓
	Ondansetron (Restricted – oncology & anaesthetics)			✓
4.7	**Analgesics**			
Comment	Refer to Primary Care Guidance on Use of Oral Analgesics (Appendix 27) and also to Forth Valley Palliative Care Guidelines and Specialist Formulary Guidance on pain management in substance misuse is currently under development			
4.7.1	*Non-opioid Analgesics*			
	Paracetamol	✓	✓	✓
	Co-codamol 8/500	✓		
	Co-codamol 30/500	✓	✓	✓
Comment	N.B. increased opioid side-effects and risk of dependence with co-codamol. Also, effervescent preparations of compound analgesics may contain high levels of sodium. For patients requiring low sodium intake please refer to individual Summary of Product Characteristics. Refer also to Primary Care Guidance on Use of Oral Analgesics (Appendix 27) and Acute Guidance (Appendix 28)			
4.7.2	*Opioid Analgesics*			
	Dihydrocodeine	✓	✓	✓
	Diamorphine	✓	✓	✓
	Morphine ***(1st Line)***	✓	✓	✓
Comment	Morphine to be used first line over Diamorphine			
	Cyclimorph®	✓	✓	✓
	Fentanyl Patch (Injection for Acute Services)	✓	✓	✓
Comment	Indicated for patients with severe pain with swallowing difficulties or intractable nausea and vomiting, or unacceptable toxicity from morphine. (SIGN 106 – Control of Pain in Adults with Cancer) Refer to manufacturers information for oral morphine to transdermal route conversion – conversion ratios vary so should be used only as an initial approximate guide.			
	Oxycodone (Palliative care and specialist pain management only)	⌖	⌖	✓
Comment	To convert oral morphine to oral oxycodone divide 24 hours dose of morphine by 2			

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4.7.3	*Neuropathic Pain*			
	Amitriptyline (see section 4.8) ***(1st Line)***	✓	✓	✓
	Gabapentin (see section 4.8)	✓	✓	✓
Comment	Local Neuropathic guidelines expected in 2010. For advice on pregabalin see appendix 27 or SMC website www.scottishmedicine.org.uk			
	Carbamazepine (see section 4.8)	✓	✓	✓
	Epilim® (see section 4.8)	✓	✓	✓
4.7.4	*Antimigraine Drugs*			
	Rizatriptan	✓	⌖	⌖
	Sumatriptan	✓	✓	✓
	Pizotifen	✓	✓	✓
	Propranolol (for migraine - see section 2.4)	✓	✓	✓

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4.8	**Antiepileptics**			
Comment	Refer to NICE guideline No 76 "Newer Drugs for Epilepsy in Adults" and No 79 "Newer Drugs for Epilepsy in Children" for guidance on the use of oxcarbazepine, levetiracetam, tiagabine and topiramate and SIGN guideline No 70 "Diagnosis and Management of Epilepsy in Adults"			
4.8.1	*Control of Epilepsy*			
	Carbamazepine	⌖	✓	✓
	Gabapentin	⌖	✓	✓
	Pregabalin	⌖	✓	✓
	Zonisamide **(for specialist use only)**	⌖	⌖	✓
	Lacosamide **(for specialist use only)**	⌖	⌖	✓
	Rufinamide **(for specialist use only)**	⌖	⌖	✓
	Lamotrigine	⌖	✓	✓
	Levetiracetam	⌖	✓	✓
	Phenobarbital [Phenobarbitone] (Paediatrics)	⌖		✓
	Phenytoin	⌖	✓	✓
	Sodium Valproate	⌖	✓	✓
	Clobazam	⌖	⌖	✓
	Topiramate **(under specialist supervision)**	⌖	✓	✓
	Clonazepam	⌖	⌖	✓
Comment	Many antiepileptic products are available as generic products which may vary in bioavailability, therefore, are not interchangeable. It is recommended that prescribing should be by brand name to ensure continuity.			
4.8.2	*Drugs used in Status Epilepticus*			
	Diazepam (rectal)	✓	✓	✓
	Diazemuls®	✓	✓	✓
	Lorazepam I.V.			✓
	Phenytoin I.V.			✓
Comment	Refer to Acute Services Phenytoin Loading Guidelines for Status Epilepticus & Maintenance Therapy (Appendix 29)			
4.9	**Drugs used in Parkinsonism and related disorders**			
4.9.1	*Dopaminergic Drugs used in Parkinsonism*			
	Apomorphine	Specialist Consultant Recommendation		
	Entacapone	✓	✓	✓
	Madopar®	✓	✓	✓
	Pramipexol salt 0.125mg, 0.250mg, 1.0 mg tablets (Mirapexin®)	✓	✓	✓
	Ropinirole	✓	✓	✓
Comment	Ropinirole for the treatment of restless leg syndrome, use is restricted to patients with a baseline score of 24 points or more on the International Restless Legs Scale.			
	Rotigotine Patch	Specialist Initiation Only		
	Sinemet®	✓	✓	✓
	Selegiline	⌖	✓	✓
	Stalevo®	✓	✓	✓
Comment	Patients <60yrs should NOT be treated with levodopa prior to being referred to one of the Parkinson Disorder clinics.			
4.9.2	*Antimuscarinic Drugs used in Parkinsonism*			
	Orphenadrine	⌖	✓	✓
	Procyclidine	✓	✓	✓
4.9.3	*Drugs used in Essential Tremor, Chorea, Tics and Related Disorders*			
	Xeomin® Injection			✓
	Propranolol (see section 2.4)	✓	✓	✓

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4.10	**Drugs used in Substance Dependence**			
Comment	See Section 4.1.2 and Refer to Guidelines for Management of Alcohol Withdrawals (Appendix 22, Appendix 23, and Appendix 24.)			
	Acamprosate	✓	✓	✓
	Nicotine Products	✓	✓	✓
	Varenicline	✓	✓	✓
	Bupropion	✓	⌖	✓
Comment	Refer to FV Smoking Cessation Flow Charts (Appendix 30)			
	Disulfiram	✓	✓	⌖
	Buprenorphine (CADS, FV-TOX & GPwSP)	⌖	✓	⌖
	Buprenorphine/naloxone (CADS + FV-TOX) Suboxone®	⌖	✓	⌖
	Methadone (CADS + GPPS)	✓	✓	⌖
Comment	Refer to • Methadone Assisted Treatment Programme • Buprenorphine Assisted Treatment Programme • Guidance on the Management of Opioid Dependance: Buprenorphine detoxification (Appendix 25)			
	Naltrexone (CADS & FV-TOX)	⌖	✓	⌖
4.11	**Drugs for Dementia**			
	Donepezil		✓	
	Rivastigmine		✓	
	Galantamine		✓	

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5 Infections			
Comment Please refer to appropriate guidelines for specific indications • Primary Care Management of Infection Guidance • Antibiotic Dosage Guidelines Gentamicin / Vancomycin (Appendix 31) • Forth Valley GUM List (Appendix 33) • Patients receiving Chemotherapy Who Become Unwell – Guidance for Community Healthcare Practitioners (Appendix 39) • Acute Care Neutropenic Sepsis Antibiotic Policy (Appendix 40) • Potential Neutropenic Sepsis Flow Chart (Appendix 41) • British Lymphology Society – Consensus Document on the Management of Cellulitis in Lymphoedema http://www.lymphoedema.org/lsn			
5.1 Antibacterial drugs			
5.1.1 Penicillins			
Benzylpenicillin	✓	✓	✓
Penicillin V	✓	✓	✓
Flucloxacillin	✓	✓	✓
Amoxicillin	✓	✓	✓
Co-amoxiclav	✓	✓	✓
Piperacillin and tazobactam (Tazocin®)			✓
Comment Tazocin® only to be used following microbiological advice.			
5.1.2 Cephalosporins, cephamycins and other beta-lactams			
Cefalexin (for UTI)	✓	✓	✓
Cefotaxime (I.V.)	✓		✓
Comment Cefotaxime I.V restricted for paediatrics / neonates. Use in Primary Care for Treatment of Invasive Meningococcal disease in children and young people – SIGN 102			
Ceftazidime			✓
Ceftriaxone		✓	✓
Cefuroxime			✓
Comment Cefuroxime for use in surgical prophylaxis only.			
Imipenem with Cilastatin			✓
Meropenem- (Restricted use, seek microbiology advice)			✓
Comment Aztreonam, imipenem with cilastatin and meropenem used only following microbiological advice and aztreonam and imipenem with cilastatin in Cystic Fibrosis.			
5.1.3 Tetracyclines			
Doxycycline	✓	✓	✓
Lymecycline (2nd line in acne)	✓	✓	✓
Oxytetracycline	✓	✓	✓
Tetracycline	✓		
Comment Oral Tetracycline in combination with other agents for MRSA infection only. Tetracycline Injection is an unlicensed preparation			

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5.1.4	*Aminoglycosides*			
	Gentamicin			✓
	Neomycin			✓
	Tobramycin- (Paediatric Cystic Fibrosis only)			✓
5.1.5	*Macrolides*			
	Erythromycin	✓	✓	✓
	Azithromycin			✓
Comment	Azithromycin restricted for paediatrics and GUM clinic (see Appendix 33). Tobramycin restricted to use in Cystic Fibrosis only.			
	Clarithromycin	✓	✓	✓
5.1.6	*Clindamycin*			
	Clindamycin			✓
Comment	Use only following microbiological advice			
5.1.7	*Some other antibacterials*			
	Chloramphenicol			✓
	Colistimethate [Colistin] - (Cystic Fibrosis only)			✓
	Linezolid (Restricted use, seek microbiology advice)			✓
	Sodium fusidate	✓	✓	✓
	Vancomycin			✓
	Teicoplanin (Restricted use – Haematology or on Microbiology advice)			✓
Comment	Above products only to be used following microbiological advice.			
5.1.8	*Sulphonamides and trimethoprim*			
	Trimethoprim	✓	✓	✓
	Co-Trimoxazole	✓	✓	✓
Comment	Co-trimoxazole to be restricted for treatment and prophylaxis of Pneumocystis Pneumonia, Stenotrophomonas multiphilia or following microbiological advice			
5.1.9	*Antituberculous drugs*			
	Ethambutol Hydrochloride	⌖	⌖	✓
	Isoniazid	⌖	⌖	✓
	Pyrazinamide	⌖	⌖	✓
	Rifampicin	⌖	⌖	✓
	Rifater®	⌖	⌖	✓
	Rifinah® 150 & 300	⌖	⌖	✓
	Streptomycin	⌖	⌖	✓
	Amikacin (see section 5.1.4)	⌖	⌖	✓
	Ciprofloxacin (see section 5.1.12)	⌖	⌖	✓
5.1.10	*Antileprotic drugs*			
	Dapsone	⌖	⌖	✓
5.1.11	*Metronidazole and tinidazole*			
	Metronidazole	✓	✓	✓

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5.1.12	*Quinolones*			
	Ciprofloxacin **(1st line use only in acute pyelonephritis & prostatitis)**	✓	✓	✓
	Moxifloxacin			✓
	Norfloxacin (Spontaneous Bacterial Peritonitis prophylaxis)	✓	✓	✓
	Ofloxacin			✓
Comment	Moxifloxacin restricted to 2nd line treatment in Community Acquired Pneumonia and in exacerbations of COPD in penicillin allergic patients. Ofloxacin restricted to Orchitis, prostatitis and Pelvic Inflammatory Disease only. Norfloxacin for prostatitis and prophylaxis of infection in ascites.			
5.1.13	*Urinary-tract infections*			
	Nitrofurantoin	✓	✓	✓
5.2	**Antifungal drugs**			
	Amphotericin (I.V.)			✓
	Fluconazole (IV & Oral)	✓	✓	✓
Comment	N.B. Not 1st line in oral thrush			
	Flucytosine (IV)			✓
	Itraconazole	✓	✓	✓
	Miconazole (Oral Gel)	✓	✓	✓
	Nystatin	✓	✓	✓
	Terbinafine	✓	✓	✓
	Voriconazole (IV & Oral)			✓
Comment	Voriconazole should only be used following microbiological advice			
5.3	**Antiviral drugs**			
5.3.1	*HIV Infection*			
Comment	See F.V. GUM list (Appendix 33)			
5.3.2	*Herpes virus infections*			
	Aciclovir **(1st line)**	✓	✓	✓
	Famciclovir (2nd line if compliance is a problem)	✓	✓	✓
5.3.3	*Viral Hepatitis*			
	Adefovir dipivoxil (Restricted use Follow West of Scotland Guidelines)			✓
5.3.5	Ribavarin (Rebetol®) 200mg Capsules- (In combination with Viraferon & Intron A)			✓

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5.4	**Antiprotozoal drugs**			
5.4.1	*Antimalarials*			
Comment	Treatment of Malaria is prescribable on the NHS. Prophylaxis is not prescribable at NHS expense but private prescriptions can be provided.			
	Chloroquine	✓	⌖	✓
	Primaquine	✓	⌖	✓
	Proguanil Hydrochloride	✓	⌖	✓
	Pyrimethamine with Sulfadoxine (Fansidar®)	✓	⌖	✓
	Pyrimethamine with Dapsone (Maloprim®)	✓	⌖	✓
	Quinine Sulphate	✓	⌖	✓
	Hydroxychloroquine Sulphate (see section 10.1.3)	✓	⌖	✓
Comment	Prescribe following discussion with Infectious Diseases.			
5.4.2	*Amoebicides*			
	Diloxanide Furoate	✓	⌖	✓
	Metronidazole	✓	✓	✓
Comment	Prescribe following discussion with Infectious Diseases.			
5.5	**Anthelmintics**			
	Mebendazole	✓	✓	✓
	Piperazine	✓	✓	✓

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6	***Endocrine System***			
Comment	Please refer to Management of Adult Patients with Diabetes Undergoing Elective Surgery (Appendix 34), Recommendations for Blood Glucose Monitoring Guidelines in Type 1 & Type 2 Diabetes (Appendix 35) Initiation of oral agents in Type 2 Diabetics (Appendix 36) and Blood Glucose Meters-Formulary Choices (Appendix 37)			
6.1	**Drugs used in Diabetes**			
6.1.1	*Insulins* (Recommendation by Practitioner experienced in management of diabetes)	✓	✓	✓
6.1.2	*Oral Antidiabetic Drugs*			
6.1.2.1	*Sulphonylureas*			
	Gliclazide **(1st Line)**	✓	✓	✓
	Glipizide	✓	✓	✓
	Glimepiride (only if problems with compliance or polypharmacy)	✓	✓	✓
6.1.2.2	*Biguanides*			
	Metformin	✓	✓	✓
6.1.2.3	*Other Antidiabetics*			
	Pioglitazone **(1st Line)**	✓	✓	✓
	Rosiglitazone	✓	✓	✓
Comment	Rosiglitazone – avoid use if history of cardiovascular disease			
	Sitagliptin	⌖	⌖	✓
	Vildagliptin	⌖	⌖	✓
	Exenatide	⌖	⌖	✓
Comment	Sitagliptin, Vildaglipin and Exenatide restricted to prescribers experienced in the management of diabetes.			
6.1.4	*Treatment of Hypoglycaemia*			
	Glucagon	✓	✓	✓
	Glucose 50%	✓	✓	✓
6.2	**Thyroid and Antithyroid Drugs**			
6.2.1	*Thyroid Hormones*			
	Levothyroxine [Thyroxine] Sodium **(1st Line)**	✓	✓	✓
	Liothyronine Sodium			✓
6.2.2	*Antithyroid Drugs*			
	Carbimazole **(1st Line)**	✓	✓	✓
	Propylthiouracil	✓	✓	✓
	Potassium iodide			✓
	Propranolol	✓	✓	✓
6.3	**Corticosteroids**			
6.3.1	*Replacement Therapy*			
	Fludrocortisone Acetate	✓	✓	✓
6.3.2	*Glucocorticoid Therapy*			
	Hydrocortisone Tablets	⌖	⌖	✓
	Hydrocortisone Injection	✓	✓	✓
	Dexamethasone	✓	⌖	✓
	Methylprednisolone			✓
	Prednisolone	✓	✓	✓
Comment	Consider osteoporosis prevention treatment if corticosteroids used long term. Please refer to Forth Valley Osteoporosis Guidelines			

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6.4	**Sex Hormones**			
6.4.1	*Female Sex Hormones*			
6.4.1.1	*Oestrogens and HRT*			
Comment	Refer to FV HRT Flowchart (Appendix 38)			
	Tibolone	✓	✓	✓
With uterus	Premique® (Includes low dose)	✓	✓	✓
	Prempak-C®	✓	✓	✓
	Femoston®	✓	✓	✓
	FemSeven Conti®	✓	✓	✓
	FemSeven Sequi®	✓	✓	✓
	Elleste Duet®	✓	✓	✓
	Evorel (includes Conti)	✓	✓	✓
	Elleste Duet Conti®	✓	✓	✓
	Kliovance®	✓	✓	✓
Without uterus	Premarin®	✓	✓	✓
	Elleste Solo®	✓	✓	✓
	Estraderm MX®	✓	✓	✓
	Oestrogel®	✓	✓	✓
6.4.1.2	*Progestogens*			
	Progesterone (Cyclogest® for subfertility)			✓
	Dydrogesterone	✓	✓	✓
	Medroxyprogesterone	✓	✓	✓
	Norethisterone	✓	✓	✓
6.4.2	*Male Sex Hormones & Antagonists*			
	Testosterone	⌖	⌖	✓
	Cyproterone Acetate	⌖	✓	✓
	Finasteride	✓	⌖	✓
6.5	**Hypothalamic and pituitary hormones and anti-oestrogens**			
6.5.1	*Hypothalamic and anterior pituitary hormones and anti-oestrogens*			
	Clomifene Citrate			✓
	Chorionic Gonadotrophin (HCG)			✓
	Follicle Stimulating Hormone (FSH)			✓
	Gonadorelin (LH-RH)			✓
	Tetracosactrin ('Synacthen®')			✓
	Somatropin (Synthetic Human Growth Hormone) (Genotropin®)			✓
Comment	Specific recommendation from Dr McQueen. All products for assisted conception are funded centrally and GPs should not prescribe.			
6.5.2	*Posterior Pituitary Hormones and Antagonists*			
	Desmopressin	✓	⌖	✓
	Terlipressin (oesophageal varices)			✓
6.6	**Drugs affecting bone metabolism**			
6.6.1	*Calcitonin*			
	Parathyroid hormone 100mcg powder for injection			✓
	Salcatonin Nasal Spray			✓
	Teriparatide			✓
Comment	Teriparatide -restricted use refer to SMC Guidance			

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6.6.2	*Bisphosphonates*			
Comment	Please refer to Hypercalcaemia of Malignancy Treatment Guideline (Appendix 42) & Suspected Hypercalcaemia of Malignancy Guideline for Primary Care (Appendix 43)			
	Alendronic Acid **(1st Line)** (prophylaxis and treatment in men and women)	✓	✓	✓
	Risedronate Sodium (prophylaxis and treatment in women only)	✓	✓	✓
Comment	Risedronate 2nd Line if GI intolerance of alendronic acid. Recommended in G.I problems. Caution ensure correct strength is prescribed for indication.			
	Disodium Pamidronate(I.V.)- **(1st Line for hypercalcaemia)**			✓
	Zoledronic Acid Sol'n (2nd line)			✓
	Ibandronic Acid-(3rd Line)	✓		✓
Comment	IV Ibandronate for patients with osteoporosis who cannot tolerate oral bisphophonates			
	Stontium ranelate (Protelos®)	✓	✓	✓
Comment	Stontium ranelate 2nd Line to bisphosphonates for patients who cannot tolerate bisphosphonates			
	Raloxifene	✓	✓	✓
Comment	Rafoxifene may be used for patients where bisphosphonates and Stontium are contra indicated or not tolerated			
6.7	**Other endocrine drugs**			
6.7.1	*Bromocriptine and other dopamine-receptor stimulants*			
	Bromocriptine	✓	✓	✓
	Cabergoline	⌖	⌖	✓
	Quinagolide	⌖	⌖	✓
6.7.2	*Drugs affecting gonadotrophins*			
	Danazol	⌖	⌖	✓
	Naferelin	⌖	⌖	✓

Chapter/Section/Drug		Primary Care		Acute
		CHPs	Mental Health Specialties	Services
7	***Obstetrics, gynaecology and urinary tract disorders***			
7.1	**Drugs used in obstetrics**			
7.1.1	*Prostaglandins and oxytocics*			
	Carboprost			✓
	Dinoprostone			✓
	Ergometrine Maleate			✓
	Syntometrine®			✓
	Gemeprost			✓
	Oxytocin			✓
7.1.1.1	*Ductus arteriosus*			
	Alprostadil (restricted to paediatrics)			✓
7.1.2	*Mifepristone*			
	Mifepristone			✓
	Misoprostol (NB. Unlicensed indication)			✓
7.1.3	*Myometrial Relaxants*			
	Atosiban			✓
	Terbutaline			✓
7.2	**Treatment of vaginal and vulval conditions**			
Comment	See also Forth Valley GUM List (Appendix 33)			
7.2.1	*Preparations for vaginal and vulval changes*			
	Conjugated oestrogens (Premarin® cream)	✓	✓	✓
	Estradiol [Oestradiol] (Vagifem®, Estring®)	✓	✓	✓
	Estriol [Oestriol] (Ovestin®)	✓	✓	✓
	Relactagel	✓	✓	✓
7.2.2	*Vaginal and vulval infections*			
	Clotrimazole	✓	✓	✓
	Miconazole	✓	✓	✓
	Clindamycin			✓
	Povidone Iodine (Betadine®)	✓	✓	✓
7.3	**Contraceptives**			
7.3.1	*Combined oral contraceptives*			
	Loestrin20®	✓	✓	✓
	Logynon®	✓	✓	✓
	Microgynon30®	✓	✓	✓
	Marvelon®	✓	✓	✓
	Mercilon®	✓	✓	✓
	Femodene®	✓	✓	✓
	Cilest®	✓	✓	✓
	Evra® Patch	✓	✓	✓
	Emergency contraception			
	Levonelle®1500	✓	✓	✓
Comment	Only effective if taken within 72 hours. Taking the dose as soon as possible increases efficacy.			
7.3.2.1	*Oral Progestogen-only contraceptives*			
	Cerazette® (use 2nd line-follow SMC advice)	✓	✓	✓
	Femulen®	✓	✓	✓
	Norethisterone	✓	✓	✓

Chapter/Section/Drug		Primary Care		Acute
		CHPs	Mental Health Specialties	Services
7.3.2.2	*Parenteral Progestogen-only contraceptives*			
	Medroxyprogesterone acetate (Depo-provera®)	✓	✓	✓
	Implanon®			✓
7.3.2.3	*Intra-uterine progestogen-only contaceptive*			
	Mirena® (not 1st line)	✓		✓
7.3.4	*Contraceptive devices*			
	Nova-T ® 380	✓	✓	✓
	Multiload ® Cu375	✓	✓	✓
	T-Safe® CU 380A	✓	✓	✓

Chapter/Section/Drug		Primary Care		Acute
		CHPs	Mental Health Specialties	Services
7.4	**Drugs for genito-urinary disorders**			
7.4.1	*Drugs for urinary retention*			
	Distigmine	⌖	⌖	✓
	Tamsulosin	✓	⌖	✓
	Alfuzosin	⌖	⌖	✓
Comment	Alfuzosin is available as both standard release and M/R formulations. If prescribing M/R preparation, please prescribe by brand.			
7.4.2	*Drugs for urinary frequency, enuresis and incontinence*			
	Duloxetine (restricted use refer to SMC Guidance)	⌖	⌖	✓
	Propiverine	✓	✓	✓
	Oxybutinin	✓	✓	✓
	Tolterodine	✓	✓	✓
	Trospium Chloride (2nd line)	✓	✓	✓
	Solifenacin Succinate (Vesicare®)	✓	✓	✓
	Desmopressin (see section 6.5.2)	✓	✓	✓
Comment	Desmopressin Spray is no longer indicated for nocturnal enuresis unless treatment is associated with multiple sclerosis			
7.4.3	*Drugs used in urological pain*			
	Potassium citrate (Effercitrate®)	✓	✓	✓
7.4.4	*Bladder instillations and urological surgery*			
	Sodium chloride	✓	✓	✓
	Dimethyl sulphoxide			✓
	Mitomycin-C			✓
	Epirubicin			✓
7.4.5	*Drugs for impotence*			
Comment	National guidance for prescribing drugs for erectile dysfunction (and other schedule 11 drugs) is available at the following web link http://www.show.scot.nhs.uk/sehd/pca/pca1999(m)9(p)3.htm			
	Alprostadil (Caverject®, Muse®)	✓	✓	✓
	Sildenafil	✓	✓	✓
	Papaverine			✓
	Phentolamine Injection			✓
	Tadalafil	✓	✓	✓
	Vardenafil	✓	✓	✓
Comment	Papaverine and Phentolamine are both unlicensed for this indication.			

Chapter/Section/Drug		Primary Care		Acute
		CHPs	Mental Health Specialties	Services
8	***Malignant disease and immunosuppression***			
Comment	Please refer to Superior Vena Cava Obstruction Treatment Guideline for Acute Services (Appendix 44), Superior Vena Cava Obstruction Guideline for Primary Care (Appendix 45), Malignant Spinal Cord Compression Guideline for Seconday Care (Appendix 46) & Malignant Spinal Cord Compression Guideline for Primary Care (Appendix 47)			
8.1	**Cytotoxic drugs**			
8.1.1	*Alkylating drugs*			
	Chlorambucil			✓
	Cyclophosphamide	⌖		✓
	Ifosfamide			✓
	Melphalan			✓
	Busulfan	To be prescribed only by West of Scotland haemopoietic stem cell transplant team with HSCT protocols		
	Mesna (urothelial toxicity)			✓
	Treosulfan			✓
8.1.2	*Cytotoxic antibiotics*			
	Bleomycin			✓
	Doxorubicin			✓
	Epirubicin			✓
	Idarubicin			✓
	Mitomycin-C			✓
	Mitozantrone			✓
	Daunorubicin			✓
8.1.3	*Antimetabolites*			
	Cytarabine			✓
	Fludarabine Phosphate			✓
	5-Fluorouracil (cream - in liaison with Dermatologist)	⌖		✓
	Capecitabine			✓
	Cladribine		Restricted use West of Scotland Haematology Protocol	
	Pemetrexed		Restricted use West of Scotland Cancer Network	
	Nelarabine		Restricted use West of Scotland Cancer Network	
	Gemcitabine 200mg and 1g powder for infustion (Gemzar®)		Restricted use West of Scotland Cancer Network	
	Methotrexate	⌖	⌖	✓
Comment	For patients, who are receiving S/C Methotrexate for Rheumatoid Arthritis, administer in liaison with Acute Pharmacy Services.			
	Mercaptopurine			✓
	Thioguanine			✓
	Folinic acid (Folate rescue)			✓
8.1.4	*Vinca alkaloids and etoposide*			
	Etoposide			✓
	Vinblastine			✓
	Vincristine			✓
	Vinorelbine			✓
8.1.5	*Other antineoplastic drugs*			
	Bortezomib			✓
	Carboplatin			✓
	Cisplatin			✓

Chapter/Section/Drug		Primary Care		Acute
		CHPs	Mental Health Specialties	Services
8.1.5	Hydroxyurea	⌖	⌖	✓
	Procarbazine		✓	
	Amsacrine			✓
	Dacarbazine			✓
	Nilotinib		Restricted Use West of Scotland Cancer Network	
	Oxaliplatin 50mg,100mg powder For IV Infusion (Eloxatin®)		Restricted Use West of Scotland Cancer Network	
	Dasatinib		Restricted Use West of Scotland Cancer Network	
	Topotecan		Restricted Use West of Scotland Cancer Network	
	Trastuzumab 150mg vial (Herceptin®)		Restricted Use West of Scotland Cancer Network	
	Docetaxel		Restricted Use West of Scotland Cancer Network	
	Temozolomide 5, 20,100 and 250mg Capsules (Temodal®)		Restricted Use West of Scotland Cancer Network	
	Erlotinib 25, 100 and 150 f/c tablets (Tarceva®)		Restricted Use West of Scotland Cancer Network	
8.2	**Drugs affecting the immune response**			
8.2.1	*Antiproliferative immunosuppressants*			
	Azathioprine	⌖	⌖	✓
	Mycophenolic acid	⌖	⌖	✓
8.2.2	*Corticosteroids and other immunosuppressants*			
	Ciclosporin [Cyclosporin]	⌖	⌖	✓
	Prednisolone	✓	✓	✓
	Methylprednisolone	⌖	⌖	✓
	Tacrolimus	⌖	⌖	✓
8.2.3	*Rituximab and alemtuzumab*			
	Alemtuzumab 30mg/ml Sol'n for IV infusion		Restricted use West of Scotland Cancer Network	
	Rituximab 10mg/ml Concentrate for infusion (MabThera®)			✓
8.2.4	*Interferons*			
	Natalizumab **(Specialist Initiation)**			✓
	Thalidomide **(Restricted to Consultant Neurologist use only)**			✓
	Interferon-alfa (Haematology use only)	⌖		✓
	Interferon alfa 2b (Viraferon & Intron A) 18 million IU. Solution For injection, multidose pen in Combination with ribavarin (Rebetol®) capsules 200mg			✓
	Viraferon® (Hepatitis B)			✓
	Others			
	BCG bladder instillation			✓

Chapter/Section/Drug		Primary Care		Acute Services
		CHPs	Mental Health Specialties	
8.3	**Sex hormones and hormone antagonists in malignant disease**			
8.3.1	*Oestrogens*			
	Ethinylestradiol [Ethinyloestradiol]	⌖	⌖	✓
8.3.2	*Progestogens*			
	Medroxyprogesterone acetate	✓	✓	✓
	Megestrol acetate	✓	✓	✓
	Norethisterone	✓	✓	✓
8.3.4	*Hormone antagonists*			
	Tamoxifen	⌖	⌖	✓
	Anastrozole	Restricted use West of Scotland Cancer Network		
	Letrozole	⌖	⌖	✓
	Cyproterone acetate	⌖	⌖	✓
	Flutamide	⌖	⌖	✓
	Bicalutamide	⌖	⌖	✓
	Goserelin	⌖	⌖	✓
	Leuprorelin	⌖	⌖	✓
	Exemestane	Restricted Use West of Scotland Cancer Network		
	Triptorelin (Decapeptyl SR ®)	✓	✓	✓
	Octreotide	⌖	⌖	✓

Chapter/Section/Drug		Primary Care		Acute
		CHPs	Mental Health Specialties	Services
9	***Nutrition and Blood***			
9.1	**Anaemias and some other blood disorders**			
9.1.1	*Iron-deficiency anaemias*			
9.1.1.1	*Oral Iron*			
	Ferrous sulphate	✓	✓	✓
	Ferrous fumarate (syrup)	✓	✓	✓
	Fersaday®	✓	✓	✓
	Ferrous gluconate	✓	✓	✓
	Sodium feredetate	✓	✓	✓
9.1.1.2	*Parenteral Iron*			
	Iron dextran injection			✓
	Iron sorbitol injection			✓
9.1.2	*Drugs used in megaloblastic anaemias*			
	Folic Acid	✓	✓	✓
	Hydroxocobalamin	✓	✓	✓
Comment	Giving vitamin B12 without further investigation, due to macrocytic anaemia, can prevent subsequent accurate diagnosis. Intrinsic factor antibody test cannot be interpreted in the presence of high levels of B12 (serum B12 levels are not relevant after B12 has been given). If there is clinical suspicion of sub-acute combined degeneration, treatment should be initiated immediately after generous samples for analysis are taken.			
9.1.3	*Drugs used in hypoplastic, haemolytic, and renal anaemias*			
	Darbepoetin alfa	⌖	⌖	✓
	Epoetin delta	⌖	⌖	✓
	Epoetin alfa	⌖	⌖	✓
	Epoetin beta	⌖	⌖	✓
	Epoetin zeta	⌖	⌖	✓
Comment	Epoetin for renal unit/shared care use only.			
9.1.4	*Drugs used in platelet disorders*			
	Anagrelide	Restricted use West of Scotland Cancer Network		
9.1.6	*Drugs used in neutropenia*			
	Filgrastim (restricted - haematology/oncology use only)			✓
9.2	**Fluids and electrolytes**			
9.2.1	*Oral preparations for fluid and electrolyte imbalance*			
	Potassium chloride (Sando-K®, Kay-Cee-L syrup®)	✓	✓	✓
	Calcium polystyrene sulphonate (Calcium resonium®)			✓
	Sodium polystyrene sulphonate (Resonium A®)			✓
	Oral rehydration salts	✓	✓	✓
	Sodium bicarbonate	⌖	⌖	✓
9.2.2	*Parenteral preparations for fluid and electrolyte imbalance*			
9.2.2.1	*Electrolytes and water*			
	Sodium chloride		✓	✓
	Sodium chloride/glucose			✓
	Sodium chloride with Potassium		✓	✓
	Glucose		✓	✓
	Glucose with Potassium		✓	✓
	Potassium chloride strong solution			✓
	Sodium bicarbonate			✓
9.2.2.2	*Plasma and plasma substitutes*			
	Haemaccel®			✓
	HAES-steril®			✓

Chapter/Section/Drug		Primary Care		Acute
		CHPs	Mental Health Specialties	Services
9.4	**Oral Nutrition** Dietetic recommendation			
9.5	**Minerals**			
Comment	Refer to Hypomagnesaemia in Adults Guideline (Appendix 48) and Hypophosphataemia in Adults Guideline (Appendix 49)			
9.5.1	*Calcium and magnesium* Sandocal®	✓	✓	✓
	Calcium-Sandoz® syrup	✓	✓	✓
	Titralac® (see section 9.6.4)			✓
	Calcium Gluconate Injection			✓
	Magnesuim sulphate injection			✓
9.5.2 *9.5.2.2*	*Phosphorus* *Phosphorus binding agents* Aluminium hydroxide			✓
	Lanthanum	✓	✓	✓
9.5.4	*Zinc* Zinc sulphate (Solvazinc®)			✓
9.6	**Vitamins**			
9.6.1	*Vitamin A* Vitamins A and D	✓		
	Vitamins A C and D	✓	✓	✓
9.6.2	*Vitamin B* Thiamine (Vit B1)	✓	✓	✓
	Pyridoxine (Vit B6)	✓	✓	✓
	Nicotinamide	✓	✓	✓
	Vitamin B Co Strong	✓		✓
	Vitamins B and C IV/HP (Pabrinex®)		✓	✓
9.6.3	*Vitamin C* Ascorbic acid	✓	✓	✓
9.6.4	*Vitamin D* Ergocalciferol (readily available as calcium and ergocalciferol)	✓	✓	✓
	Calcium and colecalciferol (Adcal-D3® & Calfovit D3®)	✓	✓	✓
	Alfacalcidol	⌖	⌖	✓
9.6.6	*Vitamin K* Phytomenadione	✓	✓	✓
	Menadiol sodium phosphate	⌖		✓
	Konakion MM®	⌖		✓
	Konakion MM Paediatric®	✓		✓
9.6.7	*Multivitamin preparations* Vitamin A, B group, C,and D (Abidec® & Dalivit®)	✓	✓	✓
	Forceval ®(+/-junior) Capsules	✓	✓	✓
	Vitamin Capsules BPC	✓	✓	✓

Chapter/Section/Drug		Primary Care		Acute
		CHPs	Mental Health Specialties	Services
10	***Musculoskeletal and joint diseases***			
10.1	**Drugs used in rheumatic diseases and gout**			
Comment	See also FV GUM List (Appendix 33)			
10.1.1	*Non-steroidal anti-inflammatory drugs*			
	Ibuprofen	✓	✓	✓
	Diclofenac sodium (not M/R product)	✓	✓	✓
	Diclofenac 75mg/2ml Sol'n for intravenous injection (Dyloject®) – **(Restricted use for post operative pain)**			✓
	Naproxen	✓	✓	✓
	Celecoxib (not 1st line) (As per SMC Advice)	✓	✓	✓
	Etoricoxib (Alternative to Celecoxib)	✓	✓	✓
10.1.2	*Corticosteroids*			
	Triamcinolone hexacetanide	✓		✓
	Methylprednisolone acetate	✓		✓
	Hydrocortisone acetate	✓		✓
10.1.3	*Drugs which suppress the rheumatic disease process*			
	Sodium aurothiomalate	⌖	⌖	✓
	Auranofin	⌖	⌖	✓
	Penicillamine	⌖	⌖	✓
	Hydroxychloroquine sulphate	⌖	⌖	✓
	Cyclophosphamide	⌖	⌖	✓
	Methotrexate	⌖	⌖	✓
	Azathioprine	⌖	⌖	✓
	Sulphasalazine (EC formulation)	⌖	⌖	✓
	Adalimumab			✓
	Ciclosporin (Prescribe by brand)	⌖	⌖	✓
Comment	Due to differences in bioavailability ciclosporin brand should be specified.			
	Mycophenylate	Specialist recommendation by Rheumoatology expert for SLE only		
	Leflunomide	Rheumatology recommendation only		
	Adalimumab	Rheumatology recommendation only		
	Etanercept	Rheumatology recommendation only		
	Infliximab	Rheumatology recommendation only		
	Rituximab (Acute use only)			✓
10.1.4	*Drugs for treatment of gout*			
	Colchicine (acute attack)	✓	✓	✓
Comment	Caution with course length/total dose of colchicine - refer to BNF.			
	Allopurinol (prophylaxis)	✓	✓	✓

Chapter/Section/Drug		Primary Care		Acute
		CHPs	Mental Health Specialties	Services
10.2	**Drugs used for neuromuscular disorders**			
10.2.1	*Drugs which enhance neuromuscular transmission*			
	Neostigmine	⌖	⌖	✓
	Distigmine (see section 7.4.1)	⌖	⌖	✓
	Edrophonium chloride	⌖	⌖	✓
	Pyridostigmine bromide	⌖	⌖	✓
10.2.2	*Skeletal muscle relaxants*			
	Baclofen	⌖	✓	✓
	Dantrolene	⌖	⌖	✓
	Diazepam (short term use)	✓	✓	✓
	Quinine Sulphate (300mg)	✓	⌖	✓
10.3	**Drugs for the relief of soft-tissue inflammation**			
	Hyaluronidase			✓
	Capsaicin 0.075% cream (Axsain®)	✓	⌖	✓
	Movelat® gel/cream	✓		

Chapter/Section/Drug		Primary Care		Acute
		CHPs	Mental Health Specialties	Services
11	***Eye***			
11.3	**Anti-infective eye preparations**			
11.3.1	*Antibacterials*			
	Chloramphenicol	✓	✓	✓
Comment	Chloramphenicol eye drops are well tolerated and the recommendation that they should be avoided because of increased risk of aplastic anaemia is not well founded.			
	Fusidic acid	✓	✓	✓
	Gentamicin	✓	✓	✓
	Ofloxacin	⌖	⌖	✓
	Brolene® & Chlorhexidine (for acanthamoeba)	Ophthalmologist use only		
11.3.3	*Antivirals*			
	Aciclovir (on advice from secondary care)	⌖	⌖	✓
11.4	**Corticosteroids and other anti-infalmmatory preparations**			
11.4.1	*Corticosteroids*			
Comment	Ophthalmologist recommendations - GPs should not initiate corticosteroids without advice.			
	Betamethasone (Betnesol® Drops & Oint, Betnesol-N® Drops)	⌖	⌖	✓
	Dexamethasone (Maxidex® Drops, Maxitrol® Oint)	⌖	⌖	✓
	Dexamethasone (Minims® Dexamethasone)	Ophthalmologist use only		
	Fluorometholone	Ophthalmologist use only		
	Prednisolone (Pred Forte® Drops, Predsol® Drops, Predsol-N® Drops)	⌖	⌖	✓
	Prednisolone (Minims®)			✓
	Prednisolone (Predsol® 0.1% & Predsol® 0.03% Drops)	Ophthalmologist use only		
	Rimexolone			✓
11.4.2	*Other anti-inflammatory preparations*			
	Olopatadine (Optanol®)	✓	✓	✓
	Antazoline (Otrivine-Antistin®)	✓		
Comment	Otrivine-Antistin® also contains the sympathomimetic xylometazoline. It should be avoided in angle-closure glaucoma.			
	Azelastine	⌖	⌖	✓
	Levocabastine	⌖	⌖	✓
	Lodoxamide	⌖	⌖	✓
	Nedocromil (2nd line)	✓	✓	✓
	Sodium Cromoglicate	✓	✓	✓
11.5	**Mydriatics and cycloplegics**			
	Atropine 1% (Drops & Minims®)	⌖	⌖	✓
	Cyclopentolate (Drops & Minims®)	⌖	⌖	✓
	Tropicamide 1% (Drops & Minims®)	✓	⌖	✓
	Phenylephrine (Drops & Minims®)	⌖	⌖	✓

Chapter/Section/Drug		Primary Care		Acute
		CHPs	Mental Health Specialties	Services
11.6	**Treatment of glaucoma**			
	Pilocarpine (0.5%, 1%, 2% Drops, Occusert® 20 & 40)	⌖	⌖	✓
	Bimatoprost	⌖	⌖	✓
	Bimatoprost with timolol (Ganfort®)	⌖	⌖	✓
	Brimonidine Tartrate with timolol (Combigan®)	⌖	⌖	✓
	Brimonidine	⌖	⌖	✓
	Dipivefrine	⌖	⌖	✓
	Betaxolol	⌖	⌖	✓
	Timolol (including LA product)	⌖	⌖	✓
	Timolol 0.5% unpreserved			✓
Comment	Please refer to CSM guidance on Beta-blocker use			
	Acetazolamide	⌖	⌖	✓
Comment	Acetazolamide can be initiated in Primary Care under ophthalmologist advice			
	Dorzolamide (Trusopt®, Cosopt®)	⌖	⌖	✓
	Latanoprost	⌖	⌖	✓
	Latanoprost with timolol	⌖	⌖	✓
	Travoprost with timolol	⌖	⌖	✓
	Travoprost **(in accordance with SMC restrictions)**	⌖	⌖	✓
11.7	**Local anaesthetics**			
	Proxymetacaine Minims® (less stinging than others)	✓		✓
	Proxymetacaine and Fluorescein Minims®			✓
	Oxybupricaine Minims®			✓
	Tetracaine [Amethocaine] 1% Minims®			✓
	Lidocaine 0.5% & 1% preservative free			✓
	Lidocaine 0.5% & 1% with epinephrine preservative free			✓
	Marcaine 0.25% & 0.5% preservative free			✓
	Marcaine 0.25% & 0.5% with epinephrine preservative free			✓
	Cocaine 4% drops & 10% paste			✓
11.8	**Miscellaneous ophthalmic preparations**			
11.8.1	*Tear deficiency, ocular lubricants and astringents*			
	Acetylcysteine	⌖	⌖	✓
	Carbomer 0.2% (Viscotears®)	✓	✓	✓
	Carbomer 980 0.2% Drops preservative free	⌖	⌖	✓
	Carbomer 0.25% (Liquivisc®)	✓	✓	✓
	Hydroxyethylcellulose (Minims® Artificial Tears)	✓		
Comment	Preservative free for use in patients with allergy to preservatives.			
	Hypromellose 0.3%	✓	✓	✓
	Hypromellose 0.3% preservative free	⌖	⌖	✓
	Liquid paraffin (Lacri-Lube®)	✓	✓	✓
	Polyvinyl alcohol 1.4% (Liquifilm Tears®)	✓	✓	✓
	Polyvinyl alcohol 1.4% preservative free	⌖	⌖	✓
	Clerz® Eye drops			✓

Chapter/Section/Drug		Primary Care		Acute
		CHPs	Mental Health Specialties	Services
11.8.2	*Ocular diagnostic and peri-operative preparations and photodynamic treatment*			
	Fluorescein sodium (Minims®)	✓	✓	✓
	Fluorescein sodium (Strips)	✓	✓	✓
	Rose Bengal (Minims®)			✓
	Acetylcholine (Miochol®)			✓
	Apraclonidine (Iopidine® 0.5% drops & 1% 0.25ml units)			✓
	Diclofenac Sodium 0.1%			✓
	Flurbiprofen 0.3%			✓
	Ketorolac 0.5%			✓
	EDTA Eye Drops (for corneal burns N.B. Unlicensed)			✓
	Trifluorothimidine eye drops (2nd line after Aciclovir)			✓
	Cefuroxime 5% eye drops (severe keratitis - 2nd line after ofloxacin)			✓
	Penicillin eye drops (severe keratitis - 2nd line after ofloxacin)			✓
	Teicoplanin eye drops (severe keratitis - 2nd line after ofloxacin)			✓
	Gentamycin Forte (severe keratitis - 2nd line after ofloxacin)			✓
	Natamycin (to be available - fungal keratitis)(rarely used but should have known source)			✓
	Ketoconazole (to be available - fungal keratitis)(rarely used but should have known source)			✓
	Povidone-iodine Minims (Pre-op use - available soon)			✓
	Intravetrial/sub-conjunctival preparations			✓
	Vancomycin (endophthalmitis) IV injection diluted to prepare this			✓
	Amikacin (endophthalmitis) IV injection diluted to prepare this			✓
	Ceftazidime (endophthalmitis) IV injection diluted to prepare this			✓
	Amphoteracin B (endophthalmitis) IV injection diluted to prepare this			✓
	Ranibizumab (Specialist Use Only)			✓
	Gentamycin (endophthalmitis) IV injection diluted to prepare this			✓
	Dexamethasone sodium injection preservative free			✓
	Others			
	Ciclosporin 2% eye drops in oil or 0.5% aqueous (have source available)			✓
	Hyalase® 1500 units			✓
	Healon/Healon GV			✓
	Vision Blue			✓
	Vitamin C 10%			✓
	Hydroxyamphetamine eye drops (for pupil testing)			✓
	Fluorescein IV 20%			✓
	Pilocarpine 5mg tablet			✓

Chapter/Section/Drug		Primary Care		Acute
		CHPs	Mental Health Specialties	Services
12	***Ear, Nose and Oropharynx***			
12.1	**Drugs acting on the ear**			
12.1.1	*Otitis externa*			
	Betamethasone sodium phosphate (Betnesol®)	✓	✓	✓
	Betnesol-N®	✓	✓	✓
	Flumetasone Pivalate (Locorten-Vioform®)	✓	✓	✓
	Gentisone HC®	✓	✓	✓
	Prednisolone (Predsol®)	✓	✓	✓
	Predsol-N®	✓	✓	✓
	Gentamicin (Genticin®, Garamycin®)	✓	✓	✓
	Gentisone HC®	✓	✓	✓
	Triadcortyl-Otic®			✓
12.1.3	*Removal of ear wax*			
	Cerumol®	✓	✓	✓
	Sodium bicarbonate 5%	✓	✓	✓
12.2	**Drugs acting on the nose**			
12.2.1	*Drugs used in nasal allergy*			
	Azelastine Hydrochloride (Rhinalast®)	✓	✓	✓
	Beclometasone Dipropionate	✓	✓	✓
	Betamethasone sodium phosphate (Betnesol®)	✓	✓	✓
	Budesonide	✓	✓	✓
	Fluticasone Propionate (2nd line)	✓	✓	✓
	Mometasone Furoate (Nasonex®) (2nd line)	✓	✓	✓
	Sodium Cromoglicate	✓		
12.2.2	*Topical nasal decongestants*			
	Ephedrine Hydrochloride (under 12 year olds)	✓	✓	✓
	Sodium Chloride 0.9% (for infants)	✓	✓	✓
	Xylometazoline Hydrochloride	✓	✓	✓
	Ipratropium Bromide (Rinatec®)	✓	✓	✓
12.2.3	*Nasal preparations for infection and epistaxis*			
	Mupirocin (Bactoban Nasal®)	✓	✓	✓
	Naseptin®	✓	✓	✓
12.3	**Drugs acting on the oropharynx**			
12.3.1	*Drugs for oral ulceration and inflammation*			
	Benzydamine Hydrochloride	✓	✓	✓
	Adcortyl in Orabase®	✓	✓	✓
	Hydrocortisone pellets (Corlan®)	✓	✓	✓
	Choline salicylate dental gel BP (Bonjela®, Teejel®)	✓	✓	✓
12.3.2	*Orophanyngeal anti-infective drugs*			
	Amphotericin	✓	✓	✓
	Miconazole	✓	✓	✓
	Nystatin	✓	✓	✓
12.3.3	*Lozenges and sprays*			
	Benzalkonium chloride (Bradasol®)	✓	✓	✓

Chapter/Section/Drug		Primary Care		Acute
		CHPs	Mental Health Specialties	Services
12.3.4	*Mouthwashes, gargles and dentifrices*			
	Chlorhexidine gluconate	✓	✓	✓
	Povidone-Iodine	✓	✓	✓
	Thymol	✓	✓	✓
12.3.5	*Treatment of dry mouth*			
	AS Saliva Orthana®	✓		
	Glandosane®	✓		
	Oralbalance Gel®		✓	✓

Chapter/Section/Drug		Primary Care		Acute
		CHPs	Mental Health Specialties	Services
Comment	General Practitioners with special interest (GPSIs) are based in primary care but may prescribe or make recommendations on behalf of Acute Services			
Comment	See also FV GUM List Appendix 33			
13	***Skin***			
13.2	**Emollient and barrier preparations**			
Comment	Please refer to Forth Valley Dermatology Guidelines			
13.2.1	*Emollients*			
	Aqueous Cream	✓	✓	✓
	Emulsifying Ointment	✓	✓	✓
	White soft paraffin	✓	✓	✓
	50:50 Ointment (Liq paraffin/White soft paraffin)	✓	✓	✓
	Cetraben® (2nd line – alternative for patients unable to use an oily product)	✓	✓	✓
	Diprobase® cream	✓	✓	✓
	Doublebase® gel & showergel	✓	✓	✓
	E45® (2nd line)	✓	✓	✓
	Epaderm®	✓	✓	✓
	Oilatum®	✓	✓	✓
	Oilatum Plus®	✓	✓	✓
	Calmurid® cream (2nd line)	✓	✓	✓
	Balneum Plus® **(1st line)**	✓	✓	✓
	Dermol ®	✓	✓	✓
	Eucerin® cream and lotion	✓	✓	✓
13.2.2	*Barrier preparations*			
	Metanium® (2nd line)	✓	✓	✓
Comment	Barrier preparations are not appropriate for use in the treatment of eczema			
	Conotrane	✓	✓	✓
13.3	**Topical local anaesthetics and antipruritics**			
	Calamine oily lotion	✓	✓	✓
Comment	The oily lotion gives a more prolonged effect, but contains peanut oil.			
	Crotamiton (Eurax®)	✓		✓
	Doxepin Hydrochloride	⌖	⌖	✓
13.4	**Topical corticosteroids**			
	Hydrocortisone - cream/oint	✓	✓	✓
	Nystaform-HC ® (peri-oral use)	⌖	⌖	✓
	Betnovate® - cream/oint	✓	✓	✓
	Betacap®	⌖	⌖	✓
	Betamousse®	⌖	⌖	✓
	Clobetasol Propionate	✓	✓	✓
	Eumovate® - cream/oint	✓	✓	✓
	Diprosone® - cream/oint (2nd line)	✓	✓	✓
	Diprosalic® - oint/scalp application	✓	✓	✓
	Lotriderm ® (2nd line)	⌖	⌖	✓
	Nerisone Forte® (2nd line)	⌖	⌖	✓

Chapter/Section/Drug		Primary Care		Acute
		CHPs	Mental Health Specialties	Services
	Haelan ® Tape	⌖	⌖	✓
	Elocon® (Once daily application)	✓	⌖	✓
	Synalar® gel - for scalp use	✓	✓	✓
	Trimovate®	✓	✓	✓
	Canesten HC®	✓	✓	✓
	Daktacort®	✓	✓	✓
	Fucibet®	✓	✓	✓
	Fucidin H®	✓	✓	✓
	Timodine®	✓	✓	✓
	Betnovate C®	⌖	⌖	✓
13.5	**Preparations for eczema and psoriasis**			
Comment	Extemporaneous preparations of "nostrums" containing Ichthammol, Coal Tar or Salicylic acid are no longer "cheap" options. It is highly likely that these will require to be produced by a "Specials" manufacturer at very high cost (upwards of 10 times the expected cost). Therefore, wherever possible prescribe proprietary preparations which correspond the closest to the formulation and strength required.			
13.5.1	*Preparations for eczema*			
	Ichthammol ointment	✓	⌖	✓
	Zinc paste and ichthammol bandage	⌖	⌖	✓
	Alitretinoin **(Restricted use consultant dermatologists only)**	⌖	⌖	✓
13.5.2	*Preparations for psoriasis*			
	Calcipotriol	✓	✓	✓
	Calcitriol Ointment **(follow SMC guidance)**	✓	✓	✓
	Coal tar **(Extemporaneous coal tar products Acute Service use only)**	✓	✓	✓
	Carbodome	✓	✓	✓
	Alphosyl HC	⌖	⌖	✓
	Exorex® - lotion (2nd line)	⌖	⌖	✓
	Dovobet® **(follow with SMC guidance)**	⌖	⌖	✓
	Dithranol	✓	✓	✓
	Salicylic acid (as part of extemporaneous preparation)	✓	✓	✓
	Acetretin			✓
	Ciclosporin	⌖	⌖	✓
	Methotrexate	⌖	⌖	✓
13.5.3	*Drugs affecting the immune response*			
	Tacrolimus - ointment **(in accordance with SMC guidance)**	⌖	⌖	✓
	Adalimumab **(Acute Services only)**			✓
13.6	Acne and rosacea			
13.6.1	*Topical preparations for acne*			
	Benzoyl peroxide (Panoxyl®)	✓	✓	✓
	Benzoyl peroxide and clindamycin gel (Duac®)	✓	⌖	✓
	Benzoyl peroxide and erythromycin gel (Benzamycin®)	✓	⌖	✓
	Azelaic acid (2nd line)	✓	⌖	✓
	Clindamycin (Dalacin T®)	✓	✓	
	Erythromycin (Topical)	✓		
	Zineryt® lotion **(in guidance with Forth Valley Dermatology Guidelines)**	⌖	⌖	✓

Chapter/Section/Drug		Primary Care		Acute
		CHPs	Mental Health Specialties	Services
13.6.1	Adapalene (Differin®) (less irritant than tretinoin)	✓		
	Isotrex® gel	⌖	⌖	✓
	Isotrexin® gel	⌖	⌖	✓
13.6.2	*Oral preparations for acne*			
	Isotretinoin (specialist use only)			✓
	Dianette®	✓	✓	✓
13.7	**Preparations for warts and callouses**			
	Salicylic acid (Salactol®, Occlusal®) *(Verrugon® - for plantar warts only)*	✓	✓	✓
	Imiquimod			✓
Comment	Imiquimod - Where surgery is not appropriate or in patients unresponsive to conventional therapy			
	Podophyllotoxin - Cream & Solution (Warticon®)		⌖	✓
13.8	**Sunscreens and camouflagers**			
13.8.1	*Sunscreens*			
	E45 Sun®	⌖	⌖	✓
	Sunsense® Ultra	⌖	⌖	✓
	SpectraBan®	⌖	⌖	✓
	Uvistat® SPF30	✓	✓	✓
	Solaraze®	✓	✓	✓
13.9	**Shampoos and other scalp preparations**			
	Capasal®	✓	✓	✓
	Dermax®	✓	✓	✓
	Ketoconazole shampoo (Nizoral®)	✓	✓	✓
	Polytar®	✓	✓	✓
	Sebco®	✓	✓	✓
	T/Gel®	✓	✓	✓
	Vaniqa® **(Restricted use in accordance with SMC Guidance)**	✓	✓	✓
13.10	**Anti-infective skin preparations**			
13.10.1	*Antibacterial preparations*			
	Mupirocin (Bactroban®) - restrict for MRSA	✓	✓	✓
	Silver sulfadiazine (for burns)	✓	✓	✓
	Fusidic acid	✓	✓	✓
	Metronidazole	⌖	⌖	✓
13.10.2	*Antifungal preparations*			
	Amorolfine (for fungal nail infections)	✓	✓	✓
	Clotrimazole	✓	✓	✓
	Ketoconazole cream (Nizoral®)	⌖	⌖	✓
Comment	Nizoral® cream is only prescribable for seborrhoeic dermatitis and pityriasis versicolor and must be endorsed "SLS".			
	Terbinafine	✓	✓	✓
13.10.3	*Antiviral preparations*			
	Aciclovir	✓	✓	✓
	Penciclovir (2nd line in cold sores)	✓	✓	✓
13.10.4	*Paracitical preparations*			
	Malathion	✓	✓	✓
	Permethrin	✓	✓	✓

Chapter/Section/Drug		Primary Care CHPs	Primary Care Mental Health Specialties	Acute Services
13.10.4	Phenothrin	✓	✓	✓
Comment	Refer to Forth Valley Headlice Policy			
13.10.5	*Preparations for minor cuts and abrasions*			
	Histoacryl®	✓	✓	✓
13.11	**Disinfectants and cleansers**			
13.11.1	*Alcohols and saline*			
	Industrial Methylated Spirit	✓	✓	✓
	Sodium Chloride 0.9%	✓	✓	✓
13.11.2	*Chlorhexidine salts*			
	Chlorhexidine	✓	✓	✓
13.11.4	*Chlorine and iodine*			
	Povidone-iodine	✓	✓	✓
13.11.5	*Phenolics*			
	Triclosan		✓	✓
13.11.6	*Oxidisers and dyes*			
	Crystacide® (2nd line, only for use if resistance develops)	✓	✓	✓
	Potassium permanganate	✓	✓	✓
13.12	**Antiperspirants**			
	Aluminium Salts	✓		

Chapter/Section/Drug		Primary Care		Acute
		CHPs	Mental Health Specialties	Services
14	***Immunological products and vaccines***			
Comment	Refer to Forth Valley Vaccine Handling Guidelines These include a down-loadable temperature recording chart for refrigerators			
14.4	**Vaccines and antisera**			
	BCG vaccines intradermal			✓
	Tuberculin PPD RT 23 SSI 2T.U/0.1ml Solution for Injection			✓
	Tuberculin PPD RT 23 SSI 10T.U/0.1ml Soution for Injection			✓
	Diphtheria, Tetanus, Pertussis, Polio, Hib, Pediacel, Infanrix IPV + Hib	✓		✓
	Diphtheria, Tetanus, Pertussis Polio (Repevax®, Infanrix IPV)	✓		✓
	Menitorix (combined Hib & MenC)	✓		✓
	Hepatitis A vaccine	✓		
	Hepatitis A/B vaccine (Twinrix®)	✓		
	Hepatitis A and Typhoid vaccine	✓		
	Hepatitis B vaccine (synthetic)	✓		✓
	Human Papilloma Virus Vaccine (Cervarix® ,Gardasil®)	✓		✓
Comment	Cervarix® first line unless documented Latex Allergy use Gardasil®			
	Influenza vaccine	✓	✓	✓
	MMR vaccine	✓		✓
	Meningococcal Group C Conjugate Vaccine	✓		
	Meningococcal Polysaccharide A, C, W135 and Y vaccine	✓		
	Pneumococcal Polysaccharide (23-valent) Vaccine	✓	✓	✓
	Pneumococcal Polysaccharide (7-valent) Conjugated Vaccine (Prevenar®)	✓	✓	✓
	Rabies vaccine	✓		
	Diphtheria (low dose), Tetanus and Inactivated Poliomyelitis Vaccine (Revaxis®)	✓	✓	✓
	Typhoid vaccine	✓		
	Yellow Fever vaccine	✓		
	Varicella – zoster vaccine	✓		
	Botulinum A Toxin (Haemagglutanin complex see BNF section 4.9.3)			✓
14.5	**Immunoglobulins** Please contact the Consultant Haematologist			

Chapter/Section/Drug		Primary Care		Acute
		CHPs	Mental Health Specialties	Services
15	***Anaesthesia***			
15.1	**General anaesthesia**			
15.1.1	*Intravenous anaesthetics*			
	Thiopental Sodium			✓
	Etomidate			✓
	Ketamine			✓
	Propofol		✓	✓
15.1.2	*Inhalational anaesthetics*			
	Desflurane			✓
	Enflurane			✓
	Halothane			✓
	Isoflurane			✓
	Sevoflurane			✓
	Nitrous oxide			✓
	Entonox®/Equanox®			✓
	Oxygen (refer to section 3.6)			✓
15.1.3	*Antimuscarinic drugs*			
	Atropine sulphate			✓
	Glycopyronium bromide			✓
15.1.4	*Sedative and analgesic peri-operative drugs*			
15.1.4.1	*Anxiolytics and neuroleptics*			
	Diazepam			✓
	Midazolam			✓
	Temazepam			✓
	Alimemazine [Trimeprazine] (see section 3.4.1)			✓
15.1.4.2	*Non-opioid analgesics*			
	Diclofenac (See section 10.1)			✓
	Ibuprofen (See section 10.1)			✓
	Tenoxicam Injection (See section 10.1)			✓
	Co-codamol (see section 4.7.1)			✓
15.1.4.3	*Opioid analgesic*			
	Alfentanil			✓
	Fentanyl			✓
	Remifentanil			✓
	Morphine (See section 4.7.2)			✓
	Pethidine (See section 4.7.2)			✓
	Tramadol (Post-op pain - 2nd line)			✓
15.1.5	*Muscle relaxants*			
	Atracurium besilate			✓
	Cisatracurium			✓
	Mivacurium			✓
	Rocuronium bromide			✓
	Vercuronium bromide			✓
	Suxamethonium chloride			✓
15.1.6	*Anticholinesterases used in anaesthesia*			
	Edrophonium chloride			✓
	Neostigmine metilsulfate			✓
	Robinul-Neostigmine®			✓
	Sugammadex			✓
15.1.7	*Antagonists for central and respiratory depression*			
	Doxapram hydrochloride			✓

Chapter/Section/Drug		Primary Care		Acute
		CHPs	Mental Health Specialties	Services
15.1.7	Flumazenil			✓
	Naloxone hydrochloride			✓
15.1.8	*Drugs for malignant hyperthermia*			
	Dantrolene sodium			✓
15.2	**Local anaesthesia**			
	Lidocaine [Lignocaine] HCl			✓
	Lidocaine [Lignocaine] and Epinephrine [Adrenaline]	✓		✓
	Lidocaine [Lignocaine] and Prilocaine (Emla®)	✓		✓
	Bupivacaine HCl			✓
	Bupivacaine and Glucose			✓
	Bupivacaine and Epinephrine [Adrenaline]			✓
	Bupivacaine and Fentanyl			✓
	Levobupivacaine			✓
	Prilocaine HCl			✓
	Ropivacaine HCl			✓
	Tetracaine [Amethocaine]			✓

Appendices

Appendix 1

Changes In The Names Of Medicines

The following list shows those substances in common use for which the BAN has changed to the rINN. A complete list of name changes is available at www.mhra.gov.uk.

Former BAN	New BAN (riNN)
Acrosoxacin	Rosoxacin
Amethocaine	Tetracaine
Amoxycillin	Amoxicillin
Amylobarbitone	Amobarbital
Amylobarbitone sodium	Amobarbital sodium
Beclomethasone	Beclometasone
Bendrofluazide	Bendroflumethiazide
Benorylate	Benorilate
Benzhexol	Trihexyphenidyl
Benztropine	Benzatropine
Busulphan	Busulfan
Butobarbitone	Butobarbital
Carticaine	Articaine
Cephalexin	Cefalexin
Cephamandole Nafate	Cefamandole Nafate
Cephazolin	Cefazolin
Cephradine	Cefradine
Chloral betaine	Cloral betaine
Chlorbutol	Chlorobutanol
Chlormethiazole	Clomethiazole
Chlorpheniramine	Chlorphenamine
Chlorthalidone	Chlortalidone
Cholecalciferol	Colecalciferol
Cholestyramine	Colestyramine
Clomiphene	Clomifene
Colistin Sulphomethate Sodium	Colistimethate Sodium
Corticotrophin	Corticotropin
Cyclosporin	Ciclosporin
Cysteamine	Mercaptamine
Danthron	Dantron
Desoxymethasone	Desoximetasone
Dexamphetamine	Dexamfetamine
Dibromopropamidine	Dibrompropamidine
Dicyclomine	Dicycloverine
Dienoestrol	Dienestrol
Dimethicone(s)	Dimeticone
Dimethyl sulphoxide	Dimethyl sulfoxide
Dothiepin	Dosulepin
Doxycycline Hydrochloride (Hemihydrate Hemiethanolate)	Doxycycline Hyclate

Appendix 1

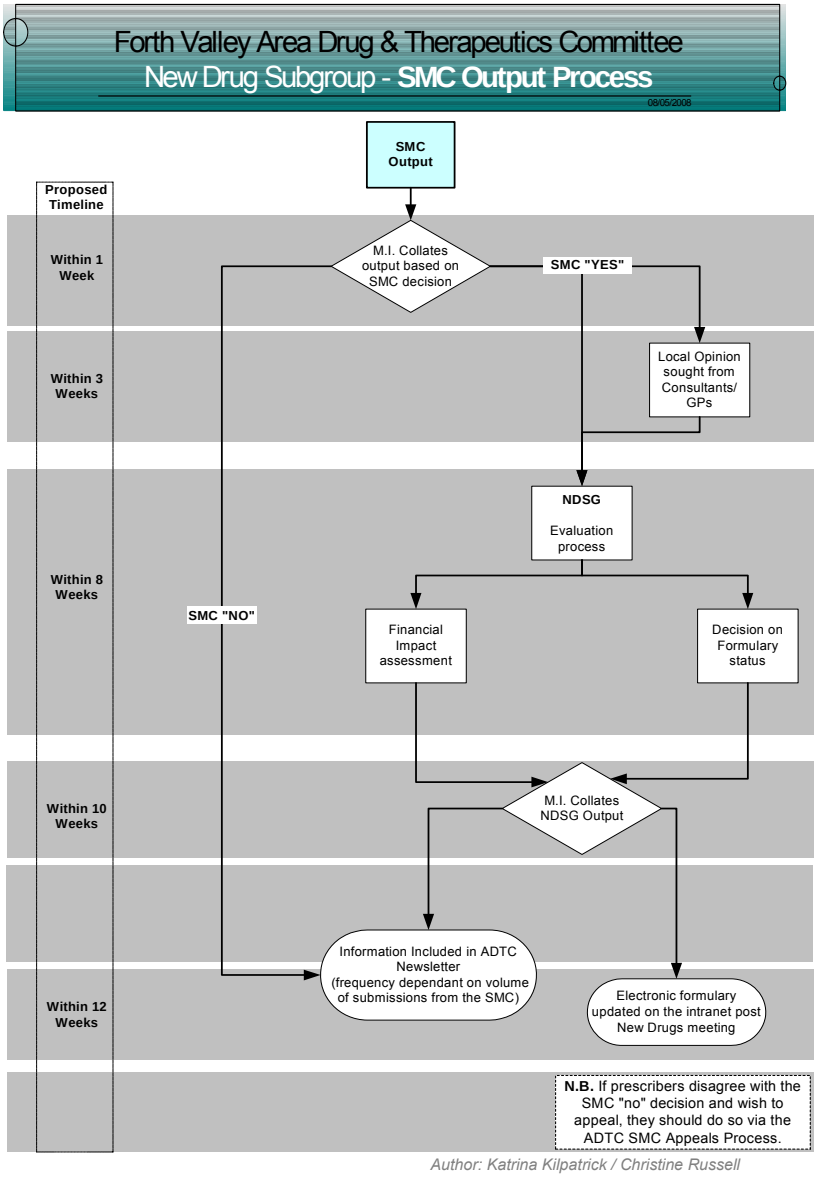
Former BAN	New BAN (riNN)
Eformoterol	Formoterol
Ethamsylate	Etamsylate
Ethinyloestradiol	Ethinylestradiol
Ethynodiol	Etynodiol
Flumethasone	Flumetasone
Flupenthixol	Flupentixol
Flurandrenolone	Fludroxycortide
Frusemide	Furosemide
Gestronol	Gestonorone
Guaiphenesin	Guaifenesin
Hexachlorophane	Hexachlorophene
Hexamine Hippurate	Methenamine Hippurate
Hydroxyurea	Hydroxycarbamide
Indomethacin	Indometacin
Lignocaine	Lidocaine
Lysuride	Lisuride
Methimazole	Thiamazole
Methotrimeprazine	Levomepromazine
Methyl Cysteine	Mecysteine
Methylene Blue	Methylthioninium Chloride
Mitozantrone	Mitoxantrone
Mustine	Chlormethine
Nicoumalone	Acenocoumarol
Oestradiol	Estradiol
Oestriol	Estriol
Oestrone	Estrone
Oxpentifylline	Pentoxifylline
Phenobarbitone	Phenobarbital
Pipothiazine	Pipotiazine
Polyhexanide	Polihexanide
Potassium Clorazepate	Dipotassium Clorazepate
Pramoxine	Pramocaine
Procaine Penicillin	Procaine Benzylpenicillin
Prothionamide	Protionamide
Quinalbarbitone	Secobarbital
Riboflavine	Riboflavin
Salcatonin	Calcitonin (salmon)
Sodium Calciumedetate	Sodium Calcium Edetate
Sodium Cromoglycate	Sodium Cromoglicate
Sodium Ironedetate	Sodium Feredetate
Sodium Picosulphate	Sodium Picosulfate
Sorbitan Monostearate	Sorbitan Stearate
Stibocaptate Sodium	Stibocaptate
Stilboestrol	Diethylstilbestrol
Sulphacetamide	Sulfacetamide
Sulphadiazine	Sulfadiazine
Sulphamethoxazole	Sulfamethoxazole
Sulphapyridine	Sulfapyridine

Appendix 1

Former BAN	New BAN (riNN)
Sulphasalazine	Sulfasalazine
Sulphathiazole	Sulfathiazole
Sulphinpyrazone	Sulfinpyrazone
Tetracosactrin	Tetracosactide
Thiabendazole	Tiabendazole
Thioguanine	Tioguanine
Thiopentone	Thiopental
Thymoxamine	Moxisylyte
Thyroxine Sodium	Levothyroxine Sodium
Tribavirin	Ribavirin
Trimeprazine	Alimemazine
Urofollitrophin	Urofollitropin

Appendix 2

New Drug Subgroup – SMC Output Process Flowchart



Author: Katrina Kilpatrick / Christine Russell

Appendix 3

FORTH VALLEY ACUTE HOSPITALS	WS-S-712 Issue Date:Mar04
PHARMACY SERVICES	Review Date:Oct 2010
REQUEST FOR A NON-FORMULARY DRUG	

This form should be completed by the PRESCRIBER for initiation of a non-formulary drug if the drug is prescribed for this patient for the first time in this hospital. The form should then be forwarded to the responsible CONSULTANT for counter signature. The completed form should then be returned to the ward pharmacist who will file it in the pharmacy department.

Part A: Patient Details	
Patient Name/Details:	Reason for admission:
	Consultant:
Ward:	Clinical pharmacist:

Part B : Drug Details		
Name(generic and proprietary):		
Form:	Strength:	Dose:
Indication:		

Part C : Reason Formulary Product is not suitable
No equivalent Drug:
No equivalent Form of Administration:
More Effective:
Less Side Effects, Specifically…….
Other:

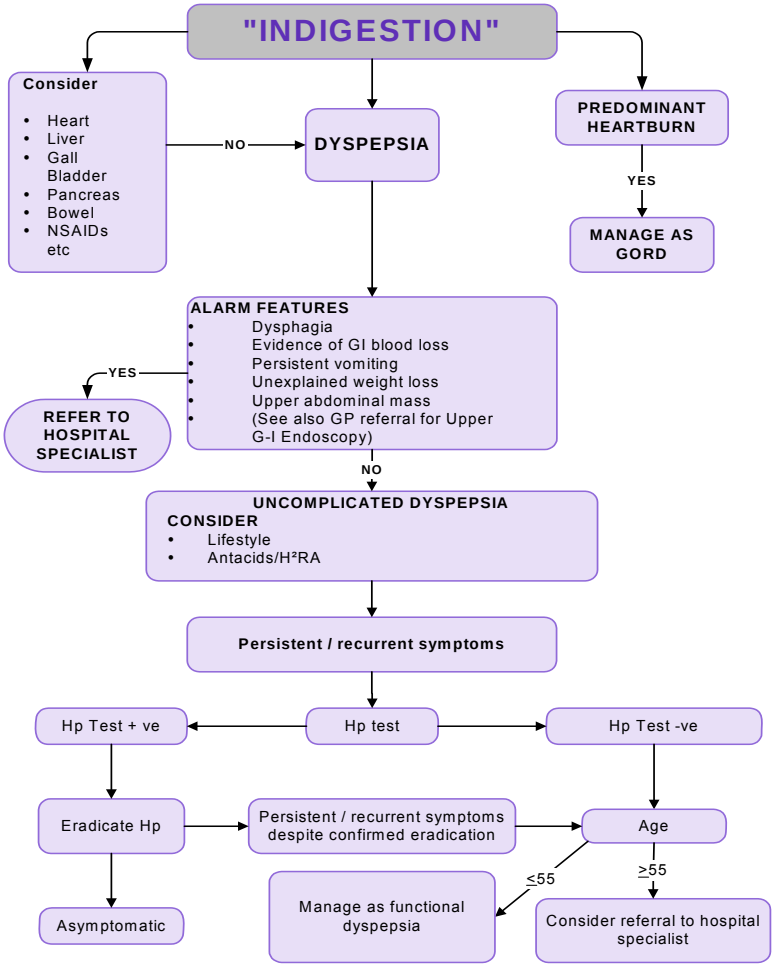
Prescriber (printed):…….
Signature:……Date:…….
Consultant (printed):…….
Signature:……Date:…….

Part D: Pharmacy Use
Price (include VAT) - per packsize: - per daily dose
Comment:
Clinical Pharmacist (printed):
Signature:

File:Druginfo:Mastdoc:non formulary form *Pharmacist Lead: Gail Healey*

Treatment Algorithm for Dyspepsia Guidance

This algorithm should be used in conjunction with written guidance. Forth Valley Guidelines on management of patients with Dyspepsia and GORD are available at http://intranet.fv.scot.nhs.uk/home/Depts/PrimaryPharmacy/Pharm_Clinical_Documentation/pharm_clin_doc.asp



**If a patient is causing concern but does not fit into this treament algorithm, or further advice is necessary, please contact on call gastroenterologist of the week (0:900 to 17:00 Mon-Fri) via the GI unit secretaries.

Pharmacist Lead:Pauline Morrison

Forth Valley Acute Hospitals Services

Guidelines For The Prevention Of Constipation In Adults

Reassure

Determine normal pattern of bowel movements for individual.

Identify the cause

The following factors may be responsible for the development of constipation:

- poor diet/change in diet
- underlying disease e.g. hypothyroidism, hypercalcaemia
- change of environment
- immobility
- pregnancy

Medication review

The following drugs may exacerbate constipation. Where possible these drugs should be reviewed if constipation develops.

- Opioid analgesics
- Antacids containing aluminium
- Anticholinergics e.g. oxybutinin, procyclidine
- Antihistamines e.g. chlorpheniramine
- Calcium channel blockers e.g. verapamil
- Diuretics
- Iron salts
- Antidepressants and antipsychotics

Educate

Advise patient on the following:

- adequate dietary fibre intake e.g. Weetabix®, pulses, fruit - refer to Dietician if necessary
- adequate fluid intake - 8 to 10 cups per day
- increase mobility - refer to physiotherapist if necessary

If necessary - prescribe a laxative

Appendix 5

Forth Valley Acute Hospitals Services

Guidelines For The Management Of Constipation In Adults

	Mode of action	Preparation/Dose	Time to effect	Price per day(£)	Additional info.
Acute constipation Hard impaction	Osmotic	Micro-enema 1 at night	15-30mins	0.41	Step 1
	Osmotic	Phosphate enema 1 in the morning	15-30mins	0.46	Step 2
	Osmotic	Movicol 8 sachets in 1litre water over 6 hours		1.85	Elderly pts. Max 3 days therapy
	Stimulant	Sodium picosulphate (Picolax) Half to one sachet as required	3 hours	1.98	Stat dose to restore normal bowel function. Repeat as necessary
Soft impaction	Stimulant	Senna 2-4 tablets at night Max 3 times a week	8-12 hours	0.03-0.06	7 day course to restore normal bowel function
Chronic constipation	Bulk former	Fybogel 1 sachet twice a day	1 -2 days	0.14	Mix with 1/4 pint of water and take after meals. Avoid in immobile, chronically ill and disabled patients
	Stimulant	Senna 2-4 tablets at night Max 3 times a week	8-12 hours	0.03-0.06	Adjust to response.
	Osmotic	Movicol 1 sachet 2-3 times a day (elderly once daily)		0.47-0.70	Patients unable to tolerate Fybogel/senna Review after 2 weeks treatment. Can be continued in resistant cases. Maintenance dose: 1sachet per day or alternate days.
	Osmotic	Lactulose 10mls BD	24-48 hours	0.28	
Opioid-induced constipation	Softener and stimulant	Co-danthramer suspension 5-10ml at night	6-12 hours	0.19-0.38	Palliative care patients only
	Stimulant	Senna 2-4 tablets at night	8-12 hours	0.03-0.06	Non-palliative care patients

Refer to specialist in cases of chronic unresponsive constipation.

Pharmaicst Lead: Pauline Morrison

Appendix 6

FORTH VALLEY ACUTE SERVICES

PHARMACY DEPARTMENT

GUIDELINE FOR THE USE OF DIGIBIND IN DIGOXIN TOXICITY IN ADULTS

Background: Digibind is an antigen-binding fragment derived from specific anti-digoxin antibodies.

Indication: For the treatment of known or strongly suspected digoxin toxicity, where measures beyond the withdrawal of the digoxin and correction of any serum electrolyte abnormality are felt to be necessary.

Drug Presentation: Digibind contains a sterile, lyophilised crystalline off-white powder comprising 38mg of antigen-binding fragments.

Dosage and Administration:
No dosage reduction is necessary in renal impairment

- ***Acute ingestion of unknown amount of digoxin:***

20 vials of Digibind may be given. The physician may decide to give 10 vials, monitor the patients' response, and give another 10 vials if clinically indicated.

- ***Acute ingestion of known amount of digoxin:***

$$\text{Dose (in number of vials)} = \frac{\text{Total body load } \textbf{in milligrams} \times 0.8}{0.5}$$

N.B. Ensure total body load is in **milligrams** not micrograms

- ***Toxicity during chronic digoxin therapy:***

Patient Weight (kg)	Serum Digoxin Concentration (mcg/l)						
	1	2	4	8	12	16	20
40	0.5vials	1v	2v	3v	5v	7v	8v
60	0.5v	1v	3v	5v	7v	10v	12v
70	1v	2v	3v	6v	9v	11v	14v
80	1v	2v	3v	7v	10v	13v	16v
100	1v	2v	4v	8v	12v	16v	20v

In adults with digoxin toxicity where a steady state serum digoxin concentration is not available, a dose of 6 vials of Digibind will usually be adequate to reverse toxicity.
Signs and symptoms of digoxin toxicity improve within 30 minutes of administration of Digibind.
If after several hours toxicity (not digoxin level – see below under monitoring) has not adequately reversed or appears to recur, re-administration of Digibind at a dose guided by clinical judgement may be required

Administration:
The contents of each vial should be dissolved in 4ml of sterile Water for Injections BP, by gentle mixing. This may be further diluted to any convenient volume with sterile saline suitable for infusion.
The final solution of Digibind should be infused intravenously over a 30 minute period.

Appendix 6

Infusion through a 0.22micron filter is recommended.

If cardiac arrest seems imminent Digibind can be given as a bolus intravenous injection over 3 to 5 minutes.

Do not infuse Digibind with other drugs.

Monitoring
ECG monitoring should be carried out during administration and for at least 24 hours after administration.

Serum potassium should be monitored during and after administration

Total serum digoxin concentration may rise abruptly following administration of Digibind. This will be almost entirely bound to the Fab fragment and therefore not able to react with receptors in the body.

Important ADRs and side effects:

Side-effects: Rarely: allergic responses. Pruritic rash (either with or without facial flushing and swelling), shaking or chills without fever. Urticaria and thrombocytopenia have occurred up to 16 days post treatment.
Hypokalaemia, sometimes occuring rapidly - monitor serum potassium concentrations carefully during and after administration of Digibind.
Heart failure may develop in patients previously dependent on the inotropic effect of digoxin. The patient's ECG should be monitored continuously during and for at least 24hrs after the administration of Digibind

Contra-indications: None known

Interactions: No drug interactions have been identified.

Notes: Store between 2 and 8°C. Protect from light. Reconstituted product should be used immediately. Reconstituted product may be diluted with sterile isotonic saline to a convenient volume.

DOCUMENT:
WRITTEN BY: Carlene Riddell
APPROVED BY: Anne Mitchell
DATE: August 2008
CONSULTANT APPROVED: Dr S Glen
DATE: August 2008
Approved by Acute DTC August 2008
Review Date August 2010

References:

1. Electronic Medicines Compendium accessed 3.1.2008.
2. Drug Monograph. Medusa accessed 3.1.2008.

Appendix 7

FORTH VALLEY ACUTE SERVICES
PHARMACY DEPARTMENT

GUIDELINE FOR DIGOXIN IN ATRIAL FIBRILLATION

Background:
Digoxin is a cardiac glycoside used in the management of supraventricular arrhythmias, particularly atrial fibrillation and in heart failure. The principal actions of digoxin are an increase in the force of contraction (positive inotropic activity) and a reduction in the conductivity within the atrioventricular (AV) node.

Drug Presentation:
Digoxin is available as:
Tablets 62.5, 125, 250 micrograms
Liquid 50 micrograms/ml (*do not* dilute)
Injection 250 micrograms/ml
N.B. Formulations are not bioequivalent. Switching from oral to IV formulation, the dose should be reduced by approximately 33%.

Dosage and Administration:
The guideline for Digoxin loading dose should be tailored to the lean body mass and renal function of the patient.

Loading dose for rapid digitalization in normal renal function
(CrCl>30ml/min)
IV 500 micrograms initially, then a further 250 – 500 micrograms in divided doses, every 4 to 8 hours if further clinical response is required.(To a maximum total dose of 1000 micrograms)

Oral 500 micrograms initially, then 500 – 1000 micrograms in divided doses at least 6 hours apart depending on clinical response.(To a maximum total total dose of 1500 micrograms)

Loading dose for rapid digitalization in renal impairment (CrCl <30ml/min)
IV 500 microgram.
Oral 500 micrograms, then 250 – 500 micrograms in divided doses at least 6 hours apart depending on clinical response. (To a maximum total dose of 1000 micrograms)

Maintenance dose
(N.B. Doses at higher end of range on basis therapeutic effect and plasma levels)

Creatinine clearance (serum creatinine)	**<60kg micrograms daily**	**<60kg micrograms daily**	**>60kg micrograms daily**	**>60kg micrograms daily**
	oral	**iv**	**oral**	**iv**
> 50ml/min (<150 micromoles/L)	*250 to 312.5*	*175 to 200*	*250 to 375*	*175 to 250*
20-50 ml/min (150-300 micromoles/L)	*125 to 187.5*	*100*	*187.5*	*125*
< 20ml/min (>300 micromoles/L)	*62.5 to 125*	*50 to 75*	*62.5 to 125*	*50 to 75*

Appendix 7

Method of administration:

- **IV infusion –**Dilute to 50 – 100ml (maximun 500ml) with sodium chloride 0.9% or glucose 5%. The infusion is administered over 2 hours or more. Minimum time of administration is 10 – 20 minutes.

- **IV bolus** – Dilute with a four fold or greater volume of diluent (sodium chloride 0.9% or glucose 5%). Minimum time of administration is 5 – 10 minutes.
  N.B. Rapid I.V. injection can cause vasoconstriction producing hypertension and/or reduced coronary blood flow

The IM route is rarely justified as it causes severe local irritation and results in unreliable absorption.

Signs of toxicity

- Reduced appetite
- Nausea & vomiting
- Diarrhoea
- Sinus bradycardia
- AV block
- Visual disturbances

Risk factors predisposing to toxicity are hypomagnesaemia, hypokalaemia, marked hypercalcaemia, thyroid disorder and underlying cardiac disorders.

Toxicity is managed by stopping therapy and correcting the underlying deficiency if appropriate. Serious manifestations require specialist management e.g. Digibind (refer to Digibind Guideline).

Contra-indications

Intermittent complete heart block
Second degree AV block
Supraventricular arrhythmias caused by Wolfe-Parkinson –Whyte syndrome
Ventricular tachycardia or fibrillation
Hypertrophic cardiomyopathy (unless concomitant atrial fibrillation and heart failure – but with caution)

Plasma concentration monitoring

- Target range 0.5 – 2 microgram/L
- Sample to be taken at least 6 hours after an oral dose and at least 4 hours after an iv dose
- Time to steady state 5 – 10 days
- Plasma concentration of digoxin is significantly increased by amiodarone, diltiazem, propafenaone, quinine, verapamil.

Written by Anne Mitchell,Pharmacist

Date…August 2008

Consultant approval…Dr Stephen Glen…
Date August 2008
Approved by Acute DTC August 2008

Review Date…August 2010

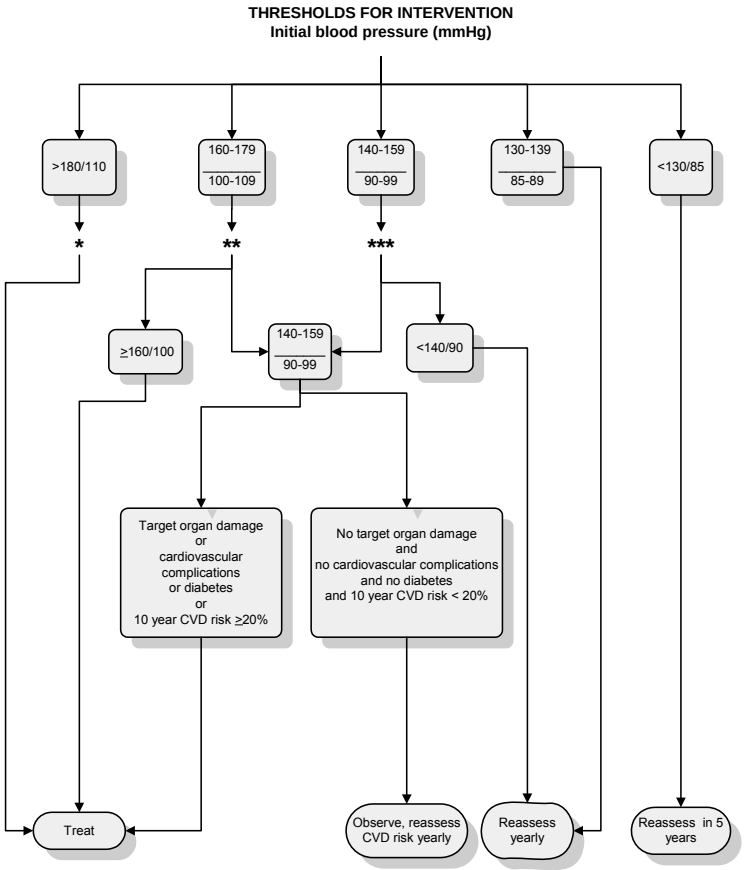
References:

- BNF. 53rd Edition 2007.
- The Summary of Product Characteristics for Lanoxin® updated 11/12/2003 accessed 19/11/2007.
- The Renal Drug Handbook. 2nd Edition 1999.
- UCL Hospitals Injectable Drug Administration Guide. 1998.

Appendix 8

Hypertension Guidelines Flowcharts

The following flowcharts and tables are from the Forth Valley Hypertension Guidelines. A full copy of the Guidelines is available on the Pharmacy Intranet pages at http://intranet.fv.scot.nhs.uk/home/Depts/PrimaryPharmacy/Pharm_Clinical_Documentation/pharm_clin_doc.asp



* Unless malignant phase of hypertensive emergency confirm over 1-2 weeks then treat.

** If cardiovascular complications, target organ damage or diabetes is present, confirm over 3-4 weeks then treat. If absent, re-measure weekly and treat if blood pressure persists at these levels over 4-12 weeks.

*** If cardiovascular complications, target organ damage or diabetes is present, confirm over 12 weeks then treat. If absent, re-measure monthly and treat if these levels are maintained and if estimated 10 year CVD risk is ≥20%.

If B.P. > 220/120 treat immediately.

Appendix 8

TARGET BLOOD PRESSURE

	Diabetic* or CKD	***Non-diabetic***
Optimal	<130/<80	<140/<85
Acceptable	<140/<80	<150/<90

- For Type 1 diabetes with nephropathy lower targets apply (120/70) and specialist care may be appropriate.
  CKD = Chronic Kidney Disease

Complications of Hypertension/Target Organ Damage

- Ischaemic heart disease
- Cerebrovascular disease
- Heart Failure.
- Peripheral Vascular Disease
- Fundal haemorrhages or exudates / papillodema
- Proteinuria
- Chronic renal failure

Appendix 8

Table 1: Choice of Treatment

Class of drug	*Compelling indications*	*Possible indications*	*Cautions*	*Compelling contraindications*
Alpha-blocker	Benign prostatic hypertrophy		Postural hypotension, heart failure[a]	Urinary incontinence
ACE Inhibitors	Heart failure, LV dysfunction, post MI or established CHD, type I diabetic nephropathy, 2[o] stroke prevention[e]	Chronic renal disease,[b] Type II diabetic nephropathy, proteinuric renal disease,atrial fibrillation;left ventricular hypertrophy	Renal impairment[b] PVD[c]	Pregnancy Renal artery stenosis[d]
ARBs	ACE inhibitor intolerance, type II diabetic nephropathy, hypertension with LVH, heart failure in ACE-intolerant patients, post MI	LV dysfunction post MI, atrial fibrillation; left ventricular hypertrophy intolerance of other antihypertensive drugs, proteinuric renal disease, heart failure[b]	Renal impairment[b] PVD[c]	Pregnancy Renal artery stenosis[d]
Beta-blockers	Myocardial infarction, Angina ; Heart failure[f]		Heart failure[f] PVD, diabetes (except with CHD);	Asthma, Heart block
CCBs (dihydropyridine) CCBs (rate limiting)	Elderly, Angina	Elderly, Angina ISH MI	- Combination with beta-blockade	- Heart block, heart failure
Thiazides/thiazide-like diuretics		Elderly, ISH, heart failure, 2[o] stroke prevention	Diabetes mellitus Esp when used in conjunction with B-blockers. Metabolic	Gout[g]

CCB = calcium channet blocker
ISH = isolated systolic hypertension
PVD = peripheral vascular disease
MI = myocardial infarction
LVH = left ventricular hypertrophy
ACE = angiotensin-converting enzyme
ARBs = angiotensin II receptor blockers

a. HF when used as monotherapy.

b. ACE inhibitors or ARBs may be beneficial in chronic renal failure but should only be used with caution, close supervision and specialist advice when there is established and significant renal impairment.

c. Caution with ACE inhibitors and ARBs in peripheral vascular disease because of association with renovascular disease.

d. ACE inhibitors and ARBs are sometimes used in patients with renovascular disease under specialist supervision.

e. In combination with a thiazide/thiazide-like diuretic.

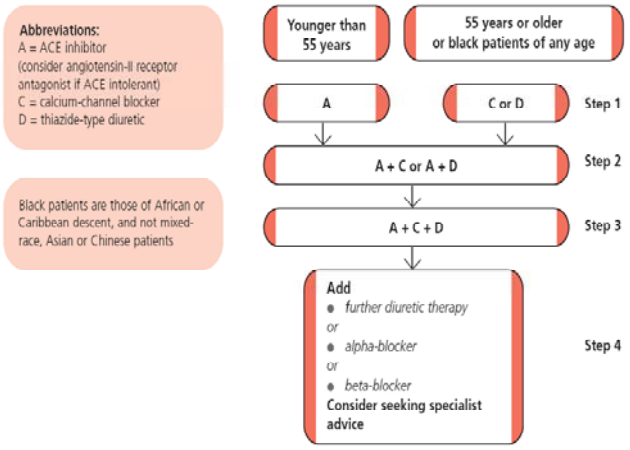
f. Beta blockers are increasingly being used to treat stable heart failure. However, beta blockers may worsen heart failure.

g. Thiazide and thiazide-like diuretics may sometimes be necessary to control BP in people with a history of gout, ideally used in combination with allopurinol.

When none of the special considerations listed in table 2 apply initial drug selection should follow step 1 of the A/CD algorithm

Appendix 8
BHS/NICE Guidance on medication choice

Choosing drugs for patients newly diagnosed with hypertension



Beta-blockers

- Beta-blockers are no longer preferred as a routine initial therapy for hypertension.
- But consider them for younger people, particularly:
  - women of childbearing potential
  - patients with evidence of increased sympathetic drive
  - patients with intolerance of or contraindications to ACE inhibitors and angiotensin-II receptor antagonists.
- If a patient taking a beta-blocker needs a second drug, add a calcium-channel blocker rather than a thiazide-type diuretic, to reduce the patient's risk of developing diabetes.
- If a patient's blood pressure is not controlled by a regimen that includes a beta-blocker (that is, it is still above 140/90 mmHg), change their treatment by following the flow chart above.
- If a patient's blood pressure is well controlled (that is,140/90 mmHg or less) by a regimen that includes a beta-blocker, consider long-term management at their routine review. There is no absolute need to replace the beta-blocker in this case.
- When withdrawing a beta-blocker, step down the dose gradually.
- Beta-blockers should not usually be withdrawn if a patient has a compelling indication for being treated with one, such as symptomatic angina or a previous myocardial infarction.

Clinician Leads Dr. L. Cruickshank & Dr. J. Spratt

Appendix 9

FORTH VALLEY USE OF CLOPIDOGREL IN CARDIOVASCULAR DISEASE GUIDELINE APRIL 2008

This guideline applies to people over 16 years of age. This guideline is not intended to serve as a standard of medical care or be applicable in every situation. Decisions regarding the treatment of individual patients must be made by the clinician in light of that patient's presenting clinical condition and with reference to current good medical practice.

Date	April 2008
Date of Review	April 2010
Author	J Spratt

Stirling Royal Infirmary
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Stirling
FK8 2AU
Tel. (01786) 434000

Acute Coronary Syndromes (ACS)

Dynamic ST segment change on ECG and/or raised Troponin and including Non ST segment Elevation MI [NSTEMI]

ACS +/- angiography/PCI +/- any stent

- Clopidogrel 300mg single loading dose (in hospital)
- Continue on clopidogrel 75mg od for 12 months[1]

ACS - ST Elevation Myocardial Infarction (STEMI)

STEMI +/- angiography/PCI

- Clopidogrel 600mg single loading dose (in hospital)
- Continue on clopidogrel 75mg od for the following durations
  - Conservatively treated[2] patients – 12 months
  - Bare Metal Stent - 3 months
  - Drug Eluting Stent - At least 12 months

Stable Coronary Artery Disease (stable angina)

Clopidogrel is not indicated in the absence of coronary artery stenting except in cases of proven aspirin hypersensitivity or severe low-dose aspirin dyspepsia – see below.

Stable angina +PCI + Bare Metal Stent

- Pre-treat with clopidogrel 75mg od for at least 5 days (supplied via pre-admission clinic)
- Continue on clopidogrel 75mg od for 3 months

Stable angina +PCI + Drug Eluting Stent

- Pre-treat with clopidogrel 75mg od for at least 5 days (supplied via pre-admission clinic)
- Continue for at least 12 months

[1] Consideration should be given to a 600mg loading dose if urgent transfer for coronary angiography is being considered.

[2] Patients where urgent transfer for revascularisation is not being considered

NOTE: All of the above patients should be prescribed aspirin 75mg lifelong.

Aspirin Hypersensitivity

In patients where there is a history of proven aspirin hypersensitivity or severe dyspepsia induced by aspirin 75mg, aspirin should be replaced by clopidogrel.

In cases of mild/moderate dyspepsia addition of a proton pump inhibitor (PPI) to aspirin 75mg is recommended. Current PPI formulary choices are lansoprazole and omeprazole.

Stop Dates

The Primary Care Prescribing Group recommends that all practices have a procedure in place to clearly identify stop dates at the end of a recommended duration of treatment. It is important to appreciate that indefinate dual anti-platelet therapy will have been recommended in some cases.

References 1. Sabatine et al, N Engl J Med. 2005 Mar 24;352(12):1179-89 2. Muller I, Seyfarth M, Rudiger S, et al: Effect of a high loading dose of clopidogrel on platelet function in patients undergoing coronary stent placement. Heart 85:92, 2001. 3. Neumann FJ, Kastrati A, Pogatsa-Murray G, et al: Evaluation of prolonged antithrombotic pretreatment ("cooling-off" strategy) before intervention in patients with unstable coronary syndromes: A randomized controlled trial. JAMA 290:1593, 2003.4. Neumann F: Intracoronary Stenting and Antithrombotic Regimen Rapid Early Action for Coronary Treatment (ISAR REACT). In: American College of Cardiology Scientific Sessions; 2003.

Date: April 2008 Date of Review: April 2010 Author:Dr. J. Spratt

Appendix 10

Forth Valley Lipid Lowering Guidelines v3 May 2008

This guideline applies to people over 16 years of age. This guideline is not intended to serve as a standard of medical care or be applicable in every situation. Decisions regarding the treatment of individual patients must be made by the clinician in light of that patient's presenting clinical condition and with reference to current good medical practice.

Date May 2008
Date of Review May 2010
Author L Cruickshank

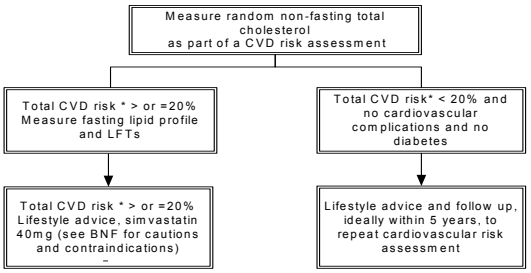
Falkirk Community Health Partnership
Acute Services Headquarters
Westburn Avenue
Falkirk FK1 5SD
Tel. (01324) 614651

Appendix 10

PRIMARY PREVENTION OF CARDIOVASCULAR DISEASE

SIGN 97 recommends that the following individulas should have their cholesterol measured as part of an assessment of cardiovascular risk at least every 5 years

- All adults aged 40 years or above
- Individuals of any age with a first degree relative who has pre-mature (men <55 years, women <65 years) atherosclerotic CVD or familial dyslipidaemia
- Certain individuals are considered as high risk and should be treated regardless of initial cholesterol level – Page 5



Consider secondary and familial hyperlipidaemia if cholesterol > 8.0mmol/L. Discuss with lipid clinic if in doubt.

PREVENTION OF ATHEROSCLEROTIC ARTERIAL DISEASE REQUIRES CONTROL OF ALL RISK FACTORS. NO SINGLE RISK FACTOR, INCLUDING CHOLESTEROL, SHOULD BE VIEWED IN ISOLATION.

- All other risk factors (e.g. smoking, hypertension, diabetic control) should be addressed.
- Dietary and other lifestyle advice (e.g. alcohol, obesity, physical activity) should be given.

ASSESSMENT TOOL

While there is agreement between guidelines from the Joint British Societies, SIGN and NICE that intervention for primary prevention should take place when there is an estimated 10 year Cardiovascular risk of ≥ 20% there is currently no agreement on the risk assessment tool that should be used.

The Joint British Societies advice from December 2005 recommends the Framingham based assessment that appears in the charts at the back of the BNF. This is based on event rates in a predominantly white US community in the 70s and does not consider factors such as obesity, family history and social status. Because of this and with declining CHD rates this assessment tool overestimates risk in low and medium risk groups and underestimates risk for other groups. However, the most recent NICE guidance (May 2008) recommends continued use of this assessment tool until further evaluation of ASSIGN and QRISK has been completed.

Appendix 10

SIGN guideline 97, "Risk estimation and the prevention of cardiovascular disease", from February 2007 recommends the ASSIGN (**AS**sessing CV risk using **SIGN** guidelines). ASSIGN is based on the Scottish Heart Health Extended Cohort and MONICA study (Total study population approximately 18,000). These both comprise a largely West of Scotland population. ASSIGN includes family history and social deprivation (Scottish Index of Multiple Deprivation). ASSIGN will be the recommended assessment tool in the forthcoming revised CHD strategy for Scotland.

NICE has recently recommended QRISK. This is based on the QRESEARCH database – 1.28 million patients aged 35-74 from 318 UK practices enrolled between 1.1.95 and 1.4.07 and free of diabetes and existing CV disease at entry. Weighted factors are –

- Age
- Sex
- Smoking Status
- Systolic BP
- TC/HDL ratio
- BMI
- FH 1st degree relative <60
- Area measure of deprivation
- Existing Rx for hypertension

Developers of QRISK estimate that Framingham over-predicts 10 year CVD risk by 35%, ASSIGN by 36% and QRISK by 0.4%.
(BMJ,doi:10.1136/bmj.39261.471806.55**)**

An electronic version of the QRISK assessment tool is available at
http://www.qrisk.org/CalculateRisk_Step1.aspx

NICE have recommended further evaluation before adoption of QRISK.

TREATMENT FOR PRIMARY PREVENTION

The 2006 FV lipid-lowering guideline followed the 2005 Joint British Societies' guidance that primary prevention should be as aggressively treated as secondary prevention with the same treatment algorithm and targets.

This guidance has subsequently been widely criticized as lacking an evidence-base and not being cost-effective. SIGN and NICE both recommend a "treat and forget" approach to primary prevention rather than a "treat to target" approach. This involves prescribing a standard dose of a statin to those at risk without further testing or dose adjustment, ie **no** target cholesterol level. This follows the evidence, as none of the large statin trials used a treat to target strategy.

SIGN recommends use of simvastatin 40mg, NICE recommends use of a statin with low acquisition cost.

Recommended treatment for primary prevention in Forth Valley in the absence of contra-indications or adverse effects is –

SIMVASTATIN 40mg daily*

* See BNF for cautions and contraindications.

Statins should be used with caution in those with a history of liver disease or with a high alcohol intake. Use should be avoided in active liver disease. Liver Function

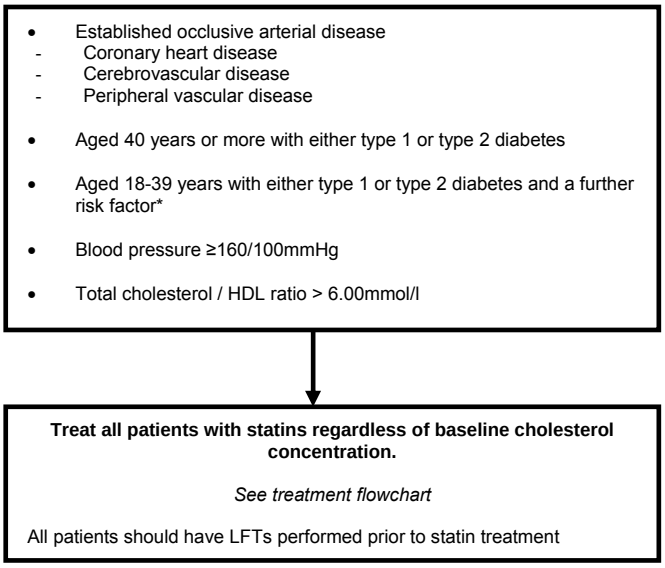
Appendix 10
Tests should be performed before starting simvastatin, 2 months after initiation and yearly thereafter.

See also later sections on –

- Cytochrome P450 interactions
- Liver Function Tests
- Myopathy and rhabdomyolysis

SECONDARY PREVENTION OF HIGH RISK CASES

The following patients should be regarded as at high risk and treated with a statin, **regardless** of total blood cholesterol.



*Further risk factors

- Retinopathy (preproliferative, proliferative, maculopathy)
- Nephropathy, including persistent microalbuminuria
- Poor glycaemic control (HbA1c>9%)
- Elevated blood pressure requiring antihypertensive therapy
- Raised total cholesterol (≥6.00 mmol/l)
- Features of metabolic syndrome (central obesity; fasting triglycerides >1.7 mmol/l [non-fasting >2.0 mmol/l] and/or HDL cholesterol <1.0 mmol/l in men or <1.2 mmol/l in women; impaired glucose tolerance).
- Family history of premature CVD in a first degree relative.

Appendix 10

ATHEROSCLEROTIC ARTERIAL DISEASE IS OF MULTIFACTORIAL ORIGIN. NO SINGLE RISK FACTOR, INCLUDING CHOLESTEROL CONCENTRATION, SHOULD BE VIEWED IN ISOLATION.

- Encourage smoking cessation with structured support
- All other risk factors hypertension, diabetic control, should be addressed (see separate guidelines)
- An antiplatelet agent (see separate guideline) should be taken by all those with occlusive arterial disease in the absence of contraindications (active peptic ulceration, a bleeding disorder, or true hypersensitivity)
- Treat with ACE-inhibitors unless contraindicated
- Consider β-blockers, and ensure attendance at a rehabilitation programme, for patients after MI
- Dietary and other lifestyle advice e.g. alcohol, obesity, physical activity, should be given.

GOALS OF TREATMENT

For secondary prevention the following target is recommended.

Total cholesterol concentration <4.00mmol/l

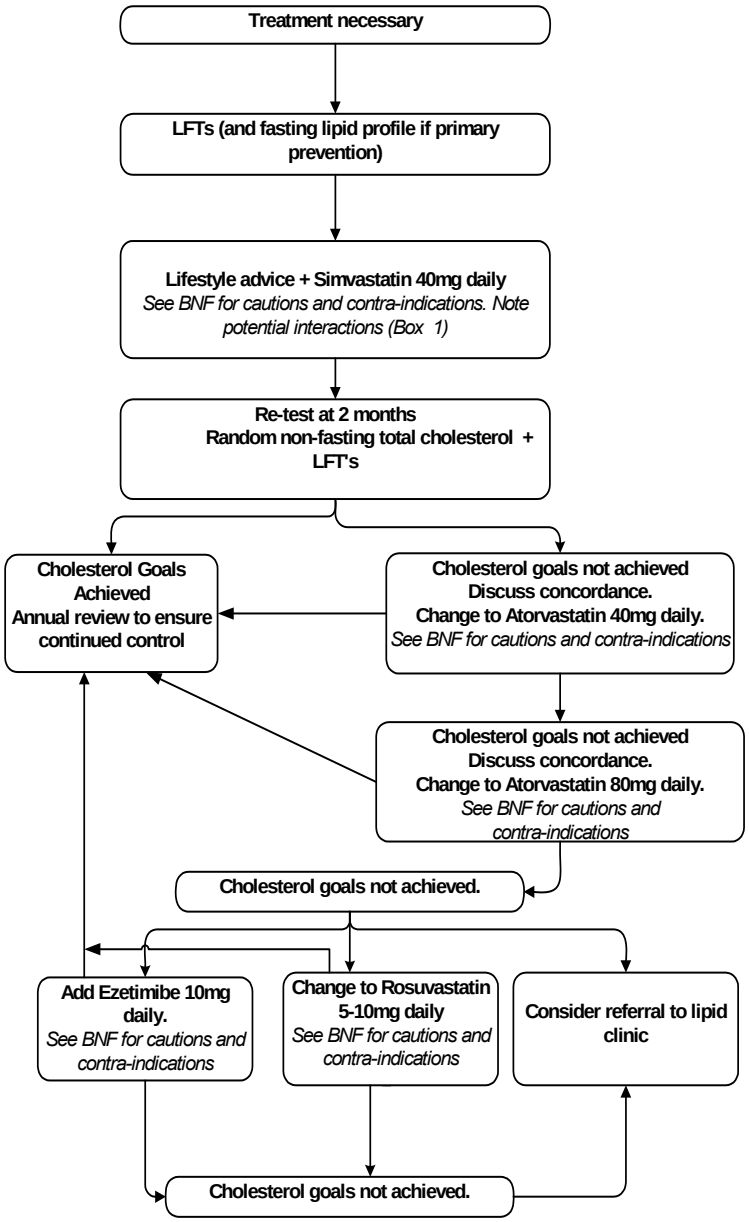
or

25% reduction in total cholesterol

whichever results in the lowest absolute level.

Appendix 10

SECONDARY PREVENTION TREATMENT FLOWCHART



Appendix 10

Cytochrome P450 Interactions

Simvastatin and atorvastatin are metabolized by cytochrome P450 CYP3A4 and co-administration of potent inhibitors of this enzyme increases the risk of side effects including rhabdomyolysis. The Medicines and Healthcare products Regulatory Agency (Previously Committee on Safety of Medicines) released updated advice in January 2008.

Interacting drug or food	Simvastatin prescribing advice	Atorvastatin prescribing advice
Potent CYP3A4 inhibitors, including itraconazole, ketoconazole, erythromycin, clarithromycin, telithromycin and HIV protease inhibitors	All are contraindicated with simvastatin	Avoid if possible: consider temporary suspension of atorvastatin if interacting drug is taken for short period. **Itraconazole:** do not exceed 40mg atorvastatin daily **Clarithromycin:** do not exceed 20mg atorvastatin daily **HIV protease inhibitors:** monitor lipid levels to ensure lowest necessary dose of atorvastatin is used
Ciclosporin*	Do not exceed 10mg simvastatin daily	Do not exceed 10mg atorvastatin daily
Danazol	Do not exceed 10mg simvastatin daily	No restriction in Summary of Product Characteristics
Verapamil, amiodarone	Do not exceed 20mg simvastatin daily	Monitor lipid levels to ensure lowest necessary dose of atorvastatin is used
Diltiazem	Do not exceed 40mg simvastatin daily	Monitor lipid levels to ensure lowest necessary dose of atorvastatin is used
Grapefruit juice	Avoid grapefruit juice	Limit intake of grapefruit juice to very small quantities (or avoid altogether)
Warfarin/courmarins+	Monitor INR before starting treatment and regularly during treatment, especially with dose changes	Monitor INR before starting treatment and regularly during treatment, especially with dose changes
Fibrates+	Increased risk of myopathy when used with fibrates; do not exceed 10mg simvastatin daily (except with fenofibrate); gemfibrozil increases systemic exposure to simvastatin	Increased risk of myopathy when used with fibrates; gemfibrozil increases systemic exposure to atorvastatin
Ezetemibe+	Additive risk of myopathy cannot be ruled out	Additive risk of myopathy cannot be ruled out

***Ciclosporin** – Ciclosporin interacts with all statins and is contraindicated with rosuvastatin.

+ Important interactions to consider with all statins

- **Warfarin/ Coumarins**

Statins may affect coumarin anticoagulation and increase the frequency of haemmorhagic events. Patients who are receiving warfarin should have INR monitoring before starting statin therapy and regularly throughout treatment, especially with statin dose changes. For pravastatin, which is not metabolized by cytochrome P450, warfarin interaction is less of a concern.

Appendix 10

- **Fibrates**
  The use of fibrates alone is associated with myopathy; use with statins may increase this risk. Furthermore, gemfibrozil increases systemic exposure to simvastin, atorvastatin and rosuvastatin. Careful monitoring is therefore needed, and maximum dose of simvastatin is 10mg daily when used with a fibrates (except fenofibrate). For rosuvastatin, start with 5mg and do not exceed 20mg daily. **The routine use of additional lipid-lowering treatment with fibrates is not recommended without specialist advice.**

- **Ezetemibe**
  Ezetemibe has no pharmacokinetic interaction with statins. However, ezetemibe alone is associated with a risk of myopthy and an additive risk with statins cannot be ruled out.

The FV antimicrobial guideline gives further advice on alternatives to macrolide antibiotics for various clinical indications. If an interacting drug, which would result in MHRA advice to avoid simvastatin/atorvastatin is deemed essential, an assessment should be made of the individual's immediate cardiac risk. The PRISM trial suggests that stopping a statin in those suffering an acute coronary syndrome is associated with a significantly increased risk of death and non-fatal myocardial infarction within the first 30 days. In case of doubt seek specialist advice.

Starting Dose – If co-prescription with a drug that increases systematic exposure to statins is unavoidable it is particularly important to start on the lowest statin dose. For simvastatin and atorvastatin this is 10mg daily.

Liver Function Tests (LFTs)

Statins should be used with caution in those with a history of liver disease or with a high alcohol intake. Use should be avoided in active liver disease. LFTs should be performed before starting a statin and 2 months after initiation or dose change and yearly thereafter.

If transaminase concentrations reach 3 times the upper limit of normal, levels should be rechecked after a minimum 2 week period (a large percentage will return to normal with no intervention). If still elevated, reduce or stop statin. When transaminases return to normal a statin from a different class may be tried i.e. rosuvastatin (hydrophilc) if previously on simvastatin/atorvastatin (lipophilic).

Myopathy and Rhabdomyolysis

Myopathy and rhabdomyolysis are rare but clinically important adverse effects of statins. The exact mechanism by which statins cause rhabdomyolysis remains unclear, but the risk appears to be dose related. Risk factors include:

- Underlying muscle disorders, renal impairment, untreated hypothyroidism, alcohol abuse and age >70 years.
- Concomitant use of other lipid lowering agents i.e. gemfibrozil, fenofibrate, other fibrates or nicotinic acid.
- A history of myopathy with any lipid-lowering treatment.
- Interactions (e.g. drugs inhibiting cytochrome P450 CYP3A4) see table above.

Prescribers are reminded of the need to adjust doses of statins in accordance with the recommendations of each Summary of Product Characteristics.

Patients receiving any statin should be asked to report muscle pain, weakness or cramps immediately. If symptoms are severe or if creatine kinase is greater than 5 times the upper limit of normal, treatment should be withheld.

Appendix 10

Rosuvastatin

Rosuvastatin is not associated with cytochrome P450 interactions. Ciclosporin is contraindicated with rosuvastatin. HIV protease inhibitors strongly increase exposure to rosuvastatin through an unknown mechanism and are not recommended for combined use. Antacids reduce rosuvastain plasma levels.

All patients must start as an initial dose of **no more than 10mg** rosuvastatin once daily and should only be titrated to 20mg if considered necessary after a 4-week trial of 10mg daily. A 5mg initial dose should be used for the elderly and those of asian descent.

The 40mg dose is contraindicated in patients with predisposing risk factors for muscular toxicity and specialist supervision is recommended if the 40mg dose is initiated.

Fibrates

Fibrates act mainly by decreasing serum triglycerides; they have variable effects on cholesterol. All can cause a myositis-like syndrome, especially in those with impaired renal function. Combining a fibrate with a statin increases the risk of muscle effects (especially rhabdomyolysis) and should be used with caution and after specialist advice. Bezafibrate and fenofibrate are current FV formulary choice fibrates.

The routine use of additional lipid-lowering treatment with fibrates, resins or niacin is not recommended without specialist advice.

Acute Coronary Syndrome

All patients suffering acute coronary syndrome in Forth Valley, who have no contraindication, will be commenced on or changed to atorvastatin 80mg daily whilst an inpatient. However, up to 1 in 3 patients may not tolerate initiation at this dose.
Please note: there is not evidence to recommend changing all those with previous acute coronary syndrome to atorvastatin 80mg daily. Initiation of this dose without following the treatment flowchart should only be at the time of acute coronary syndrome.

Intolerance of higher dose atorvastatin

For those not tolerating higher dose atorvastatin, two possible pathways are suggested.

- Reduce atorvastatin to maximum tolerated dose and add ezetemibe, if required to attain target.

Or

- Substitute rosuvastatin for atorvastatin. All patients must start on an initial dose of **no more than 10mg** rosuvastatin daily (See above).

Secondary prevention and high risk individuals already on a statin

For those currently treated as high risk (see page 5) or for secondary prevention and achieving recommended targets on low dose or non formulary statins no change to treatment is recommended. Those not treated to recommended targets should be treated as per the treatment flowchart.

Pharmacy Services

Guidance on Issuing Steroid Cards

This advice has been produced by the Forth Valley Airways Group

Inhaled Steroids

Steroid Cards should be issued to the following patients[1,2,3]

	Inhaled Steroid	Threshold Dose (per day)
Adults	Beclometasone	Dose > 1000mcg[4]
	Budesonide	Dose > 800mcg[4]
	Fluticasone	Dose > 500mcg[4]
	Mometasone *(Non – Formulary)*	Dose > 800mcg[4]
	Ciclesonide *(Non – Formulary)*	Dose > 320mcg[4] **Unlicensed dose**
Children	Beclometasone	Dose > 400mcg[1] (age not stated)
	Budesonide	Dose > 800mcg[1] (12 years and under)
	Fluticasone	Dose > 400mcg[1] (4-16 years)
	Mometasone *(Non – Formulary)*	Dose > 800mcg[1] (12-16 years)
	Ciclesonide *(Non – Formulary)*	Dose > 320mcg[4] (12-16 years) **Unlicensed dose**

Systemic Steroids

Steroid Cards should be issued to the following patients[1,2,3]

Adults

- Receiving repeated courses, 2-3 courses per year (particularly if taken for longer than 3 weeks)
- Taking a short course within 1 year of stopping long-term therapy
- Receiving more than 40mg prednisolone daily (or equivalent)
- Receiving repeated doses in the evening
- Receiving more than 3 weeks treatment
- Patients with other possible causes of adrenal suppression

Children

- As above except[5]:
  - Receiving more than 20mg prednisolone daily for children < 5 years
  - Receiving more than 30mg prednisolone daily for children > 5 years

These patients are at risk of disease relapse and/or hypoadrenalism if treatment is withdrawn rapidly[2]

Chemotherapy Patients – Acute Pharmacy Services

Pharmacists providing clinical check on chemotherapy prescriptions will endorse any prescription that requires a steroid card to be given

References:*1. CSM. Current problem in pharmacovigilance. May 2006; 31:5 2. Scottish Executive. Steroid treatment cards. SEHD/CMO (2006) 10. 26th July 2006 3. BNF 52. BMJ/RPS. September 2006 4. GINA Guideline 2006 5. Personal correspondance. Dr. McFadyen. Consultant Paediatrician. Stirling Royal Infirmary. 27.10.2006. Lead Pharmacsit Clare Colligan*

Appendix 12

Primary Care Services

Primary Care Drug & Therapeutics

Emergency Sedation Prescribing Guidelines

This guidance should be used in combination with Algorithm 2 for Adult Mental Health, Algorithm 3 for Elderly Services and Algorithm 4 for Learning Disabilities.

Aims: To quickly calm the patient to reduce psychological suffering.

To reduce the risk of imminent violence for the patient and others

The aim is not to induce sleep or unconsciousness

Good Practice Points:

- Obtain as much of the patient's history, including diagnosis, before medication is prescribed.
- Always explore non-pharmacological interventions first. The patient should only be treated with medication (algorithm 2, 3 & 4) after a risk assessment establishes that the risk of not doing so is greater than the risk of acute pharmacological treatment.
- If unknown or no history of antipsychotic medication, review physical health status and current medication. Consider age, weight, presence of cardiac & respiratory disease. Also consider any benzodiazepines and illicit substances recently taken.
- If recent history or existing cardiac disease, use benzodiazepines alone. Also consider current medication likely to affect ECG e.g. tricyclics
- Avoid *clopixol acuphase*® in neuroleptic naïve patients and use with caution in struggling patients.
- Caution in patients on clozapine
- Haloperidol has been reported to cause QT-interval prolongation. A baseline ECG is recommended before treatment with haloperidol begins. If not possible, proceed with caution.
- Lorazepam: use weight to calculate intramuscular dose whenever possible. 0.025 – 0.03mg/kg For an average 70kg man: 1.75 – 2.1mg. Caution in renal and hepatic impairment and the elderly.
- Antipsychotic polypharmacy should be avoided where possible.
- Refer to High Dose Guidelines, if 24 hour dose of antipsychotic exceeds 100%
- Use zuclopenthixol acetate with caution, only when other measures have failed as indicated on algorithm 2.
- If in any doubt, seek advice from the consultant psychiatrist.
- Continue to review physical and mental health status, during first 24 hours as agreed with the clinical team and record progress.

Appendix 12

- Review patient daily including 'as required' medication and record progress.
- If patient detained under the Mental Health Act and Form T2 or T3 applicable, consult Form T2 or T3 treatment plan and utilise Form T4 if appropriate.

Monitoring Parameters:

- Whenever possible, check FBC, U+E's, LFT's and QTC. Seek advice if these are abnormal.
- Monitor pulse, respiration and temperature every 5 minutes for 1 hour after injections are administered. Measure blood pressure 30 & 60 minutes after each injection. This monitoring (or alternative as determined by the clinical team) must be performed and recorded in patient notes.

Management Problems:

- Procyclidine 5-10mg can be given intramuscularly for acute dystonia. Repeat after 20 minutes if necessary. Maximum dose: 20mg daily. Lower doses may be advisable in the elderly.
- Flumazenil should be given if respiratory rate drops below 10/min due to lorazepam administration (caution in elderly). Give 200microgram IV over 15 seconds. If desired level of consciousness is not obtained within 60 seconds, a further 100microgram can be administered and repeated at 60 second intervals to a maximum total dose of 1mg (1000microgram) in 24 hours (initial + 8 additional doses). Monitor respiration rate continuously until it returns to baseline. **NB**. Effect of flumazenil may wear off and respiratory depression return – monitoring must continue beyond initial recovery of respiration.

References

1. The British National Formulary (September 2003) 46, section 4.2.1. London. British Medical Association RoyalPharmaceutical Society of GB
2. Dubin WR. Rapid Tranquillisation: antipsychotics or benzodiazepines? *J Clin Psychiatry 1988; 49 (supp 12): 5-11*
3. The National Audit of The Prescribing of Anti-psychotic Medication 1998
4. The Maudsley Prescribing Guidelines, 6th Edition, 2001, 38
5. Atakan Z, Davies T. ABC of Mental Health emergencies BMJ 1997; 314: 1740-42
6. Kerr IB, Taylor D. Acute distrubed or violent behaviour: principles of treatment. J Psychopharmacol 1997; 11: 271-277
6. Cochrane Database of Systematic Reviews 1, 2003. Zuclopenthixol acetate in the treatment of acute schizophrenia and similar serious illnesses.

Prepared by Clinical & Community Pharmacy Services Agreed by Drug & Therapeutics Committee May 2008 Amended for the Formulary May 2008

Pharmacist Lead:: Lynn Morrison

Appendix 13

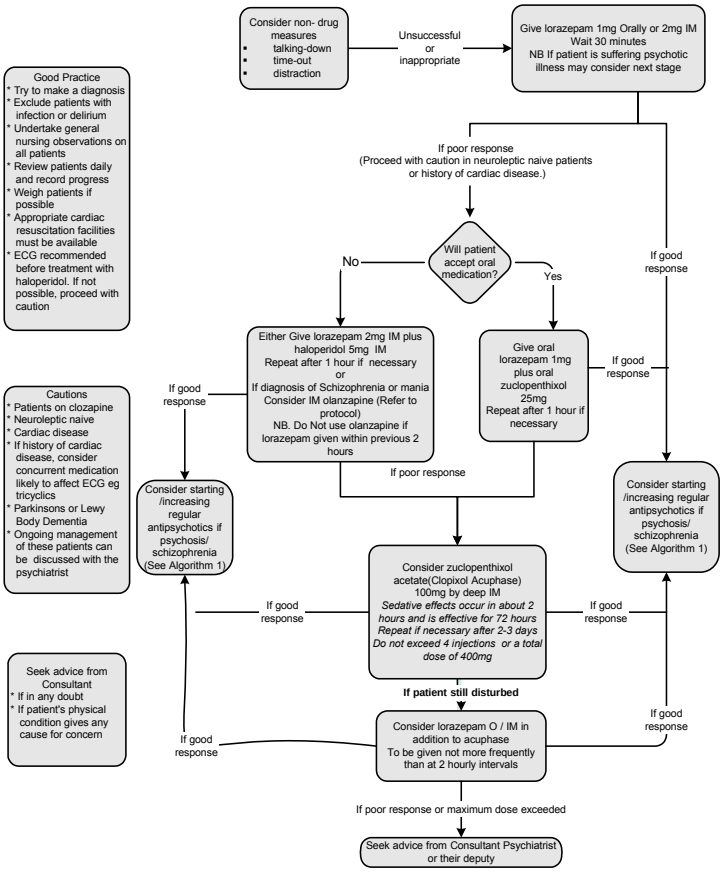
Algorithm 2 Emergency Sedation

Forth Valley Primary Care Services

Algorithm 2 - Emergency Sedation : **Adult Mental Health**

Please use this algorithm along with the Prescribing Guidelines.

Emergency sedation is broadly defined as the giving of psychotropic medication to control disturbed behaviour. This is a description of good practice but is not intended to be construed or to serve as a standard of medical care. The psychiatrist will make the final judgement, regarding the treatment plan, based on individual patient's clinical data and the diagnostic and treatment options available.



For elderly or physically debilitated patients refer to Algorithm 3- Emergency Sedation: Elderly.
For patients with a learning disability refer to Algorithm 4 Emergency Sedation: Learning Disabilities

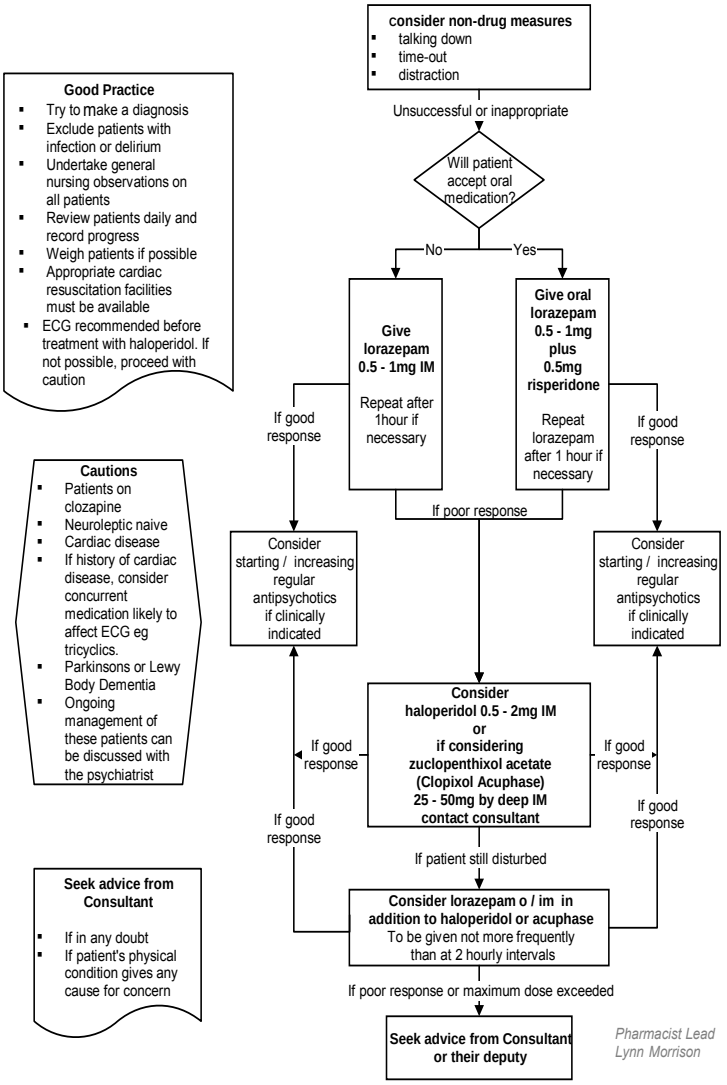
Appendix 14

Algorithm 3- Emergency Sedation (Elderly Mental Health)

NHS Forth Valley

Please use this algorithm along with the Prescribing Guidelines.

This is a description of good practice but is not intended to be construed or to serve as a standard of medical care.
The treatment plan will be based on individual patient's clinical data and the diagnostic and treatment options available.



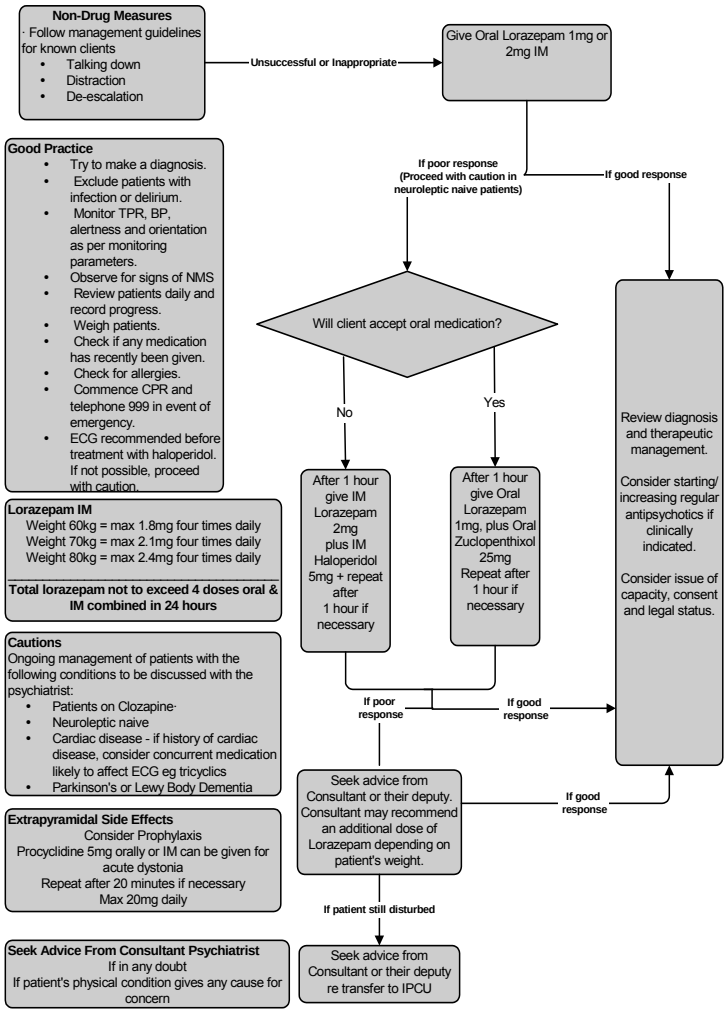
Pharmacist Lead
Lynn Morrison

Appendix 15

Algorithm 4 Emergency Sedation (Learning Disability Services)

Please use this algorithm along with the Prescribing Guideline

This is a description of good practice but is not intended to be construed as a standard of medical care. The treatment plan will be based on an individual patient's clinical data and the diagnostic and treatment options available. Planned admissions will have an individualised treatment plan in order to meet their specific clinical needs. Record capacity to consent to treatment & seek advice from MWC where appropriate.



Lead Pharmacist Jean Logan

Forth Valley Primary Care Services
Primary Care Drug & Therapeutics

Prescribing Guidelines

Regular Use Of More Than One Antipsychotic

"Prescribing of more than one antipsychotic at the same time is not recommended; it may constitute a hazard and there is no significant evidence that the side effects are minimised[1"].

The Primary Care Drug & Therapeutics Committee have agreed the following guidance by considering current evidence[2] and the standards set by The Royal College of Psychiatrists' Research Unit national audit[3]:

Prescribing of more than one antipsychotic should only be given as part of a considered treatment plan, with the rationale and outcome clearly documented. It may be appropriate only where the following criteria apply:

- During a switch from one antipsychotic to another
- As a temporary measure during a period of acute exacerbation of illness (Refer to Algorithm 2)
- For patients with Treatment Resistant schizophrenia where:
    - Failure to respond to clozapine [2]
    - Failure to tolerate clozapine
    - Patient refuses clozapine
    - Clozapine is contra-indicated
    - Partial response to clozapine, as augmentation[4,5,6]

Inappropriate reasons for the prescribing of more than one antipsychotic include:

- Failure to wait adequate length of time for first medicine to have antipsychotic effect
- Where clinical improvement occurs before a switch is completed
- Where inadequate resources and environment result in higher doses of medication being utilised
- Confusing sedative effect with antipsychotic effect

References

1 *The British National Formulary (March 2001) 41, section 4.2.1,175*
2 *Canales PL et al (1999) Current Opinion: Role of Antipsychotic Polypharmacy in the Treatment of Schizophrenia. CNS Drugs,12, 179-188*
3 *The National Audit of The Prescribing of Anti-psychotic Medication 1998*
4 *Shiloh R et al (1997) Sulpiride augmentation in people with schizophrenia partially responsive to clozapine. British Journal of Psychiatry, 171, 569-573*
5 *Morera A et al (1999) Risperidone and clozapine combination for the treatment of refractory schizophrenia. Acta Psych Scan 99, 305-307*
6 *The Maudsley Prescribing Guidelines, 6th Edition, 2001, 38*

Lead Pharmacist Lynn Morrison

Appendix 17

Monitoring Guidance for Patients receiving Atypical Antipsychotic Therapy

	Clozapine	Olanzapine	Risperidone	Quetiapine	Amisulpride	Aripiprazole
Weight & BMI	**Baseline at one month then three monthly**	Baseline, after one month, then three monthly				
Fasting Lipids	**Baseline then three monthly in first year thereafter annually if no abnormalities**	Baseline, then three monthly in first year, thereafter annually				
Blood Glucose *See over page	**Baseline then three monthly in first year thereafter annually if no abnormalities**	Baseline, then three monthly in first year, thereafter annually				
LFT's	**Baseline, at one month, thereafter annually**	Baseline, after one month, thereafter annually				
ECG	**Baseline for patients at risk then after 1-2 months**	Baseline for antipsychotic naive patients then repeated after one month				
U & E's	**Baseline then annually**	Baseline then annually				
FBC	**Baseline[1,2,34] then as per SPC**	Baseline then three monthly				
TFT's				Baseline[9,13] then six monthly in those with compromised thyroid function[13]		
BP and Pulse	**On initiation and during treatment as per SPC[20]**	On initiation and during titration in the elderly[19]	On initiation and during titration[18]	On initiation and during titration[14]	On initiation in the elderly[21]	Frequently during initiation[9]
NB.	**All monitoring to be undertaken by Specialist Mental Health Services unless agreement in exceptional circumstance**	Baseline tests to completed by the initial prescriber and communicated with the GP and/or Consultant Psychiatrist				

Appendix 17

Monitoring Guidance for Patients receiving Atypical Antipsychotic Therapy

ABNORMAL RESULTS:

TEST	ACTION
Fasting Lipids	Repeat test, refer to Lipid Lowering Guidelines, discuss with lipid clinic if appropriate
Blood Glucose	Repeat test, refer to Diabetic Protocol, and discuss with diabetic clinic if appropriate
LFT's	Repeat test, investigate cause, review dose / therapy if appropriate, if transaminases >3x limit, discuss with Specialist
ECG	**QTc <440ms(men) or <470ms (women):** no action **QTc >440ms (men) or >470ms (women) but <500ms**: consider dose reduction or switch to drug of lesser effect. **QTc > 500ms**: stop causative drug(s) ± switch to drug of lesser effect ± refer to cardiologist. If **Abnormal T-wave morphology**: review treatment indications. Consider switch to drug of lesser effect ± refer to cardiologist. (advice from Dr James Spratt, Consultant Cardiologist)
FBC	Repeat test, investigate cause, review dose / therapy if appropriate
TFT's	Repeat test, investigate cause, review dose / therapy if appropriate

*Advice from Dr John Doig suggested regular screening of patients on Atypical Antipsychotics. Random Blood glucose, though if result is > 6.00mmol/L a fasting sample should be checked. If fasting confirmed > 6.00mmol/l then OGTT should be considered. If patients have osmotic symptoms they should also be screened randomly.

To access the complete guidance with reference click on link below
http://intranet.fv.scot.nhs.uk/web/FILES/Pharmacyfiles/AtypicalAntipsychoticTherapy.doc

Lead Pharmacist Lynn Morrison

Appendix 18

Forth Valley Primary Care Services
Primary Care Drug & Therapeutics

Prescribing Guidelines

The Use of High Dose Antipsychotics

This information is issued to clinicians for guidance only and should be reviewed as scientific knowledge evolves. Treatment decisions will be based on the clinical data available for an individual. Deviation from this guidance does not in itself constitute bad practice as long as the reasoning behind it is detailed in the case notes.

Refer to the *Royal College of Psychiatrists' Consensus Statement on the Use of High Dose Antipsychotic Medication* for detailed information.

1. A decision to exceed the usual recommended dose of a single antipsychotic, or combination of more than one, rests with the patient's Consultant Psychiatrist. Where possible, discuss the decision with the multidisciplinary team, the patient, or carer, and obtain valid consent. Record details in the patient's case notes.

2. Bear in mind risk factors such as:
   - cardiac disorder (particularly MI and arrhythmias)
   - old age
   - hepatic/renal impairment
   - obesity
   - heavy drinking or smoking

3. Consider drug interactions and avoid concomitant use with:
   - terfenadine and astemizole
   - diuretics (risk of fluid and electrolyte imbalance)
   - tricyclic antidepressants
   - anti-arrythmics
   - anti-hypertensives

4. Where possible carry out an ECG to exclude long QT syndromes. Repeat every 1-3 months while dose remains high. Review treatment if a prolonged QT interval develops. If you decide to continue treatment, record the reason for doing so in the patient's case notes.
   (The "corrected QT interval" (QTc) should be calculated - see overleaf.)

5. Increase dose slowly i.e. weekly.

6. Regularly check pulse, blood pressure and temperature, hydration status and urea and electrolytes.

7. Review progress regularly and reduce dose if no improvement is seen after three months.

Appendix 18

Measurement of QTc Interval

The QT interval is measured from the beginning of the QRS complex to the end of the T wave. This measurement is complicated as the QT interval varies with heart rate.

The corrected QT interval (QTc) can be calculated by measuring the QT interval and dividing by the square root of the RR interval. The normal range for a male is less than 0.39seconds and for a female is less than 0.44 seconds[2].

$$QTc \quad \frac{QT\text{interval}}{\sqrt{RR\text{ interval}}}$$

Prolongation of the QT interval predisposes to ventricular arrhythmia, in particular a type of tachycardia known as *torsades de pointes*. This is associated with recurrent dizziness and syncope and may be self limiting. However, it may progress to ventricular fibrillation and sudden death. Patients who develop *torsades de pointes* which may be drug related should be referred for urgent specialist assessment and the relevant drug stopped immediately. Electrolyte abnormalities should be corrected promptly. Although *torasdes de pointes* is unlikely to occur until the QTc exceeds 500 milliseconds, the relationship between the degree of prolongation and risk of serious arrhythmia is unpredictable. Specialist advice should always be sought when there is uncertainty[3].

Guidance on defining High Dose

- Single antipsychotic prescribed at a daily dose, which exceeds the advisory upper limit in the BNF, or Summary of Product Characteristics.

- If more than one antipsychotic is prescribed concurrently, where the percentages of the maximum dose for each antipsychotic when added together equal or exceed 100%.
  For example: zuclopenthixol decanoate 300mg weekly + olanzapine 15mg daily
  *Sum of percentages = 50% + 75% (>100% therefore **high dose)***

- If 'as required' antipsychotics are being administered, this must be included in the high dose calculation

Appendix 18

British National Formulary Advisory Maximum Daily Doses[1]

Oral antipsychotics: maximum daily dose		Depot antipsychotics: maximum weekly dose	
Amisulpride	1200mg	Flupenthixol decanoate	400mg
Aripiprazole	30mg	Fluphenazine decanoate	100mg (every 2 weeks)
Chlorpromazine	1000mg	Haloperidol decanoate	300mg (every 4 weeks)
Clozapine	900mg	Pipothiazine palmitate	200mg (every 4 weeks)
Flupenthixol	18mg	Risperidone	50mg (every 2 weeks)
Fluphenazine	20mg	Zuclopenthixol decanoate	600mg
Haloperidol	30mg		
Methotrimeprazine	1000mg		
Olanzapine	20mg		
Pericyazine	300mg		
Perphenazine	24mg		
Pimozide	20mg		
Promazine	800mg		
Quetiapine	750mg		
Risperidone	16mg		
Sulpiride	2400mg		
Thioridazine (hospital)	600mg		
Trifluoperazine	not stated		
Zuclopenthixol (oral)	150mg		
Zuclopenthixol acetate (im)	400mg per course		

References

1. The British National Formulary (March 2004) 47, section 4.2.1
2. QTc information was kindly provided ina letter from Dr A Hargreaves, consultant Physician and Cardiologist, FDRI
3. Committee on Safety of Medicines & Medicines Control Agency. Current Problems in Pharmacovigilance Volume 22 March 1996

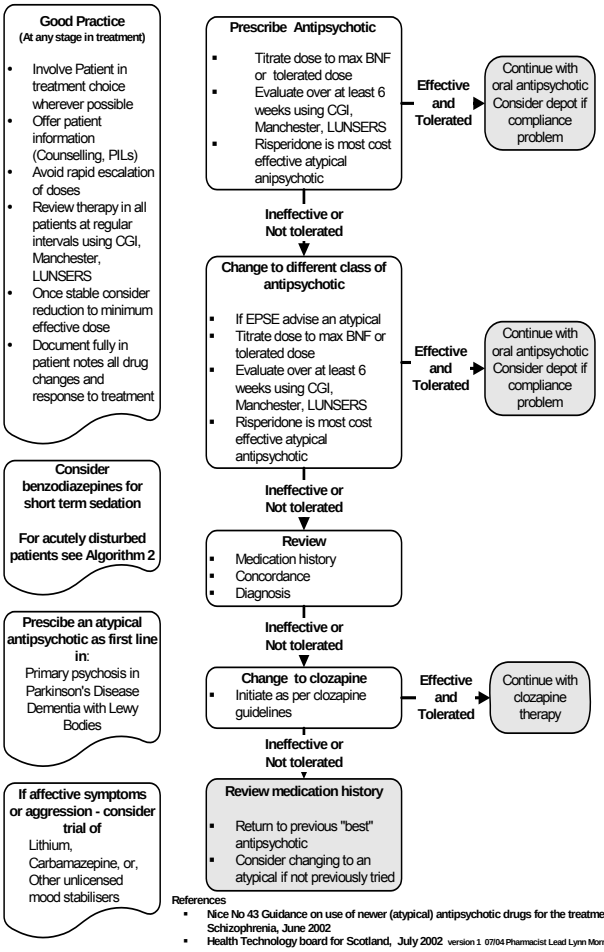
Pharmacist Lead:Lynn Morrison

Algorithm 1 Drug Treatment of Schizophrenia

Forth Valley Primary Care Services

(The Consultant Psychiatrist will make the final judgement, regarding the treatment plan, based on individual patient's clinical data and the diagnostic and treatment options available.)

- This algorithm represents an evidence based approach to the treatment of schizophrenia
- There is no real evidence that atypical antipsychotics are more effective or better tolerated than typical drugs, but they have lower incidence of extrapyramidal side effects.
- There is no firm evidence that any drug except clozapine is effective in refractory schizophrenia.
- There is some evidence that the longer the duration of poorly treated illness, the worse the prognosis.
- This is recommended followed by supplementary prescribers who will have a role in dose adjustment



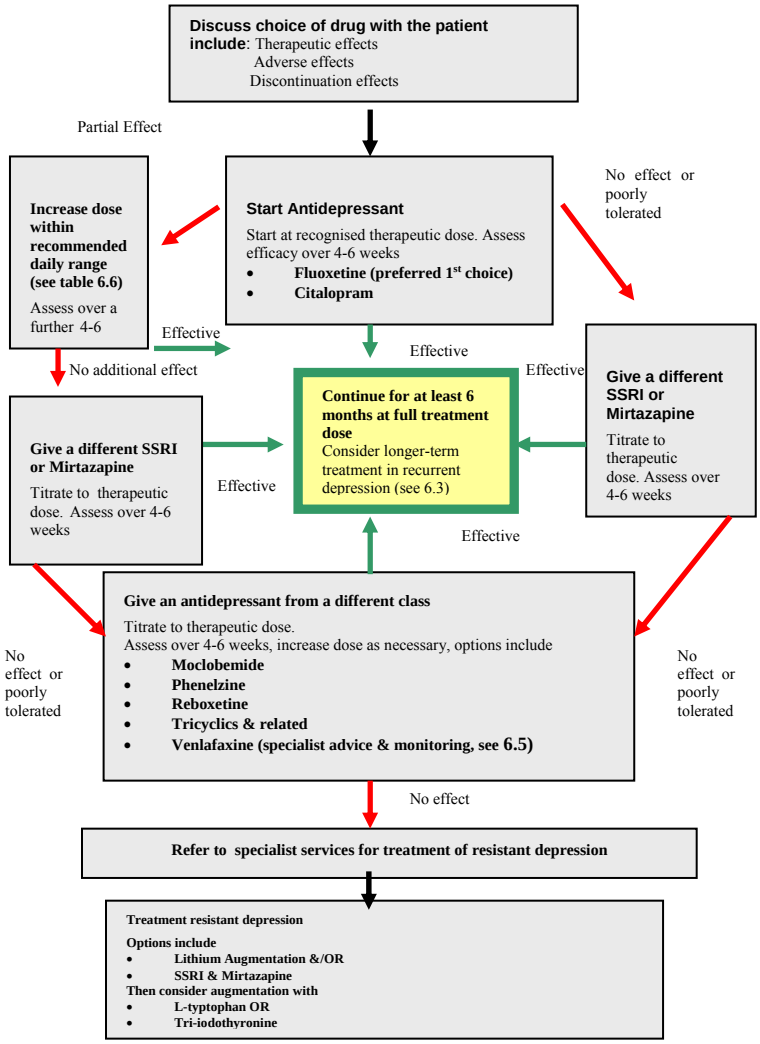
References

- Nice No 43 Guidance on use of newer (atypical) antipsychotic drugs for the treatment of Schizophrenia, June 2002
- Health Technology board for Scotland, July 2002 version 1 07/04 Pharmacist Lead Lynn Morrison

Appendix 20

Drug Treatment of Depression 18- 65 Yrs

This statement should be considered as a guideline only. The doctor will make the final judgement regarding the treatment plan, based on individual patient's clinical data, and the diagnostic and treatment options available.



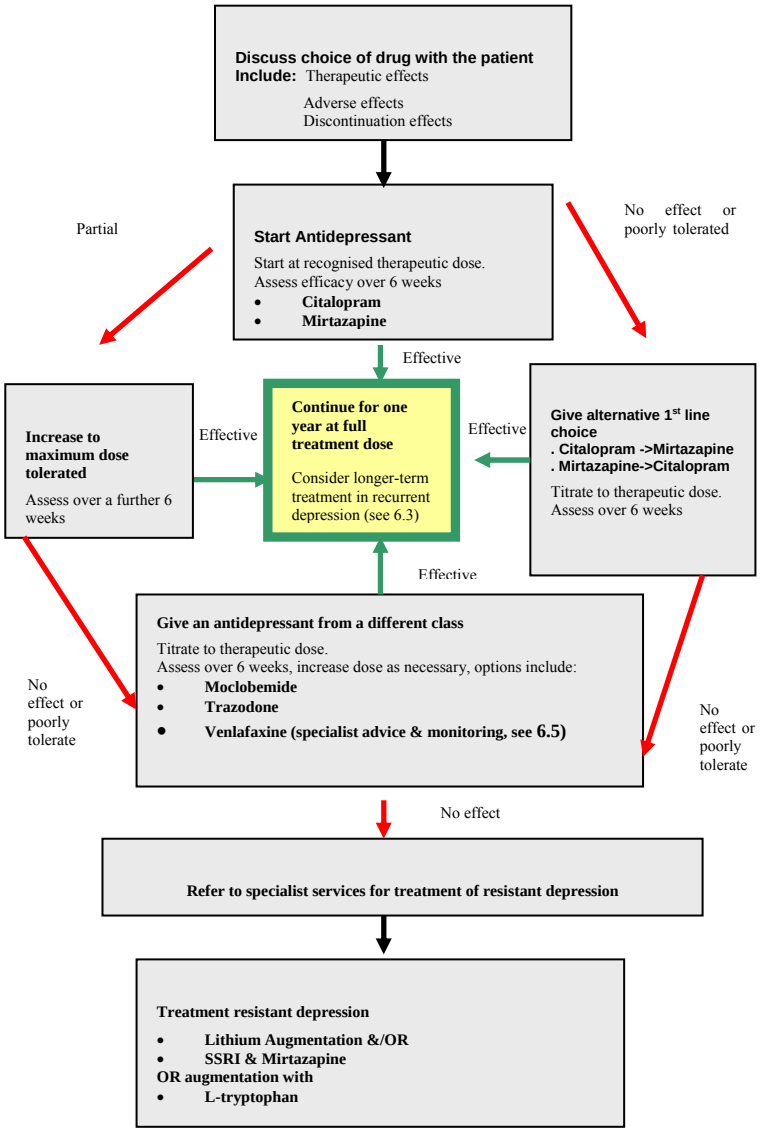
Key Points: - CBT & Antidepressant combination has been shown to be effective
- For patients with psychotic depression, consider augmentation of the current treatment plan with antipsychotic medication
*Amitriptyline;Clomipramine;Lofepramine(least cardiotoxic); Trazodone; (NB **exclude** Dosulepin)
**Taken from NHS FV"Guidelines for Drug Treatment of Depression" (January 2006) Refer to full guidelines for referenced tables.

Pharmacist Lead: Catherine MacKenzie

Appendix 21

Drug Treatment of Depression in Elderly Patients

This statement should be considered as a guideline only. The doctor will make the final judgement regarding the treatment plan, based on individual patient's clinical data, and the diagnostic and treatment options available.



Key Points

- Psychological and pharmacological combination therapy has been shown to be effective
- For patients with psychotic depression, consider augmentation of the current treatment plan with antipsychotic medication

Pharmacist Lead: Catherine MacKenzie

Appendix 22

Alcohol Dependence: In-patient Management of Alcohol Withdrawal

In alcohol-dependent drinkers withdrawal symptoms can start from 6 to 24 hours after the last alcoholic drink and usually last 5 – 7 days, occasionally longer. Early symptoms include tremor, sweating, anorexia, nausea, insomnia and anxiety. It is vital to detect symptoms early; having a high level of suspicion and taking a comprehensive history helps.

Between 10 and 60 hours from cessation, withdrawal seizures are a risk. They may precede or accompany life threatening Delirium Tremens, which may develop after 72 hours if withdrawal symptoms persist. Predisposing factors include hypoglycaemia, hypokalaemia, hypomagnesaemia or hypocalcaemia.

Where possible, patients should be managed in an environment with adequate lighting, cool ambient temperature, good ventilation and supportive nursing care.

1. Assessment

It is critical to take an alcohol history from all people admitted to an inpatient setting.

This should include:

- History of alcohol consumption from patient or other informant in units of alcohol per week; withdrawal seizures; pattern of dependent drinking using AUDIT (Alcohol Use Disorders Identification Test) - **Appendix 1**.
  It is also important to enquire about other substances of misuse
- Physical examination.
- Laboratory investigations: Blood Alcohol Concentration (BAC), FBC, U&E, LFT, γGT, Glucose, Magnesium, Calcium and urine drug screen.

It is important to refer promptly for further specialist help and advice. In the General Hospital setting a referral should be made to the Liaison Psychiatry service, for the attention of the Alcohol Liaison Nurse. In the psychiatric setting the Community Alcohol Team at CADS should be contacted.

Mild symptoms
- Tense
- Irritable
- Poor concentration

Moderate symptoms
- Tachycardia
- Nausea
- Tremor
- Sweats
- Anxiety
- Irritability
- Headache
- Flu-like symptoms
- Seizures

Severe symptoms
- Confusion
- Visual/auditory hallucinations
- Irrational thoughts/fears
- Seizures
- Bizarre, aggressive, uncooperative behaviour.

See Algorithm – **Appendix 2**.

2. Recognition of Wernicke's Korsakoff Syndrome

Wernicke's encephalopathy is a reversible biochemical lesion of the CNS caused by overwhelming metabolic demands being made upon depleted B-vitamin reserves, in particular thiamine. Wernicke's encephalopathy is most common in chronic alcohol misusers.

Wernicke's encephalopathy is an acute illness, precipitated by alcohol withdrawal, which is often under treated or missed. It should be suspected and treated in any patients undergoing alcohol detoxification who develop confusion, memory problems or difficulties with their gait or co-ordination.

A presumptive diagnosis of Wernicke's Encephalopathy should be made in patients with **a history of alcohol abuse and one or more of the following** otherwise unexplained symptoms:

- Acute confusion
- Opthalmoplegia / nystagmus
- Ataxia/unsteadiness
- Memory disturbance
- Decreased consciousness level including unconsciousness / coma
- Unexplained hypotension with hypothermia

Korsakoff's psychosis is described as an amnesic syndrome with impaired recent memory, and relatively intact intellectual function. It occurs after one or more inadequately treated episodes of Wernicke's encephalopathy. Patients rarely have a discrete deficit in forming new memories and often present with more global deficits along a spectrum of severity.

Korsakoff's psychosis is a preventable dementia, by prompt treatment where Wernicke's is suspected, with high dose parenteral vitamin preparations.

It is also important to elucidate, from a careful history, patients who are at risk of developing Wernicke-Korsakoff syndrome. These would include patients who have physical illness, weight loss, poor diet, diarrhoea and vomiting. These patients should also be treated with parenteral vitamins, as indicated on the prescription sheet in **Appendix 3**.

Appendix 22

2.1 Patients at risk of Wernicke's Encephalopathy

All in-patients presenting in alcohol withdrawal should be considered at risk of developing Wernicke's encephalopathy and should be prescribed prophylactic parenteral vitamins as follows:

Prophylaxis

↓

Administer **ONE pair of IV or IM PABRINEX Ampoules**
(High Potency Parenteral B-Complex Vitamins)
ONCE DAILY for 3 days.
(IV: Mix No 1 and No 2 amps with 100ml of normal saline or 5% glucose and infuse over 30 minutes.)

It should be noted, as per CSM advice, that there is a small risk of anaphylactic reactions with parenteral vitamin preparations. Facilities for treatment of anaphylaxis should be available.

2.2 Patients with symptoms of Wernicke's Encephalopathy

Treatment

↓

Administer **2 pairs of IV PABRINEX Ampoules** (High Potency Parenteral B-Complex Vitamins) **THREE TIMES DAILY for 3 DAYS**.
Mix No 1 and No 2 amps with 100ml of normal saline or 5% glucose and infuse over 30 minutes.

No Response	**Response**
Discontinue supplementation unless comatose/unconscious or Wernicke's encephalopathy confirmed by other means.	1 pair IV or IM Pabrinex amps ONCE daily for 5 DAYS In patients with ataxia, polyneuritis, memory disturbance - continue treatment until clinical improvement ceases.

Oral preparations of thiamine are poorly absorbed in alcohol misusers, and will not adequately replace depleted thiamine stores. They should not be used as a substitute for parenteral preparations. Patients who have a chronic alcohol problem and whose diet may be deficient, should be given oral thiamine indefinitely **after** parenteral (SIGN 74). For this group a dose of thiamine 100mg three times daily is recommended.

Appendix 22

3. Replacement of Alcohol with an Alternative CNS Depressant

In Forth Valley, chlordiazepoxide is the agreed medicine of choice in the management of alcohol withdrawal symptoms. Chlordiazepoxide is a suitable medication in the majority of cases and the 'Standard Alcohol Withdrawal Schedule' (**appendix 3**) should be completed and signed by the prescriber. **NB.** This regimen differs from the example quoted in SIGN 74 but has been agreed by the Forth Valley Alcohol Guideline Implementation Group.

Benzodiazepines have sedative, anxiolytic and anticonvulsant properties. They show cross-tolerance with alcohol, which is necessary in detoxification. It is important to obtain a clear history of alcohol intake or assess the patient for signs of withdrawal prior to starting therapy.
More severe cases may need a larger starting dose which may be annotated on the standard alcohol withdrawal schedule at day zero (**appendix 3**).

The metabolism of benzodiazepines may be reduced in severe liver damage. For the small number of patients with severely impaired liver function, a short-acting benzodiazepine (e.g. lorazepam) or lower dose chlordiazepoxide (e.g. starting at 15mg instead of 20mg) should be considered to avoid build up of metabolites and over sedation. In the frail or elderly a lower starting dose should be considered where appropriate (e.g. 10mg instead of 20mg).
An "as required" dose of 10 - 20mg chlordiazepoxide, up to six doses in 24 hours should also be prescribed (**appendix 3**).
Patients with severe symptoms of withdrawal or at risk of withdrawal seizures must be prescribed rectal diazepam 10mg 'as required' (**appendix 3**).

4. Management of Patients with Complex Needs

4.1 It is essential to ensure that patients are given adequate, early benzodiazepine treatment. Most cases of “difficult to manage” patients are avoidable. Where difficulties are arising, it should first be checked that adequate chlordiazepoxide has been given.
Mild perceptual disturbances usually respond to chlordiazepoxide but psychotic symptoms such as hallucinations warrant referral to Liaison Psychiatry. Alternatively consider oral or IM Haloperidol 5-10mg, in discussion with the Consultant Psychiatrist.
Refer to relevant Emergency Sedation guidance for:
Primary Care Adult Mental Health (**Appendix 4**)
Acute Services (**Appendix 6)**

4.2 Management of Older People with Complex Needs

Older people often have complex morbidities including pre-existing dementia, mobility problems, and cerebrovascular disease, which further add to the difficulty in recognising the problems of alcohol abuse in this age group, and may complicate management. Lower doses of medications may be indicated and **Appendix 5** contains the Emergency Sedation guidance from Primary Care Elderly Services.

5. Monitoring

Undertake routine checks on serum urea and electrolytes. Severity of withdrawal symptom checklist should be used daily during detoxification: see **Appendix 7**.Encourage an adequate oral fluid intake ie 2-2.5litres/day

6. Discharge Planning

The need for inpatient alcohol detoxification means that the patient has a dependency on alcohol, and by definition a severe alcohol problem. It is important that all avenues to prevent relapse are explored, and that patients are offered pharmacological, psychological and social help for their dependence.

Appendix 22

6.1 Pharmacological Interventions

Patients should be given no more that eight days chlordiazepoxide in total. If patients undergo a planned discharge, they should complete their detoxification at home. Care must be taken that patients are not given an open ended benzodiazepine script; this will not aid their alcohol problem. For patients who take their own discharge out with the recommended treatment plan, the risk of under-treated delirium tremens must be carefully considered. The decision to continue the chlordiazepoxide reducing prescription must be taken cautiously by the clinician for each individual case.

If it is felt that patients will continue to drink, it may be appropriate to send them home with a prescription for thiamine at a dose of 50-100mg three times per day. This is not necessary if the patient is eating a normal diet. Patients who have a chronic alcohol problem and whose diet may be deficient should be given oral thiamine indefinitely.

There are a number of medications which can aid maintenance of abstinence, such as acamprosate, disulfiram and naltrexone. These are detailed in separate guidance, and advice can again be gained from the Psychiatric Liaison Service, about prescribing these medications.

6.2 Psychological and Social help

There are a number of agencies in Forth Valley who offer counselling and support to substance users. These include Alcoholics Anonymous (AA), Alcohol Support Counselling (ASC) and Alcohol Link.
For further details, refer to the NHS Forth Valley Guidance, Alcohol Dependence: Maintenance of Abstinence

7. References

The Alcohol Management Group consulted the following national guidelines and references which support this local guidance:

1. Cook, C.H., Thomson, A.D., B-Complex Vitamins in the prophylaxis and treatment of Wernicke-Korsakoff syndrome, *Br J Hosp Med 1997 ;57: 461-465*
2. Lingford-Hughes A.R., Welch S., Nutt D.J., Evidence-based guidelines for the pharmacological management of substance misuse, addiction and comorbidity: recommendations from the British Association for Psychopharmacology. *Journal of Psychopharmacology 2004 18(3); 293-335*
3. Mayo-Smith, M.F., Pharmacological management of alcohol withdrawal. A meta-analysis and evidenced-based practice guideline. American Society of Addiction working group on pharmacological management of alcohol withdrawal. *JAMA 1997; 278:144-51*
4. McIntosh, C., Chick, J., Alcohol and the Nervous System, *JNNP 2004;(suppl III): iii16-iii213*
5. Raistrick D., Heather N., Godfray C. Review of the effectiveness of treatment for alcohol problems. *National Treatment Agency*.
6. Scottish Intercollegiate Guidelines Network (SIGN). The management of harmful drinking and alcohol dependence in primary care, 2003
7. Slattery, J., Chick, J., et al Prevention of relapse in alcohol dependence, *Health Technology Assessment Report 3, 2003, NHS-QIS*
8. Thomson A.D., Marshall E.J., The natural history and pathophysiology of Wernicke's Encephalopathy and Korsakoff's Psychosis. *Alcohol & Alcoholism 2006 41, No 2, 151-158*
9. Thomson A.D., Marshall E.J., The treatment of patients at risk of developing Wernicke's Encephalopathy in the community, *Alcohol & Alcoholism 2006 41, No 2, 159-167*

Appendix 22

Appendix 1

AUDIT (Alcohol Use Disorders Identification Test)

Circle the number that comes closest to the patient's answer

1. How often do you have a drink containing alcohol?
(0) never (1) monthly or less (2) 2-4 times a month (3) 2-3 times a week (4) 4 or more times a week

2. How many drinks containing alcohol do you have on a typical day when you are drinking?
(0) 1 or 2 (1) 3 or 4 (2) 5 or 6 (3) 7 - 9 (4) 10 or more

3. How often do you have six or more drinks on one occasion?
(0) never (1) less than monthly (2) monthly (3) weekly (4) daily or almost daily

4. How often during the last year have you found that you were not able to stop drinking once you had started?
(0) never (1) less than monthly (2) monthly (3) weekly (4) daily or almost daily

5. How often during the last year have you failed to do what was normally expected from you because of drinking?
(0) never (1) less than monthly (2) monthly (3) weekly (4) daily or almost daily

6. How often during the last year have you needed a first drink in the morning to get yourself going after a heavy drinking session?
(0) never (1) less than monthly (2) monthly (3) weekly (4) daily or almost daily

7. How often during the last year have you had a feeling of guilt or remorse after drinking?
(0) never (1) less than monthly (2) monthly (3) weekly (4) daily or almost daily

8. How often during the last year have you been unable to remember what happened the night before because you had been drinking?
(0) never (1) less than monthly (2) monthly (3) weekly (4) daily or almost daily

9. Have you or someone else been injured as a result of your drinking?
(0) no (2) yes, but not in the last year (4) yes, during the last year

10. Has a relative or friend, or a doctor or other health worker been concerned about your drinking or suggested you cut down?
(0) no (2) yes, but not in the last year (4) yes, during the last year

CUMULATIVE SCORE ☐

The minimum score (for non-drinkers) is zero and the maximum possible score is 40. A score of 8 or more may indicate a strong likelihood of hazardous or harmful alcohol consumption.

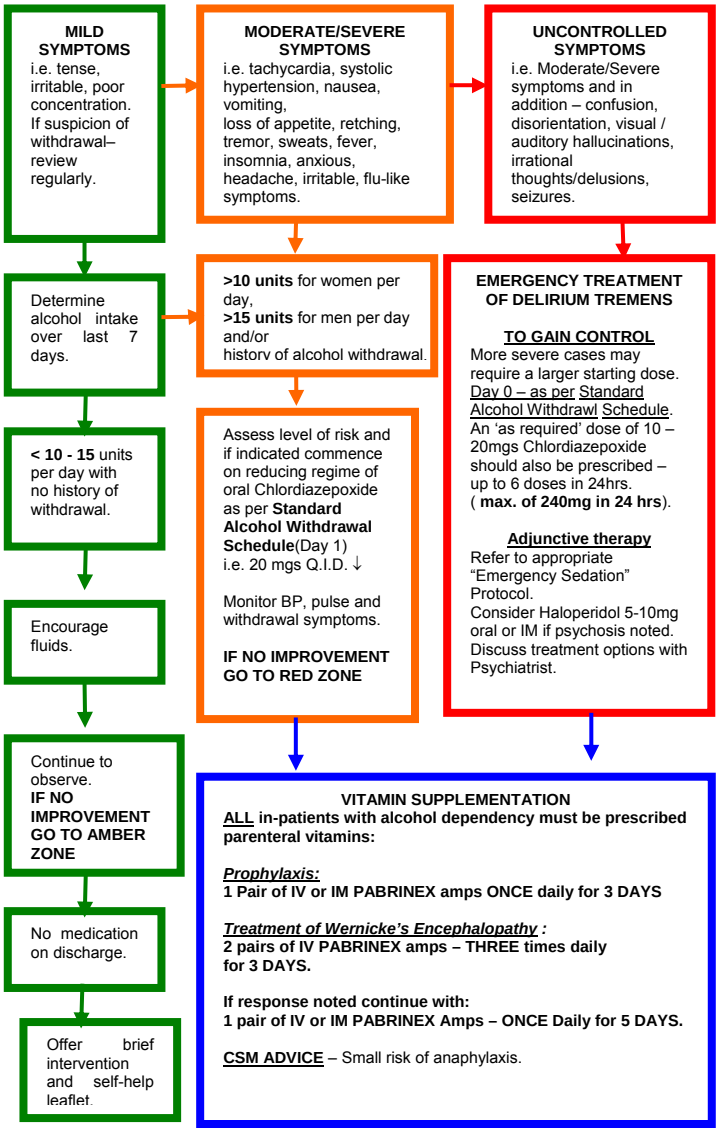
Appendix 22

Appendix 2 Management of Alcohol Withdrawal Algorithm

Where possible, patients should be nursed in a well-ventilated and adequately lit area.

CAUTION WITH DIAGNOSIS OF DECOMPENSATED LIVER

GREEN ZONE **AMBER ZONE** **RED ZONE**



Appendix 3 Standard Alcohol Withdrawal Schedule

Patient Name: Address: CHI Number:		Weight (kg)	Consultant	Hospital & Ward

- To be used for detoxification from alcohol and clinical review is essential. Prescribe on regular section of the prescription sheet:'Standard Alcohol Withdrawal Schedule'.
- ***Prescriber must complete starting dose of chlordiazepoxide on 'day 0' for morning, lunch, evening & night as appropriate**
- Administering nurse will record and initial the time when dose is administered in the 'Time/ Given by' box. Omit prescribed dose if patient is drowsy.
- Give PRN for symptoms of alcohol withdrawal ONLY: review chart with doctor if more than two PRN doses are needed daily

			Regular Medication								PRN Medication				
Day	Date	Drug	Morning dose	Time/ Given by	Lunch time dose	Time/ Given by	Evening dose	Time/ Given by	Night time dose	Time/ Given by	PRN Dose	Time/ Given by	Time/ Given by	Time/ Given by	Time/ Given by
0		Chlordiazepoxide oral	*		*		*		*		20mg				
1		Chlordiazepoxide oral	20mg		20mg		20mg		20mg		20mg				
2		Chlordiazepoxide oral	15mg		15mg		15mg		15mg		20mg				
3		Chlordiazepoxide oral	15mg				15mg		15mg		15mg				
4		Chlordiazepoxide oral	10mg				10mg		10mg		10mg				
5		Chlordiazepoxide oral	5mg				5mg		5mg		5mg				
6		Chlordiazepoxide oral	5mg						5mg		5mg				
7		Chlordiazepoxide oral							5mg		5mg				
** Prescribe: Pabrinex IV 2 pairs of amps three times daily for 3 DAYS for all patients with possible Wernicke's Encephalopathy (any one of confusion, reduced conscious level, ataxia or opthalmoplegia). For all others prophylactic dose of Pabrinex IV/IM 1 pair of amps daily for 3 days.															
1		Pabrinex IV/IM**													
2		Pabrinex IV/IM**													
3		Pabrinex IV/IM**													
Please complete start date on admission:															
		Diazepam rectal									10mg				
			Prescribers Signature:								Date:				

Appendix 22

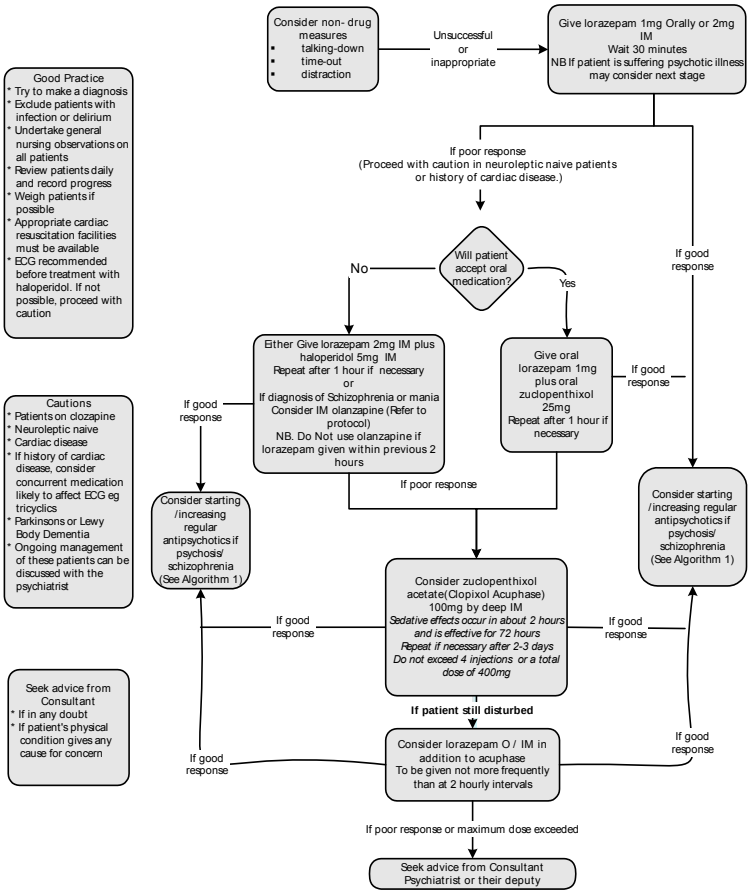
Forth Valley Primary Care Services

Algorithm 2 - Emergency Sedation : **Adult Mental Health**

Please use this algorithm along with the Prescribing Guidelines.

Appendix 4

Emergency sedation is broadly defined as the giving of psychotropic medication to control disturbed behaviour. This is a description of good practice but is not intended to be construed or to serve as a standard of medical care. The psychiatrist will make the final judgement, regarding the treatment plan, based on individual patient's clinical data and the diagnostic and treatment options available.



For elderly or physically debilitated patients refer to Algorithm 3- Emergency Sedation: Elderly.
For patients with a learning disability refer to Algorithm 4 Emergency Sedation: Learning Disabilities

Version 4 April 2008

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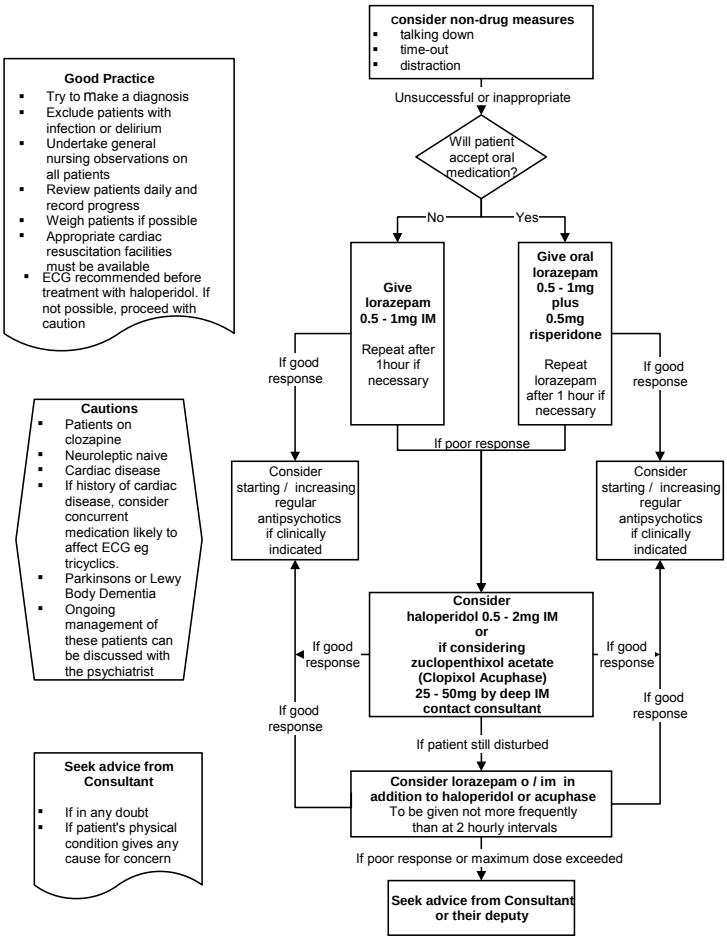
Algorithm 3 – Emergency Sedation: (Elderly Mental Health)

Appendix 5 **NHS Forth Valley**

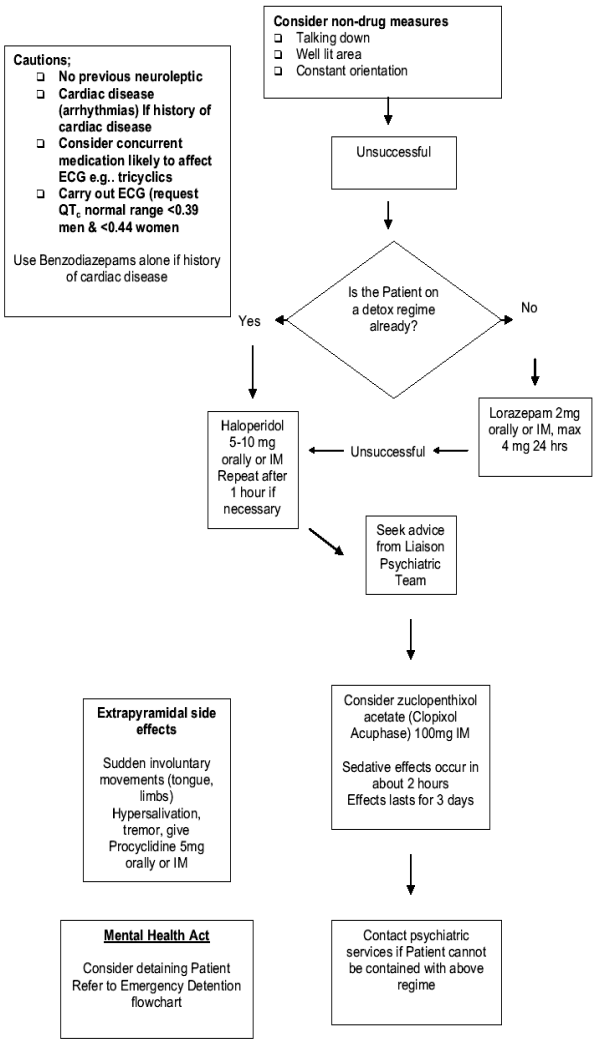
Please use this algorithm along with the Prescribing Guidelines.

This is a description of good practice but is not intended to be construed or to serve as a standard of medical care.
The treatment plan will be based on individual patient's clinical data and the diagnostic and treatment options available.



Appendix 22

Appendix 6 **Emergency Sedation 16 – 64 Years**
Algorithm for Emergency Sedation: Acute Services



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Appendix 22

Appendix 7

Severity of Withdrawal Symptom Checklist

ORIENTATION

Fully orientated	**0**
Mildly disorientated	**1**
Obviously disorientated	**2**
Totally disorientated	**3**

LEVEL OF CONSCIOUSNESS

Fully alert	**0**
Slightly drowsy	**1**
Very drowsy	**2**
Roused with difficulty	**3**

AGITATION

No signs	**0**
Slight	**1**
Moderate restlessness	**2**
Constant restlessness	**3**

HALLUCINATIONS

No hallucinations	**0**
Unstructured	**1**
Intermittent structured	**2**
Frequent structured	**3**

SWEATING

No sweating	**0**
Slight	**1**
Moderate	**2**
Profuse	**3**

TREMOR

None	**0**
Slight	**1**
Moderate	**2**
Marked	**3**

MOOD

Cheerful/appropriate	**0**
Sometimes low	**1**
Often low	**2**
Despondent	**3**

ANXIETY

Find it easy to relax	**0**
Find it difficult to relax	**1**
Hardly ever relaxed	**2**
Cannot relax	**3**

SLEEP

Slept well	**0**
Broken sleep	**1**
Difficulty in getting to sleep	**2**
Insomnia	**3**

APPETITE

Good appetite	**0**
Fair appetite	**1**
Poor appetite	**2**
No appetite	**3**

G. I. DISTURBANCE

No abnormalities	**0**
Mild nausea	**1**
Persistent nausea	**2**
Vomiting, two or more Occasions	**3**

COMMITMENT TO DETOX

Strong	**0**
Moderate	**1**
Slight	**2**
None	**3**

Appendix 22

Appendix 7

SEVERITY OF WITHDRAWAL SYMPTOM CHECKLIST score

		Day Of Detoxification						
	ASSESS	1	2	3	4	5	6	7
ORIENTATION								
CONSCIOUSNESS								
AGITATION								
HALLUCINATIONS								
SWEATING								
TREMOR								
MOOD								
ANXIETY								
SLEEP								
APPETITE								
G I DISTURBANCE								
COMMITMENT								
SWSC SCORE								
BLOOD PRESSURE								
PULSE								
BREATHALYSER								

Appendix 23

Guidance on Alcohol Dependence

Alcohol Dependence: Maintenance of Abstinence

Treatment for alcohol dependence should be considered to have two distinct but interrelated parts. The first, covered in the guideline "Alcohol Dependence: Management of Withdrawal" is to help the individual stop drinking, using a safe detoxification process. The second part of treatment is to put in place methods and life skills that help the individual maintain their desired changes in their use of alcohol. In alcohol dependence the primary focus will be on maintaining an abstinence based model using psychological and pharmacological therapies and enhanced social supports. The Community Alcohol and Drug Service (CADS) provide specialist support in the management of these patients.

1. Psychological Therapies

These are key in the maintenance of abstinence. Individuals should be encouraged to accept assessment and intervention from the specialist alcohol services in Forth Valley who can offer advice and psychological therapies. Alcohol Link provides support, encouragement and advice on relapse prevention. Addictions Support and Counselling (ASC) offers a structured counselling service. Individuals should also be strongly advised to make contact with Alcoholics Anonymous (AA). Alcohol Link can support clients to attend AA meetings.

Specialist psychiatric and psychological services are available to work closely with patients who have complex mental health issues and/or trauma as these issues may affect the patient's ability to remain abstinent. These services provide specialist support to pregnant alcohol users too. Referrals should be made via CADS or by the client's key worker. GPs may refer directly to this service.

Useful Contacts
ALCOHOL LINK ☎ 0845 6731774 ADDICTIONS SUPPORT & COUNSELLING (ASC) ☎ 01786 450721 COMMUNITY ALCOHOL & DRUG SERVICE ☎ 01786 483131

2. Pharmacotherapies

Pharmacological interventions are used as an adjunct to the treatment of alcohol dependence and should be offered to all individuals undergoing alcohol detoxification. Their use must be accompanied by appropriate supportive therapies. Individuals should be given information on drug treatments available, and be encouraged to consider them.

In practice, acamprosate is usually offered earlier in a drinking career than disulfiram, and should definitely be discussed after an individual's first alcohol detoxification. However, if a patient voices a strong commitment or interest in disulfiram, the risks and benefits of this medication should be weighed up with them, even if they are fairly early on in their drinking career.

2.1 Acamprosate (Campral EC®)

Acamprosate is an NMDA receptor modulator, specifically designed to prevent alcoholic relapse through a claimed action on craving.

Acamprosate should be initiated as soon as possible **after** alcohol withdrawal. It is recommended that acamprosate therapy is combined with counselling. Patients should be instructed to continue the tablets even if they relapse. Repeated relapsing to heavy drinking indicates lack of efficacy. The recommended treatment period is twelve months.

Exclusions

- Pregnancy and lactation
- Severe renal insufficiency (serum creatinine > 120 micromol/L)
- Severe hepatic failure (Childs-Pugh Classification C)
- Previous allergic reaction to acamprosate

Appendix 23

Unwanted effects

Adverse effects are usually mild and transient, predominantly:

- gastrointestinal (diarrhoea, nausea, vomiting, abdominal pain)
- dermatological (itch, occasional maculopapular rash and rare cases of bullous skin reactions have been reported)
- **other disorders (sexual dysfunction)**

Formulation: Tablets e/c 333mg

***Dosage*:**

To be taken with meals.

18-65 years	above 60kg	666mg (2 tablets) 3 times daily
18-65 years	under 60kg	666mg (2 tablets) at breakfast 333mg (1 tablet) at midday 333mg (1 tablet) in early evening

Monitoring

- Where it appears effective, acamprosate should be continued for up to 12 months.
- The interrelationship between alcohol dependence, depression and suicidality is recognised, therefore patients should be monitored for such symptoms.

Patient Information
Refer to Acamprosate Fact Sheet

2.2 Disulfiram (Antabuse®)

Disulfiram acts by inhibiting aldehyde dehydrogenase, an enzyme involved in the breakdown of alcohol. Inhibiting this enzyme leads to an accumulation of acetaldehyde causing unpleasant physical reactions, including tachycardia, headache, flushing, nausea and vomiting.

Note:

- **Only patients who intend to abstain from alcohol should be offered treatment**.
- Disulfiram treatment must be combined with appropriate supportive therapies.
- Disulfiram is a deterrent to help while they commence changing their lifestyle.
- Disulfiram is particularly indicated for patients in whom a lapse might have serious consequences (e.g. criminal re-offending, breach of employment agreement, precipitation of relapse leading to medical complications).
- It is only effective if taken **regularly**. Compliance is best achieved when a third party is involved ('the partnership approach'). It is strongly recommended that **administration is supervised** by, for example a family member, work colleague, project worker or healthcare professional. The clinician involved would explain the rationale and procedures to the supervisor and obtain agreement to participate. The supervisor should be thanked/encouraged by the clinician in person or by phone/letter at least once every 8 weeks.
- Disulfiram is an adjunct to psychosocial interventions, which need not be from a specialist. Patients who are helped by AA should not substitute disulfiram for AA, but use it in conjunction with attending meetings regularly.

Exclusions

- Short term memory impairment
- Heart disease: active or in past 6 months, tendency to cardiac arrhythmia, cardiac failure or compromised respiratory status. **In such patients the alcohol reaction could be fatal**
- Previous history of cerebrovascular accident
- Hypertension
- Neuropathy

Appendix 23

- Pregnancy and lactation
- Liver disease (bilirubin >25mmols and/or GGT >10 times normal and/or AST or ALT or Alk Phos > twice normal)
- Previous allergic reaction to disulfiram
- Severe personality disorder, suicidal risk or psychosis

Practice Point
• Patients taking disulfiram suffer unpleasant physical reactions if anything containing alcohol is consumed or applied topically to the skin • They should carry a patient treatment card as shown in Appendix 1

Cautions

Disulfiram has a number of cautions in its use, detailed below. Each case should be evaluated on its own basis, and the patient asked to weigh up the pros and cons of treatment, particularly considering the risks to them of relapsing into alcohol dependence. If clinicians are unsure, they should refer to the specialist alcohol service at CADS for an opinion.

- History of psychosis
- Hypotensive medication (alcohol-disulfiram reaction could cause fatal hypotension)
- Drug interactions e.g. disulfiram potentiates serum levels of phenytoin; may alter bio-availability of warfarin and some antidepressants
- History of skin reaction to nickel
- Certain medicines, mouthwashes, foods and toiletries contain ethanol. Refer to Appendix 2

***Unwanted effects* (usually dose-related)**

- Tiredness, sleepiness, headaches
- Skin reactions
- Rarely, serious sudden liver reaction
- Peripheral neuropathy
- Halitosis
- Depression, paranoia, schizophrenia and mania occur rarely
- Reduced libido

Formulation: *Tablets 200mg*

Dosage:

Commence when all alcohol is excreted /metabolised, which in a very heavy drinker would be 24 - 36 hours after the last drink.

Day	1	800mg (4 tablets) as a single dose
Day	2	600 mg (3 tablets) as a single dose
Day	3	400mg (2 tablets) as a single dose
Day	4 onwards	200 mg (1 tablet) as a single daily dose

Alternatively from day 4, doses may be administered over three days, totalling 7 tablets per week; 400mg to be taken as a single daily dose on both Monday and Wednesday, and 600mg to be taken on Friday (unlicensed administration).

If side effects are troublesome, reduce the dose to 100mg (half a tablet) daily.
Disulfiram must not be prescribed for longer than 6 months without review by a GP or specialist.

Appendix 23

Monitoring

- Review weekly for the first month, then monthly, for efficacy and unwanted effects.
- Measure LFT's at baseline and again after 4 - 6 weeks of treatment. Where LFTs are elevated (bilirubin >25mmols and/or GGT >10 times normal and/or AST or ALT or Alk Phos > twice normal), refer to the specialist service for advice.
- During in-patient detoxification, if LFTs are elevated as defined above at baseline, then repeat 4-5 days after admission. If LFTs remain elevated discuss with consultant psychiatrist before prescribing disulfiram
- There is no limit to how long a patient can be treated with disulfiram provided there is on-going medical supervision to detect rare toxic effects of cumulative use.
- For patients who have taken disulfiram regularly for 6 months, dose reduction may be considered. The lowest dose that has a deterrent effect should be sought.

Patient Information

Refer to Disulfiram Fact Sheet and general guidance (Appendix 2).

2.3 Naltrexone

The opioid antagonist naltrexone is not licensed in the UK for use in alcohol dependence. It is used 'off licence' as part of a comprehensive treatment programme to reduce the risk of relapse to heavy drinking, support abstinence and reduce alcohol craving. It may act by breaking the desire for the next drink by blocking the pleasure or high which would normally result from drinking alcohol.

Naltrexone is prescribed by the specialist service only, and is not included in the Forth Valley Formulary for the treatment of alcohol dependence.

References

- Slattery J, Chick J, et al (2003) Prevention of relapse in alcohol dependence Health Technology Assessment Report 3
- Scottish Intercollegiate Guidelines Network (2003) The management of harmful drinking and alcohol dependence in primary care
- Chick J, Safety Issues Concerning the Use of Disulfiram in Treating Alcohol Dependence (1999) Drug Safety May 20 (5)
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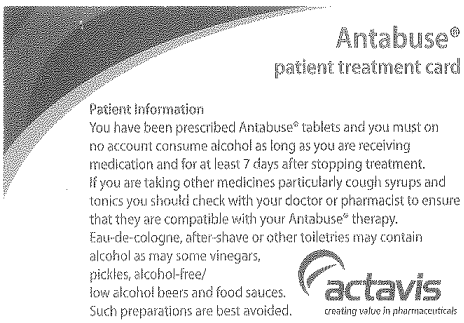
Appendix 23

Appendix 1



Antabuse®
patient treatment card

Patient Information
You have been prescribed Antabuse® tablets and you must on no account consume alcohol as long as you are receiving medication and for at least 7 days after stopping treatment.
If you are taking other medicines particularly cough syrups and tonics you should check with your doctor or pharmacist to ensure that they are compatible with your Antabuse® therapy.
Eau-de-cologne, after-shave or other toiletries may contain alcohol as may some vinegars, pickles, alcohol-free/ low alcohol beers and food sauces. Such preparations are best avoided.

actavis
creating value in pharmaceuticals

Please carry this card with you at all times to ensure proper treatment in the event of an accident or sudden illness.

Antabuse®
patient treatment card

This patient should not be given alcohol in any form until 7 days after stopping Antabuse® therapy. Antabuse® interferes with drug metabolizing enzymes and may potentiate the action of centrally acting drugs eg. Phenytoin.

I am on Antabuse® (disulfiram) therapy. Daily dose_____

Name_____

Address_____

Telephone (day)_____ (evening) _____

Date of issue_____

Doctor's name_____

Doctor's telephone_____

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Appendix 2

Antabuse®

Proprietary Products & General Guidance

If you are taking Antabuse® the following guidelines will be of use in your daily life.

Many proprietary products contain alcohol and you should look carefully at the ingredients listed on any product you may purchase. If you purchase a product from a pharmacy and you are in any doubt, please consult the pharmacist.

The following headings cover many of the day to day product types you may purchase and some guidance of a more general nature.

AFTERSHAVES
It is best to use an alcohol free type.

VINEGARS & PICKLES
These are normally safe, provided they are non alcohol based. However, if they are cider or wine vinegars, it is best to avoid them.

ANTI-PERSPIRANTS
It is best to buy an alcohol free type.

MOUTH WASHES
Some contain alcohol, so best to avoid them. Some alcohol free products will be on sale soon. Check with your pharmacist or dentist.

COUGH MEDICINES
Your pharmacist should be consulted **at all times**.

VITAMIN C SUPPLEMENTS
This includes orange and other fruit juices. Proprietary brands are unlikely to interfere with the metabolism of Antabuse®. High dose Vitamin C (intravenous) can affect the Antabuse®/Alcohol reaction, but will only be given under the supervision of a doctor.

COOKING WITH ALCOHOL
Most sauces e.g. white wine, contain only a small amount of alcohol. However, cooking for a few minutes at a high temperature will evaporate off the alcohol, since it has a low boiling point, but the flavours will remain. Food which contains "un-cooked" alcohol, such as sherry trifles, should be avoided.

HAIR
Permanent dyes are acceptable, but some rinses contain alcohol and should be avoided.

BLOOD DONATION
This should be completely avoided.

Our thanks to Dr K K Rohatgi, Consultant Psychiatrist, Lanarkshire Healthcare NHS Trust, in compiling this guidance sheet.

Actavis UK Ltd, Whiddon Valley, Barnstaple, North Devon, EX32 8NS October 2008

Appendix 24

Guidance on Alcohol Dependence

Alcohol Dependence: Community Management of Alcohol Withdrawal

1. Introduction

Research evidence suggests that most people who are dependent on alcohol can be detoxified safely in a community setting. SIGN 74 recommends that this is done with the input of a community alcohol nurse, who can see and breathlyse the patient daily in the initial stages of treatment. Forth Valley designed the prototype for this model, and continues to provide high quality detoxification through the Community Alcohol Service, which is based at Bannockburn Hospital.

Outpatient alcohol withdrawal should always be a planned process. SIGN 74 defines clear criteria for those who are not suitable for outpatient alcohol detoxification:

In-patient detoxification would be advised (SIGN 74) if the patient:

- *Is confused or has hallucinations*
- *Has a history of previously complicated withdrawal*
- *Has epilepsy or history of fits*
- *Is undernourished*
- *Has severe vomiting or diarrhoea*
- *Is at risk of suicide*
- *Has severe dependence coupled with unwillingness to be seen daily*
- *Has previously failed home-assisted withdrawal*
- *Has uncontrollable withdrawal symptoms*
- *Has an acute physical or psychiatric illness*
- *Has multiple substance misuse*
- *Has a home environment unsupportive of abstinence*

NB. Caution should be exercised, and in-patient detoxification considered, for elderly drinkers who may have no support and often have many additional morbidities.

2. Assessment

It is important to take a clear history of alcohol use to determine if outpatient treatment for alcohol withdrawal is a viable treatment option.

This should include:

- History of alcohol consumption from patient or other informant in units of alcohol per week; withdrawal seizures; pattern of dependent drinking using AUDIT (Alcohol Use Disorders Identification Test) - **appendix 1**.
  It is also important to enquire about other substances of misuse

- Brief physical examination.

- It is useful to check pre-detoxification bloods including FBC, U&E, LFT, γGT. Particularly deranged liver function would suggest that inpatient detoxification is indicated

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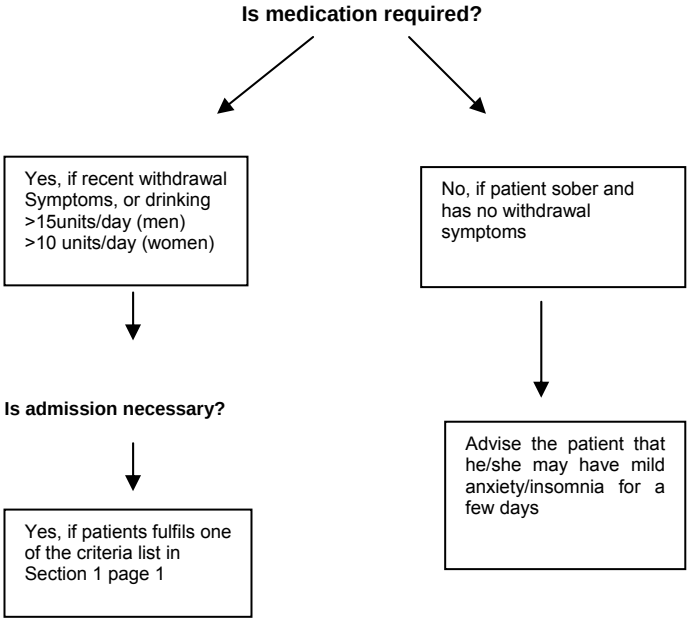
Guidance on Alcohol Dependence

- An assessment of the home situation, support available and a discussion about how people will maintain abstinence post detoxification.
- Recent weight loss and poor diet

3. Replacement of alcohol with an alternative CNS depressant

In Forth Valley, chlordiazepoxide is the agreed medicine of choice in the management of alcohol withdrawal symptoms.



The 'Standard Chlordiazepoxide Reducing Schedule' (**appendix 2**) should be prescribed. **NB. This regimen differs from the example quoted in SIGN 74 but has been agreed by the Forth Valley Alcohol Guideline Implementation Group.**

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Guidance on Alcohol Dependence

Benzodiazepines have sedative, anxiolytic and anticonvulsant properties. They show cross-tolerance with alcohol, which is necessary in detoxification.

Patients who are not drinking at high levels may need a smaller starting dose which may be annotated on the standard chlordiazepoxide reducing schedule as starting at day two (**appendix 2).** In the frail or elderly a lower starting dose should be considered where appropriate (e.g. 10mg instead of 20mg).

An "as required" dose of 10 - 20mg chlordiazepoxide, up to six doses in 24 hours should also be prescribed (**appendix 2**).

4. Recognition of Wernicke's Korsakoff Syndrome

Wernicke's encephalopathy is a reversible biochemical lesion of the CNS caused by overwhelming metabolic demands being made upon depleted B-vitamin reserves, in particular thiamine. Wernicke's encephalopathy is most common in chronic alcohol misusers.

Wernicke's encephalopathy is an acute illness, precipitated by alcohol withdrawal, which is often under treated or missed. It should be suspected and treated in any patients undergoing alcohol detoxification who develop confusion, memory problems or difficulties with their gait or co-ordination.

A presumptive diagnosis of Wernicke's Encephalopathy should be made in patients with **a history of alcohol abuse and one or more of the following** otherwise unexplained symptoms:

- Acute confusion
- Opthalmoplegia / nystagmus
- Ataxia/unsteadiness
- Memory disturbance
- Decreased consciousness level including unconsciousness / coma
- Unexplained hypotension with hypothermia

Korsakoff's psychosis is described as an amnesic syndrome with impaired recent memory, and relatively intact intellectual function. It occurs after one or more inadequately treated episodes of Wernicke's encephalopathy. Patients rarely have a discrete deficit in forming new memories and often present with more global deficits along a spectrum of severity.

Korsakoff's psychosis is a preventable dementia, by prompt treatment where Wernicke's is suspected, with high dose parenteral vitamin preparations. If patients undergoing Community Detoxification develop signs of Wernicke-Korsakoff syndrome they should be admitted to hospital as an emergency for parenteral vitamin treatment.

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Guidance on Alcohol Dependence

It is also important to elucidate, from a careful history, patients who are at risk of developing Wernicke-Korsakoff syndrome. These would include patients who have physical illness, weight loss, poor diet, diarrhoea and vomiting. These patients should also be treated with parenteral vitamins, as indicated on the prescription sheet in **Appendix 2**. It is anticipated that patients in some of these categories may be considered for community alcohol detoxification, it is therefore important to look at adequate prophylaxis with parenteral vitamins.

Prophylaxis

Administer **ONE pair of IM PABRINEX Ampoules**
(High Potency Parenteral B-Complex Vitamins)
ONCE DAILY for 3 days.
(IM: Mix No 1 and No 2 amps with 100ml of normal saline or 5% glucose and infuse over 30 minutes.)

It should be noted, as per CSM advice, that there is a small risk of anaphylactic reactions with parenteral vitamin preparations. Facilities for treatment of anaphylaxis should be available, so it is anticipated that these treatments will occur in settings such as in any setting where routine vaccinations are administered.

Oral preparations of thiamine are poorly absorbed in alcohol misusers, and will not adequately replace depleted thiamine stores. They should not be used as a substitute for parenteral preparations. Patients who have a chronic alcohol problem and whose diet may be deficient, should be given oral thiamine indefinitely **after** parenteral (SIGN 74). For this group a dose of thiamine 100mg three times daily is recommended.

5. Support

During detoxification the patient will be seen twice daily for the first 3 days, and then daily for the next 2 days by the community alcohol nurse who will breathlyse daily and check observations. Severity of withdrawal symptom checklist should be used daily during detoxification: see **Appendix 3**.

6. Forward Planning

The need for inpatient alcohol detoxification means that the patient has a dependency on alcohol and by definition a severe alcohol problem. It is important that all avenues to prevent relapse are explored, and that patients are offered pharmacological, psychological and social help for their dependence.

6.1 Pharmacological Interventions

Patients should be given no more that seven days chlordiazepoxide in total. Patients who have a chronic alcohol problem and whose diet may be deficient should be given oral thiamine indefinitely. There is little evidence for this, however it is an intervention which is unlikely to lead to harm, and may be of benefit.

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Guidance on Alcohol Dependence

There are a number of medications that can aid maintenance of abstinence, such as acamprosate, disulfiram and naltrexone. These are detailed in separate guidance, and advice can again be gained from the Community Alcohol Nurse, about prescribing these medications.

6.2 Psychological and Social help

There are a number of agencies in Forth Valley who offer counselling and support to substance users. These include Alcoholics Anonymous (AA), Alcohol Support Counselling (ASC) and Alcohol Link.

For further details, refer to the NHS Forth Valley Guidance, Alcohol Dependence: Maintenance of Abstinence

7. References

1. Cook, C.H., Thomson, A.D., B-Complex Vitamins in the prophylaxis andtreatment of Wernicke-Korsakoff syndrome, *Br J Hosp Med 1997 ;57: 461-465*
2. .Lingford-Hughes A.R., Welch S., Nutt D.J., Evidence-based guidelines for the pharmacological management of substance misuse, addiction and comorbidity: recommendations from the BritishAssociationfor Psychopharmacology. *Journal of Psychopharmacology200418(3);293-335*
3. Mayo-Smith, M.F., Pharmacological management of alcohol withdrawal. A meta-analysis and evidenced-based practice guideline. American Society of Addiction working group on pharmacological management of alcohol withdrawal. *JAMA 1997; 278:144-51*
4. McIntosh, C., Chick, J., Alcohol and the Nervous System, *JNNP 2004;(suppl III): iii16-iii213*
5. Raistrick D., Heather N., Godfray C. Review of the effectiveness of treatment for alcohol problems. *National Treatment Agency.*
6. Scottish Intercollegiate Guidelines Network (SIGN). The management of harmful drinking and alcohol dependence in primary care, 2003
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8. Thomson A.D., Marshall E.J., The natural history and pathophysiology of Wernicke's Encephalopathy and Korsakoff's Psychosis. *Alcohol & Alcoholism 2006 41, No 2, 151-158*
9. Thomson A.D., Marshall E.J., The treatment of patients at risk of developing Wernicke's Encephalopathy in the community, *Alcohol & Alcoholism 2006 41, No 2, 159-167*

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Guidance on Alcohol Dependence

Appendix 1

AUDIT (Alcohol Use Disorders Identification Test)

Circle the number that comes closest to the patient's answer

1. How often do you have a drink containing alcohol?
(0) never (1) monthly or less (2) 2-4 times a month (3) 2-3 times a week (4) 4 or more times a week

2. How many drinks containing alcohol do you have on a typical day when you are drinking?
(0) 1 or 2 (1) 3 or 4 (2) 5 or 6 (3) 7 - 9 (4) 10 or more

3. How often do you have six or more drinks on one occasion?
(0) never (1) less than monthly (2) monthly (3) weekly (4) daily or almost daily

4. How often during the last year have you found that you were not able to stop drinking once you had started?
(0) never (1) less than monthly (2) monthly (3) weekly (4) daily or almost daily

5. How often during the last year have you failed to do what was normally expected from you because of drinking?
(0) never (1) less than monthly (2) monthly (3) weekly (4) daily or almost daily

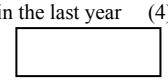
6. How often during the last year have you needed a first drink in the morning to get yourself going after a heavy drinking session?
(0) never (1) less than monthly (2) monthly (3) weekly (4) daily or almost daily

7. How often during the last year have you had a feeling of guilt or remorse after drinking?
(0) never (1) less than monthly (2) monthly (3) weekly (4) daily or almost daily

8. How often during the last year have you been unable to remember what happened the night before because you had been drinking?
(0) never (1) less than monthly (2) monthly (3) weekly (4) daily or almost daily

9. Have you or someone else been injured as a result of your drinking?
(0) no (2) yes, but not in the last year (4) yes, during the last year

10. Has a relative or friend, or a doctor or other health worker been concerned about your drinking or suggested you cut down?
(0) no (2) yes, but not in the last year (4) yes, during the last year

CUMULATIVE SCORE 

The minimum score (for non-drinkers) is zero and the maximum possible score is 40. A score of 8 or more may indicate a strong likelihood of hazardous or harmful alcohol consumption.

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Appendix 2
Guidance on Alcohol Dependence
Adapted from Annex 6, SIGN 74

Advice to patients on withdrawing from alcohol at home

1. If you have been chemically dependent on alcohol, stopping drinking causes you to get tense, edgy, perhaps shaky or sweaty, and unable to sleep. There can be vomiting or diarrhoea. This "rebound" of the nervous system can be severe. Medication controls the symptoms while the body adjusts to being without alcohol. This usually takes three to seven days from the time of your last alcoholic drink. If you don't take medication, the symptoms would be worst in the first 48 hours, and then gradually disappear. This is why, if you do take medication, the dose starts high and then reduces.
2. **YOU HAVE AGREED NOT TO DRINK ALCOHOL**. You may get thirsty. Drink fruit juices and water but do not overdo it. You do not have to "flush" alcohol out of the body. More than three litres of fluid could be too much. Don't drink more than three cups of coffee or five cups of tea. These contain caffeine which disturbs sleep and causes nervousness.
3. **AIM TO AVOID STRESS**. The important task is not to give in to the urge to take alcohol. Help yourself relax by going for a walk, listening to music, or taking a bath.
4. **SLEEP.** You may find that even with the capsules, or as they are reduced, your sleep is disturbed. You need not worry about this - lack of sleep does not seriously harm you, starting to drink again does. Your sleep pattern will return to normal in a month or so. It is better not to take sleeping pills so that your natural sleep rhythm returns. Try going to bed later. Take a bedtime snack or milky drink.
5. **The capsules may make you drowsy so you must not drive or operate machinery. If you get drowsy, miss out a dose.**
6. MEALS. Even when you are not hungry, try to eat small amounts regularly. Your appetite will return.
7. **This is the recommended chlordiazepoxide reducing regime with NHS Forth Valley, when withdrawing from alcohol as an outpatient.**

	First thing	Lunch time	Tea time	Bedtime
Day 1	**20mg**	**20mg**	**20mg**	**20mg**
Day 2	**15mg**	**15mg**	**15mg**	**15mg**
Day 3	**15mg**	**15mg**		**15mg**
Day 4	**10mg**	**10mg**		**10mg**
Day 5	**5mg**	**5mg**		**5mg**
Day 6	**5mg**			**5mg**
Day 7				**5mg**

NB. Each patient will be individually assessed and in some cases a five day reducing regime with lower starting dose may be deemed appropriate.

8. The community alcohol nurse will visit twice daily for the first three days.

Alcohol Dependence:Community Management of Alcholol Withdrawal Approved by ADTC Apirl 2008
Version 1.5 Prepared by Alcohol Guideline Implementation Group Review Date April 2009

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Appendix 3
Guidance on Alcohol Dependence

Severity of Withdrawal Symptom Checklist

ORIENTATION

Fully orientated	**0**
Mildly disorientated	**1**
Obviously disorientated	**2**
Totally disorientated	**3**

LEVEL OF CONSCIOUSNESS

Fully alert	**0**
Slightly drowsy	**1**
Very drowsy	**2**
Roused with difficulty	**3**

AGITATION

No signs	**0**
Slight	**1**
Moderate restlessness	**2**
Constant restlessness	**3**

HALLUCINATIONS

No hallucinations	**0**
Unstructured	**1**
Intermittent structured	**2**
Frequent structured	**3**

SWEATING

No sweating	**0**
Slight	**1**
Moderate	**2**
Profuse	**3**

TREMOR

None	**0**
Slight	**1**
Moderate	**2**
Marked	**3**

MOOD

Cheerful/appropriate	**0**
Sometimes low	**1**
Often low	**2**
Despondent	**3**

ANXIETY

Find it easy to relax	**0**
Find it difficult to relax	**1**
Hardly ever relaxed	**2**
Cannot relax	**3**

SLEEP

Slept well	**0**
Broken sleep	**1**
Difficulty in getting to sleep	**2**
Insomnia	**3**

APPETITE

Good appetite	**0**
Fair appetite	**1**
Poor appetite	**2**
No appetite	**3**

G. I. DISTURBANCE

No abnormalities	**0**
Mild nausea	**1**
Persistent nausea	**2**
Vomiting, > 2 Occasions	**3**

COMMITMENT TO DETOX

Strong	**0**
Moderate	**1**
Slight	**2**
None	**3**

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Appendix 3

SEVERITY OF WITHDRAWAL SYMPTOM CHECKLIST score

		Day Of Detoxification						
	ASSESS	1	2	3	4	5	6	7
ORIENTATION								
CONSCIOUSNESS								
AGITATION								
HALLUCINATIONS								
SWEATING								
TREMOR								
MOOD								
ANXIETY								
SLEEP								
APPETITE								
G I DISTURBANCE								
COMMITMENT								
SWSC SCORE								
BLOOD PRESSURE								
PULSE								
BREATHALYSER								

Alcohol Dependence:Community Management of Alchoiol Withdrawal Approved by ADTC Apirl 2008 Version 1.5 Prepared by Alcohol Guideline Implementation Group Review Date April 2009 Pharmacist Lead:Jean Logan

Appendix 25

Guidance on the Management of Opioid Dependence

Buprenorphine: Assisted Detoxification

Buprenorphine (subutex®) is an effective safe medication for use in the treatment of opioid dependence and can be used for maintenance or detoxification. This guidance is designed for use by specialist practitioners for clients who are dependent on opiates and who seek to become abstinent.
NB. The prescribing of buprenorphine out with this guidance (e.g. for pain relief) is not supported.

1. Selection Criteria

To be considered for buprenorphine assisted detoxification clients may be:
- opiate-dependent on methadone reduced/stabilised at doses of 30mg or less
- opiate-dependent, stabilised on buprenorphine and motivated for withdrawal
- heroin-dependent and motivated for short-term opioid withdrawal programme

A stable immediate social environment is highly desirable with a nominated 'significant other' present.

***Exclusion criteria**:*
- under 16 years of age
- pregnancy and breastfeeding
- known hypersensitivity and/or severe side effects from previous exposure to buprenorphine
- concomitant medical conditions including: recent head injury, severe respiratory or hepatic insufficiency, acute abdominal conditions, severe renal disease

Use with caution in:
- concomitant psychiatric condition
- chronic pain
- asthma or respiratory insufficiency
- renal or hepatic insufficiency
- polydrug use

2. Assessment

A comprehensive assessment is essential to determine suitability for treatment, commence the process of client education and start the development of a treatment plan. This may be conducted over several sessions and should include (refer to checklist, appendix 1):

- Initial assessment of drug use and treatment history, risk factors and social circumstances.
- Physical and mental health assessment. Within CADS, the Medical officer completes the prescription proforma (*green form*).
- Investigations:
  - 2 x oral fluid tests to clarify or confirm drug use history
  - liver function tests to establish a pre-treatment baseline
- Provision of verbal and written information to the client on the expected course and process of the buprenorphine detoxification programme to assist with informed consent. Clients must be given an opportunity to discuss with the service provider the following topics:
  - Action, effects, side effects and administration of buprenorphine, including advantages and disadvantages over other treatment options
  - Issues related to pregnancy and contraception
  - Dangers associated with additional drug use and overdose
  - Potential impact on driving and employment
  - Duration of treatment and process
  - Circumstances in which treatment may be withdrawn or ceased

  Informed consent to treatment via a treatment agreement signed by the client will be obtained and a copy filed in the case note (appendix 2).
- Discussion of aftercare arrangements with client including the option of naltrexone maintenance treatment (refer to naltrexone guideline)
- Communication with the Community Pharmacist who has been identified to dispense the buprenorphine prescription and supervise administration in advance of prescribing. Ensure that the Pharmacist has a buprenorphine information pack.
- Confirmation of the initial dose by the prescriber and completion of prescription. Prescription must indicate daily supervised dispensing.

Appendix 25

3. Induction

It is important to establish the patient on a dose of buprenorphine which prevents opioid withdrawal, reduces the need to take additional illicit opioids and minimises side effects. **The first day of detoxification will be managed under the supervision of the keyworker.**

To ensure safe induction:

- Delay the first dose of buprenorphine until the patient is experiencing features of opioid withdrawal (appendix 3). This should be **at least 8 hours after last heroin use** or **at least 36 hours after last methadone dose**.
- Pre-treatment supervised urine screen will be undertaken:
  - If detoxifying from methadone and positive for substances other than methadone, the induction will be reviewed by medical staff.
  - If detoxifying from heroin and positive for substances other than heroin, the induction will be reviewed by medical staff.

  If detoxification is cancelled, methadone dependent clients will be prescribed methadone at a dose determined by the medical practitioner; heroin dependent clients will be referred to Signpost.
- The prescribed doses for day one will be collected from the designated community pharmacy by the client and keyworker, then taken to the clinic where administration will be supervised.
- The initial dose of buprenorphine will be 4mg, regardless of current opiate use. A second 4mg dose will be supervised three hours after the first dose on day one.
- On day one, the client will be observed closely by the keyworker for 90 minutes after each supervised consumption of the buprenorphine in the clinic setting.
- The keyworker will review the client on each of the first two days. Opiate withdrawal scale (appendix 4), blood pressure and pulse will be recorded.
- The observation time will be reduced to 30 minutes after supervised consumption on day two, within the community pharmacy.

4. Detoxification Regime

The 28 day detoxification schedule (appendix 5) will be utilised, unless an alternative regimen is clinically indicated. For example, a client maintained on a methadone dose of <20mg/day may be stabilised during week one on 12 mg buprenorphine and complete in 24 days.

From day two onwards the daily doses of buprenorphine will be dispensed and supervised by the Community Pharmacist. NB. If the Pharmacy is closed on Saturday and/or Sunday, doses will be dispensed to take away on Fridays and/or Saturdays. Where possible detoxification programmes will be manged to avoid public holidays.

5. Missed Doses

If one dose of buprenorphine is missed, the client will be referred back to the clinical team and a review of the care plan will be carried out.

6. Failure to Complete the Detoxification

The clinical team will discuss the reasons for not completing the detoxification with the client. The outcome of this discussion will inform the course of action.

7. Discharge Planning

Prior to formal discharge the keyworker will:

- Continue weekly appointments with the client for a minimum of four weeks for relapse prevention advice & support. Access to structured relapse prevention will continue via on-going keyworking and group work for a further two months.
- Discuss referral to employment training agencies, where appropriate
- Discuss naltrexone further and if appropriate liaise with the GP to discuss continuation prescription & monitoring of naltrexone. Refer to naltrexone guideline

References:

1. *Guidance for the use of buprenorphine for the treatment of opioid dependence in primary care SMMGP Revised 2nd Edition 2004*
2. *Summary of Product Characteristics, buprenorphine (subutex®)* www.medicines.org.uk
3. *Department of Health (England) and devolved administrations (2007). Drug Miuse and Dependence: UK Guidelines on Clinical Management. London: Department of Health (England), the Scottish Government, Welsh Assembly and Northern Ireland Executive.*
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Appendix 25

Guidance on the Management of Opioid Dependence

Appendix 1

Assessment checklist

Action	Responsibility	Completed (Date & Initial)	Comments
Motivation assessed	Keyworker		
Drug use/treatment history	Medical Officer		
Physical & mental health	Medical Officer		
Green Rx Proforma (CADS)	Medical Officer		
Pre prescription Checklist (FV-Tox)	Keyworker		
Prescription written & signed	Medical Officer		
Methadone Prescription suspended	Keyworker (CADS) Medical Officer (FV-TOX)		
Prescription Chart Completed (CADS)	Medical Officer		
Urine Drug screen	Keyworker		
Liver Function Tests	Medical Officer/ GP		
Verbal information given to client:	Medical Officer (FV-TOX) Keyworker(CADS)		
Action and effect		(✓)	
Side effects			
Supervised administration			
Advantages and disadvantages			
Pregnancy & contraception			
Additional drug use and overdose			
Driving and employment			
Duration of treatment and process			
Treatment withdrawn/ceased			
Written information given to client	Keyworker		
Treatment agreement signed	Medical Officer/ Keyworker/client/ Pharmacist		
Nominated Pharmacist contacted	Keyworker		
Appointment given for initiation	Keyworker		
Information Pack given to Pharmacist	Pharmacist in Substance Misuse/keyworker		
Client introduced to Pharmacist	Keyworker		
Aftercare discussed	Keyworker		

To be completed and filed in patient notes

Appendix 25

Guidance on the Management of Opioid Dependence

Appendix 2

Buprenorphine Treatment Consent & Agreement

Client

I, …… understand and agree to the conditions of treatment :

- **I have been provided with information about buprenorphine and understand the course and process of detoxification as well as the associated risks and adverse effects.**
- To treat with respect all people I have contact with in connection with my treatment.
- I will collect my prescription from ……at a time agreed between the pharmacist and I.
- I am responsible for my prescribed medicines and if I lose them or take them other than as directed they will not be replaced.
- The pharmacist has the right to refuse to give me my prescription and if I am thought to be intoxicated.
- I understand that if I fail to collect my dose for one day , my prescription may stop and my addiction worker will contact me.
- I understand that I cannot have my prescriptions dispensed by any other pharmacy without renegotiating this Four-Way Agreement.
- I will keep all appointments as scheduled, on time and unaccompanied.
- I understand that I can only obtain prescriptions from the doctor named in this contract unless alternative arrangements are made.
- My prescriber will be notified in the event of non-attendance for appointments/ prescription.
- To allow sharing of relevant information by all professionals involved in my treatment and at follow-up.
- I will not take any other drugs other than those prescribed to me.
- I will participate in drug screening if requested.
- To participate in periodic reviews as necessary.

Doctor

I, the Doctor named below, understand and agree to the following conditions of treatment:

- To ensure that I treat the above named service user with respect.
- To provide adequate substitute drug treatment for the above named service user.
- To provide a clear and legible prescription that meets legal requirements for controlled drugs.
- To communicate with the Addictions Worker and/or Pharmacist who will arrange dispensing.
- To share relevant information with all professionals involved in the treatment.
- To participate in periodic reviews as necessary.

Addictions Worker

I, the addiction worker named below, understand and agree to the following conditions of treatment:

- To treat the above named service user with respect.
- To give the service user regular counselling support sessions.
- To develop a care plan with the service user designed to meet their current need.
- To refer the service user to other support services as appropriate both during and at the end of the treatment programme.
- To share relevant information with all professionals involved in the treatment.
- To participate in periodic reviews as necessary.

Pharmacist

I, the pharmacist named below, understand and agree to the following conditions of treatment:

- I agree to dispense the prescription within the following time period……
- To ensure that all pharmacy staff treat the above named service user with respect.
- To provide the service user with information about their medicines.
- To ensure that requested supervised dispensing takes place in a private /'quiet' area of the pharmacy.
- To share relevant information with all professionals involved in the treatment.
- To participate in periodic reviews as necessary.

	Print Name	Signature	Date
Service User			
Doctor			
Addiction Worker			
Pharmacist			

Appendix 25

Guidance on the Management of Opioid Dependence

Appendix 3

SIGNS AND SYMPTOMS OF OPIATE WITHDRAWL

ANTICIPATORY	**OBJECTIVE SYMPTOMS**	**SUBJECTIVE SIGNS**
		Fear of withdrawal Anxiety Drug craving Drug seeking
Early **8-10 hours after last dose**	Sweating Yawning Rinorrhoea Lacrimation Dilated pupils	Anxiety Restlessness Nasal stuffiness Drug seeking Stomach cramps
Full	Tremor Piloerection Vomiting Diarrhoea Fever Muscle spasms	Severe anxiety Restlessness Muscle pain Drug seeking Chills Headache

Appendix 25

Guidance on the Management of Opioid Dependence

Appendix 4

The Short Opiate Withdrawal Scale

Keyworking questions to ask the client who is going through the detoxification.
Has the client suffered from any of the following conditions in the last 24 hours?

	None (0)	Mild (1)	Moderate (2)	Severe (3)
Feeling Sick				
Stomach Cramps				
Muscle Spasms / Twitching				
Feeling of Coldness				
Heart Pounding				
Muscular Tension				
Aches and Pains				
Yawning				
Runny Eyes				
Insomnia / Problems Sleeping				
Any other symptoms reported:				

Appendix 25

Guidance on the Management of Opioid Dependence

Appendix 5

Buprenorphine should be taken in a single daily dose as a sublingual tablet (with the exception of day 1).

All Buprenorphine prescriptions to be prescribed on a supervised, daily dispensing basis with take away dose when the Pharmacy is closed.

Detoxification may be tailored to individual need following review by the clinical team. The following is an example of a 28 day reducing regimen:

28 Day Buprenorphine Detoxification Regimen

Day	Dose
1	8 mg (4 mg BD)
2	16 mg
3	16 mg
4	16 mg
5	16 mg
6	16 mg
7	16 mg
8	14 mg
9	14 mg
10	14 mg
11	12 mg
12	12 mg
13	10 mg
14	10 mg
15	8 mg
16	8 mg
17	6 mg
18	6 mg
19	4 mg
20	4 mg
21	2 mg
22	2 mg
23	1.2 mg
24	1.2 mg
25	0.8 mg
26	0.8 mg
27	0.4 mg
28	0.4 mg

Pharmacist Lead: Jean Logan

Guidelines On Atypical Antipsychotic Use In Elderly Dementia Sufferers

Following recent information made available through Committee on Safety of Medicines and the Chief Medical Officer regarding the possible association of stroke in elderly patients being treated with atypical antipsychotics, the Old Age Psychiatrists of Forth Valley offer the following supplementary advice and comment.

1. Stroke disease in the elderly is COMMON, affecting some 12-15% of those over 75 years of age.
2. Dementia in the elderly is COMMON, affecting 1 in 20 of those over 65yrs and rising to 1 in 5 at age 80.
3. Alzheimer's disease is the most common cause of dementia, accounting for 60% of cases.
    - 15-20% have Vascular Dementia
    - 20% have Mixed type Dementia ie. Vascular and Alzheimer's
    - 4-5% have Lewy Body Dementia, characterised by fluctuating cognition, hallucinations and Parkinsonian type symptoms. Very sensitive to antipsychotics.
4. Around 60% of patients with dementia will develop psychological and behavioural disturbances, including wandering, agitation, aggression and psychosis. These symptoms are distressing for the patient and difficult for the caregiver to manage.
5. Ideally management should be undertaken on a behavioural basis, but occasionally pharmacological intervention is necessary

MANAGEMENT

Before commencing ANY treatment it is essential to make an accurate diagnosis and carry out some baseline investigations. We recommend early referral to specialist services as appropriate interventions at an early stage can often avoid problems later.

10% of apparent dementias are treatable and reversible e.g. vitamin deficiencies, thyroid disorders, or infective states.

Simple problems such as constipation, infection or pain control can all lead to disturbed behaviour in demented patients and should be treated with the appropriate medications, not sedatives.

Any patient with an apparent confusional state should have :

FBC, ESR, U&E's, glucose, LFT's, TFT's, Cholesterol, B12 and Folate as well as an infection screen.

Appendix 26

In addition, careful note should be made of any **VASCULAR RISK FACTORS**:

Hypertension	Diabetes	Cholesterol levels
Falls	Syncope	Smoking
History of stroke	Family History	Cardiac arrhythmias
Alcohol abuse		

Where there is doubt, a CT or SPECT scan may be helpful in confirming the diagnosis.

INTERVENTIONS

Where possible, non drug solutions should be tried first. Careful analysis of the behaviour should take place:

ANTECEDENTS

BEHAVIOUR EXHIBITED

CONSEQUENCES

This requires time and patience from staff. Alterations to the environment, the management of the patient or activities may all help.

Where behavioural methods are ineffective, further consideration should be given to the use of alternative therapies for which there is an evidence base.

SLEEP

Keeping the patient awake during the day will help nocturnal insomnia. If necessary a short course of night sedation may help.

TEMAZEPAM	10mg nocte
ZOPICLONE	3.75 – 7.5 mg nocte (On FV Formulary for Specialist initiation)

DEPRESSION

Many patients with dementia become depressed and this is often missed as a cause of agitation, sleep disturbance and social withdrawal.

MIRTAZAPINE	15mg nocte (may have benefits for sleep at this dose) (On FV Joint Formulary for continuation following Specialist initiation)
SSRIs	(Paroxetine and sertraline are not currently on FV Joint Formulary. Fluoxetine and Citalopram are on FV Joint Formulary.)

Appendix 26

AGITATION

This is a common symptom of dementia and often the result of some physical problem. Assuming that these have been investigated, patients who remain agitated may be helped by short-term use of:

TRAZODONE*	25 – 50 mg up to TID. (higher doses will cause sedation and mobility problems)
LORAZEPAM*	0.5 – 1mg up to TID (use in short term only and for more severe problems)

** Limited evidence of benefit and prescribing is "off-licence".*

DELUSIONS AND HALLUCINATIONS

If these are thought to be due to Lewy Body Dementia, then the drugs of choice are the:

CHOLINESTERASE INHIBITORS**

Donepezil (Aricept®)
Rivastigmine (Exelon®)
Galantamine (Reminyl®)

*** Cholinesterase inhibitors are licensed for mild to moderate severity AD, with some evidence of benefit in behavioural and psychiatric symptoms and in other dementias.*

These should be commenced by Specialists only following assessment as per the local guidance.

In other cases it may be necessary to use an antipsychotic. The atypicals have a favourable side effect profile compared with the other antipsychotics, especially in the prevalence of sedation, hypotension and EPSE's.

We advise that use of atypicals in these patients is limited to SHORT TERM USE and under Specialist guidance. ONLY risperidone is licensed for use in acute psychosis. Patients therefore should be monitored carefully for the risk of stroke and their treatment plan regularly reviewed. Consideration may be given to the use of other atypicals eg quetiapine, although the risk of stroke with this medication is not established.

Appendix 26

AGGRESSION

This is one of the most difficult areas of behaviour to control and often the reason for hospitalisation or institutional care. Management should be carried out under Specialist supervision

In acute situations we would suggest ;

	LORAZEPAM*	0.5–1mg up to TID (+ or – risperidone 0.5mg)
or	TRAZODONE*	50 mg up to TID
or	CLOPIXOL	2–4 mg up to TID (for the most severe cases only)

** - Limited evidence of benefit and prescribing is "off-license".*

All of these drugs can cause sedation and mobility problems and should only be commenced after Specialist assessment. In cases where patients are unable to tolerate these medications, further options would need to be discussed with the Specialist. Treatment is essentially based on the balance of risk and benefit. Therefore, good assessment is essential, and the patient and carer should be made aware of any increased risk.

PATIENTS ALREADY ON RISPERIDONE OR OLANZAPINE

Many patients may already be receiving these drugs**. IMMEDIATE WITHDRAWAL IS NOT RECOMMENDED.** Instead, the reason for prescribing the said medication should be reviewed and if the problem has resolved, a cautious withdrawal of the treatment should be carried out over 2–4 weeks.

Where problems recur, consider an alternative intervention, as suggested above, if the indication for an antipsychotic is unclear. For further options seek Specialist advice. The advice with all of the medications is START LOW, GO SLOW AND REGULARLY REVIEW. Take account of all risk factors that may heighten the risk of stroke and treat accordingly.

Contacts

Dr G McLean	Consultant Old Age Psychiatrist, FDRI ☎ (01324) 624000 ext 5884
D J D Jurgens	Consultant Old Age Psychiatrist, Bonnybridge Hospital ☎ (01324) 814685
Dr R Coles	Consultant Old Age Psychiatrist, Kildean Hospital ☎ (01786) 458611
Dr P Gordon	Consultant Old Age Psychiatrist, Kildean Hospital ☎ (01786) 458614
Dr L Wolff	Consultant Old Age Psychiatrist, Kildean Hospital ☎ (01786) 458614

The Community Mental Health Teams for The Elderly are based at

- Bonnybridge Hospital ☎ (01324) 811166
- Kildean Hospital ☎ (01786) 446615

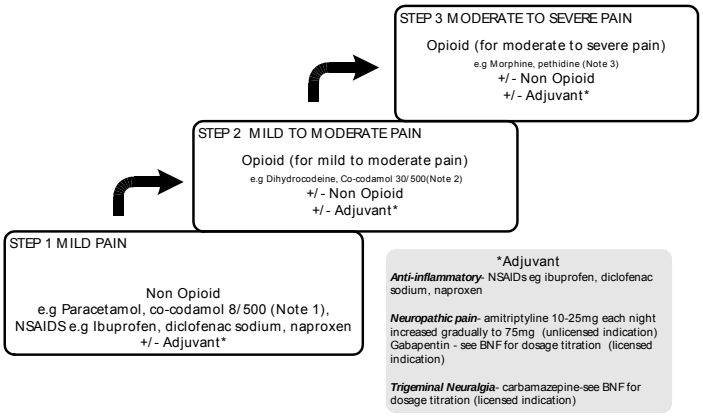
Psychogeriatric Liaison nurse

- FDRI Shona Mackie ☎ (01324) 624000 ext 5043
- SRI Chris Smith ☎ (01786) 434000 ext 4791

Pharmacist Lead: Lynn Morrison

The Use Of Oral Analgesics For Pain In Primary Care

The World Health Organisation's three-step analgesic ladder for cancer pain (see below) may also be used for non-malignant chronic or acute nociceptive pain. Analgesics should be started at the 'step' most appropriate to the patient's level of pain. Decision on analgesic choice depends on the type of pain, patient factors and supporting clinical evidence. For pain that is present constantly, analgesia should be prescribed regularly and not on an "as required" basis. For more detailed guidance on the management of pain in palliative care- Please refer to the *Forth Valley Palliative Care guidelines and specialist formulary.*



NOTE 1:
Compound analgesics containing a low dose of opioid (e.g 8mg of codeine phosphate per tablet) are commonly used, but the advantages have not been substantiated. Effervescent preparations of compound analgesics may contain high levels of sodium. For patients requiring low sodium intake please refer to individual Summary of Product Characteristics.

NOTE 2:
Prescribe regular laxatives when opioids are being taken regularly

NOTE 3 : Advice regarding strong opioids
Use oral route first, start with normal release oral morphine eg 5-10mg every 4 hours and as required for breakthrough pain.
A 2.5mg dose may be enough in the elderly or those with renal impairment. Consider alternative opioids ony if experiencing side effects to morphine or can no longer manage oral route
Every patient on regular opioid should have access to breakthrough analgesia (equivalent to 1/6th total dose oral morphine).Reserve use of pethidine for short term use- eg changing of painful dressings. Start regular laxative and prophylactic ant-emetic as required for 7-10 days

Date of Approval June 2006
Review Date June 2007
References BNF March 2006,
Relief of Pain and Related Symptoms – The Role of Drug Therapy - Scottish Partnership Agency

Pharmacist Lead: Moira Baillie

Appendix 27

General Advice on Pain Management

Accurate assessment should be undertaken to determine the cause, type and severity of pain and effect on patient (anxiety/depression, neuropathic, mechanical, psychosocial).

Non-pharmacological interventions
Consideration should be given **at all stages** to utilising non-pharmacological interventions eg TENS, acupuncture, physiotherapy, weight loss, exercise, stress management counselling, pain management programmes (Pain Association Scotland) and self management.

1. **Optimise non-opioid (ie paracetamol and/or NSAID) or opioid treatment**
    - Titrate doses to achieve optimal balance between analgesic benefit, side effects and functional improvement
    - For continuous pain, ensure maximum **tolerated** dose is prescribed on a regular basis, by the clock, not 'prn'.
2. **Add in adjuvant**
    - Consider adjuvant drugs (any drug that has a primary indication other than for pain management but is analgesic in some painful conditions) and choose the class of drug according to **your assessment** of type of pain (see shaded box on the WHO analgesic ladder)[1].
    - Adjuvants can provide greater pain relief and less toxicity with lower doses of each drug given. **Start low and go slow (for TCA's and anticonvulsants)**
    - Topical NSAIDs are recommended for short term usage (up to 6 weeks) for small joint pain – wrist, elbow, knees and ankles [2]
3. **Give adequate length of trial**
    - neuropathic / inflammatory pain – 2-4 weeks to take effect and continue for 8 weeks, if tolerated, then assess
    - non-opioid / opioid – 1 month at regular, maximal doses
4. **Assess regularly (ask the patient to rate their pain on a score of 1 to 10) and STOP if not effective**
5. If pain treatment effective, **consider withdrawal of treatment after significant improvement every 6 months** with careful review [3]
6. If pain management still uncontrolled, **refer to pain clinic**

Tramadol

If co-codamol 30/500 + adjuvant drug therapies are ineffective or side-effects are not tolerated, tramadol could be considered. Tramadol should **not be co-prescribed with co-codamol** and should **not be considered as first line therapy.**

Tramadol is licensed for moderate to severe pain and is approximately twice as potent as codeine[3]. It is promoted as between WHO step 2 analgesics for moderate pain (eg codeine) and WHO step 3 analgesics (morphine) **BUT there is no evidence of improved efficacy of safety over other drugs at step 2.** Hallucinations, confusion and convulsions as well as drug dependence and withdrawal are reported at therapeutic doses.

Medicines Not Recommended for Use by the SMC

Lidocaine Patches and **Buprenorphine Patches** have **not** been recommended for use by the Scottish Medicines Consortium (SMC). As such, these medicines **should only be initiated following specialist advice.**

Medicines Recommended for Restricted Use by the SMC

Pregabalin is **restricted** to use in patients who have not achieved adequate pain relief from, or have not tolerated, conventional first and second line treatments for peripheral neuropathic pain. Treatment should be stopped if the patient has not shown sufficient benefit within 8 weeks of reaching the maximally tolerated therapeutic dose. Pregabalin **should not be considered as first or second line treatment for neuropathic pain.**

Ref

1.SIGN 106. Control of pain in adults with cancer November 2008
2.NICE Osteorthritis February 2008
3. MeReC Briefing. Issue 22, 2003.The use of strong opioids in palliative care

Appendix 28

FVAH Recommendations For The Use Of Post-Operative Analgesia

Equivalent doses of morphine by different routes:
Oral dose approximately double IM dose
IV dose quarter to half IM dose

Severe Pain
Paracetamol + NSAID**
+ Morphine

** **Refer to NSAID Prescribing**
First line: Ibuprofen
Second line: Diclofenac
Contact Acute Pain Service page 100 for further advice

Pregnancy/Breastfeeding
Dihydrocodeine not recommended in pregnancy/breastfeeding
Codeine not recommended in breastfeeding
Contact Women & Children Pharmacist Page 974 / 802 for advice

Moderate Pain
Paracetamol + NSAID**
+ Dihydrocodeine*
(*Pregnancy/breastfeeding see above)

Mild Pain
Paracetamol + NSAID**
+/- Dihydrocodeine*
(*Pregnancy / Breastfeeding see above)

Points To Remember

- Analgesia should be initiated at the level most appropriate to the patient and then increased or decreased accordingly.
- Analgesia should be prescribed and administered regularly for optimal pain relief. Paracetamol and Non-steroidal Anti-inflammatory Drugs (NSAIDs) should be prescribed via the oral or rectal route.
- Morphine and Dihydrocodeine should be titrated to achieve desired effect in each patient.
- All regular analgesia should be reviewed every 48 hours and before discharge.

Written by FVAH Acute Pain Team–June 2007

Pharmacist Lead: Karen Macdonald

Acute Services
Phenytoin Loading Guidelines For Status Epilepticus

Parenteral Phenytoin is an antiepileptic used for the control of status epilepticus and seizures due to head trauma. **These guidelines apply to adults only**.

Drug Presentation:
Phenytoin is available as a 50mg/ml (250mg/5ml) injection. If the injection or infusion has precipitated or is hazy it should be discarded.

- Continuous ECG monitoring is mandatory when administering this drug.
- For administration on designated areas only - A&E, Intensive Care areas, Acute Admissions Unit.

Status Epilepticus-Loading Dose
1. For patients not previously receiving phenytoin **:** 18mg/kg

Preparation:
Dilute with sodium chloride 0.9% to a maximum concentration of 10mg/ml e.g. 1000mg in 100ml.

The solution must be given immediately.

Administration:
DO NOT ADMINISTER INTRAMUSCULARLY

Intravenous Bolus:
Rate should **NOT** exceed 50mg/min (e.g. 20 minutes for a 70kg patient receiving 1000mg). Administer into a large vein via a large gauge needle or IV catheter.

Intravenous Infusion:
Rate should NOT exceed 50mg/min. The infusion must be completed within one hour. Administer via an in-line filter (0.22-0.5micron) which is available on the ward.Sterile saline should be administered prior to and following phenytoin administration through the same access site to avoid local irritation and to ensure adequate venous flow.

Important Side-effects:
CNS and cardiac depression, hypotension, local tissue irritation, arrhythmias. Cardiac resuscitation equipment should be available.

Monitoring:
ECG, blood pressure, signs of respiratory depression.
Blood levels should only be taken if the patient shows signs of toxicity or is uncontrolled. This should be taken immediately prior to the next dose and levels of 10-20mg/litre aimed for.

References:
1. British National Formulary
2. Manufacturers Datasheet Compendium 2008.
3. Handbook of Clinical Drug Data, 8th Edition, 1997-98.
4. A Thomson, Clinical Pharmacokinetics Unit, Glasgow, November 1995

Acute Services
Phenytoin Guidelines For Maintenance therapy

Maintenance Dose : 5mg/kg/day (IV or oral as appropriate)

Monitoring Concentrations

Target Range : 10 – 20 mg/L

Sampling Time : predose not critical
Ideally samples should be taken after at least 5 days of maintenance therapy but may be taken earlier if toxicity is suspected or if a patient fails to respond. Steady state may not be reached until 2-3 weeks treatment at a constant dose.

Dose Adjustment
The relationship between phenytoin dose and steady state concentration is non-linear i.e. when the dose is doubled the concentration will increase disproportionately. The following guidelines may be useful if a dosage adjustment is clinically indicated.

Concentration (mg/L)	Dose	Dose Increase
<5 <5	<4mg/kg/day 4.5-6.0mg/kg/day	100mg check compliance
5 - 10 5 - 10	4.5-6.0mg/kg/day >6mg /kg/day	50mg check compliance
>10		25mg

Phenytoin Formulations
Phenytoin sodium 100mg capsules/tablets/ injection = phenytoin suspension 90mg in 15ml

Factors Affecting Phenytoin Concentrations

Protein Binding Binding can be reduced in renal impairment, hypoalbuminaemia and pregnancy. This affects the interpretation of concentration measurements.

The following equation can be used to correct the total phenytoin concentration for low albumin:

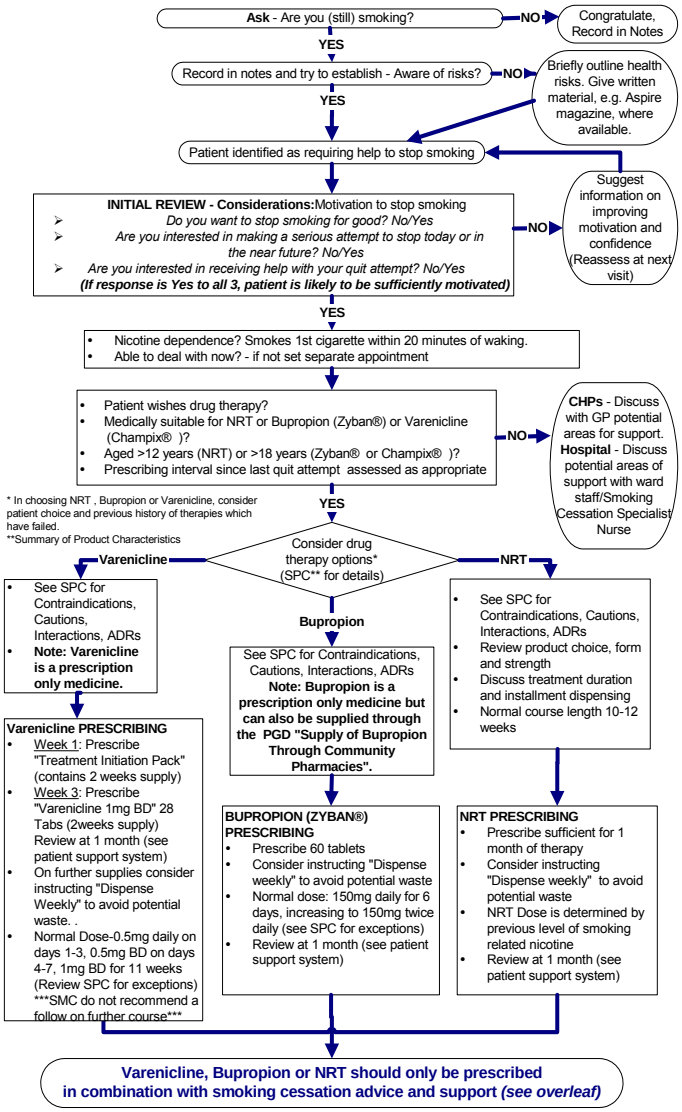
$$\text{Corrected concentration} = \frac{\text{Concentration observed}}{(0.9 \times \text{albumin concentration} / 44\ \text{g/L}) + 0.1}$$

Drug Interactions
Phenytoin concentrations can be increased or decreased by other drugs. Check the current BNF for details.

References:
1. British National Formulary
2. Manufacturers Medicines Compendium 2008.
3.A Thomson, Clinical Pharmacokinetics Unit, Glasgow, November 1995

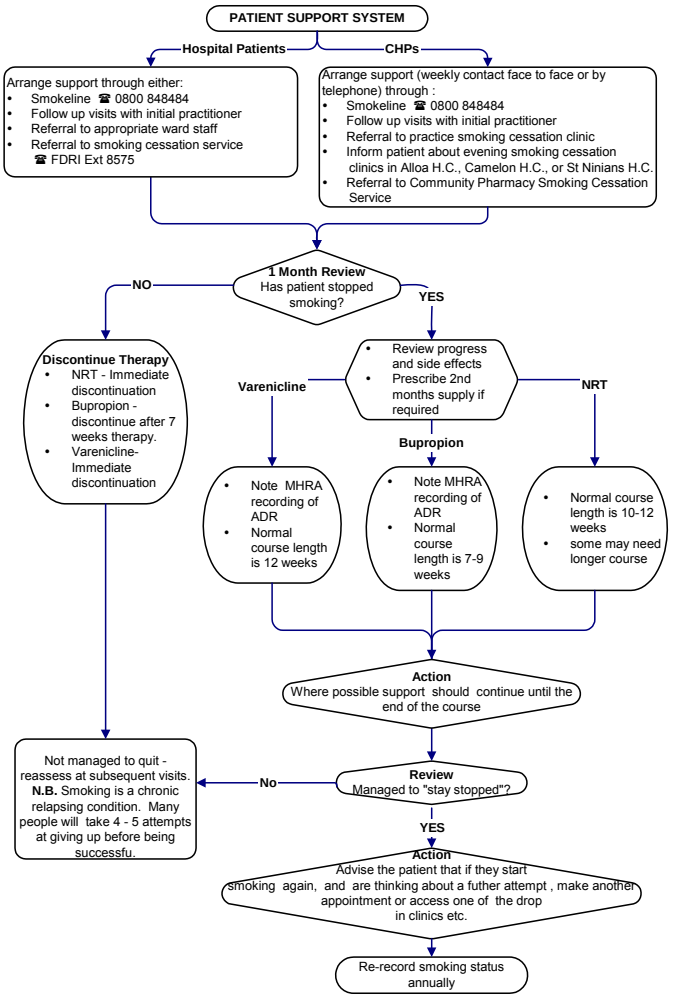
Pharmacist Lead : C. Monaghan

Smoking Cessation Flow Chart 1



Appendix 30

Smoking Cessation Flow Chart 2



Lead Oliver Harding

Vancomycin dosing and monitoring guidelines (for patients 16 years or older)

A. Continuous Infusion

1. Loading infusion

Loading dose depends on weight, not renal function.

Actual body weight	Dose	Volume of sodium chloride 0.9%	Duration of infusion
< 40 kg	750 mg	250 ml	1 hour
40 – 59 kg	1000 mg	250 ml	2 hours
60 – 90 kg	1500 mg	500 ml	3 hours
> 90 kg	2000 mg	500 ml	4 hours

2. Maintenance continuous infusion

Continuous infusion is preferred, when practical, for patients with severe or deep-seated infections (e.g. pneumonia, endocarditis, bone and joint infections).

- Calculate Creatinine clearance (CrCl) using the below equation

  $$\text{CrCl (ml/min)} = \frac{(140 - \text{age(years)}) \times \text{weight (kg)}}{\text{Creatinine (µmol/L)}} \times 1.23 \text{ (male) or } \times 1.04 \text{ (female)}$$

  Note:
  1. Use actual body weight or maximum body weight, whichever is lower. (see table or can be calculated using ideal body weight + 20%)
  2. Use 60 µmol/L if creatinine is <60 µmol/L.
  3. This equation may overestimate CrCl in elderly or malnourished patients.
- Do not use eGFR
- Dilute doses up to 1250mg in 250ml sodium chloride 0.9% and doses above 1250mg and up to 2500mg in 500ml sodium chloride 0.9%.
- **Start the continuous infusion immediately after the loading infusion is complete**.

Vancomycin continuous infusion – initial dosage guidelines		
CrCl (ml/min)	**Daily dose**	**Dose for continuous infusion over 12 hours**
<20	Use pulsed infusion or contact clinical pharmacist for advice	
20 – 29	500 mg	250 mg
30 – 39	750 mg	375 mg
40 – 54	1000 mg	500 mg
55 – 74	1500 mg	750 mg
75 – 89	2000 mg	1000 mg
90 – 110	2500 mg	1250 mg
>110	3000 mg	1500 mg

Appendix 31

Monitoring of vancomycin concentrations during continuous infusion

- Concentrations are meaningless unless the dose and sample time are recorded accurately.
- Document dosage and sampling details.
- Take a sample after 12-24 hours of starting the continuous infusion then every 2-3 days or daily if the patient has unstable renal function.
- Monitor creatinine daily.
- Record the time of the blood sample on the request form and sample tube.
- Seek advice from pharmacy or microbiology if you need help to interpret the result.

Target concentration range: 15-25 mg/L

Vancomycin concentration	Suggested continuous infusion dosage change
<15 mg/L	Increase the 12 hourly dose by 250 mg
15 -25 mg/L	No change
>25 mg/L	Decrease the 12 hourly dose by 250 mg
> 30 mg/L	Stop until < 25 mg/L then restart at a lower dose

B. Pulsed infusion (if continuous infusion is not practical)

1. Loading infusion
Loading dose depends on weight, not renal function.

Actual body weight	Dose	Volume of sodium chloride 0.9%	Duration of infusion
< 40 kg	750 mg	250 ml	1 hour
40 – 59 kg	1000 mg	250 ml	2 hours
60 – 90 kg	1500 mg	500 ml	3 hours
> 90 kg	2000 mg	500 ml	4 hours

Appendix 31

2. Maintenance pulsed infusion

- Calculate creatinine clearance (see previous page). Do not use eGFR.
- Dilute dose up to 1250mg in 250ml sodium chloride 0.9% and doses above 1250mg and up to 2500 mg in 500ml sodium chloride 0.9%.
- **Give first maintenance infusion 12, 24 or 48 hours after the loading infusion according to the table below.**

Vancomycin pulsed infusion – initial dosage guidelines		
CrCl (ml/min)	**Dosage**	**Dose interval**
< 20	500 mg over 1 hour	48 hours
20 - 29	500 mg over 1 hour	24 hours
30 – 39	750 mg over 1.5 hours	24 hours
40 -54	500mg over 1 hour	12 hours
55 – 74	750 mg over 1.5 hours	12 hours
75 – 89	1000 mg over 2 hours	12 hours
90 – 110	1250 mg over 2.5 hours	12 hours
> 110	1500 mg over 3 hours	12 hours

N.B. The daily dose can be split into 3 equal doses and given 8 hourly. For example, 3000 mg could be given 1000 mg 8 hourly instead of 1500 mg 12 hourly.

Monitoring of vancomycin concentrations – pulsed infusion

- Concentrations are meaningless unless the dose and sample times are recorded accurately.
- Take a trough sample at the end of the dosage interval after 24 – 48 hours of therapy then every 2 – 3 days or daily if the patient has unstable renal function.
- Monitor creatinine daily.
- Document dosage and sampling details.
- Record the time of the last dose and the blood sample time on the request form and the blood sample time on the sample tube.

Target trough concentration: 10 – 20 mg/L

Appendix 31

Adjustment of vancomycin pulsed infusion doses

- Always check that the dosage history and sampling time are appropriate before interpreting the result.
- Seek advice from pharmacy or microbiology if you need help to interpret the result.

Vancomycin concentration	Suggested dose change
< 10 mg/L	Increase dose by 50% or seek advice
10 – 20 mg/L	Maintain the present dose
> 20 mg/L	Stop until < 20 mg/L then seek advice

Height and weight conversion tables and maximum body weight for creatinine clearance (MBW).

Maximum body weight table			
Height (ft inches)	**Height (cms)**	**MBW (kg) (male)**	**MBW (kg) (female)**
4’ 8”	142	49	43
4’ 9”	145	52	47
4’ 10”	147	54	49
4’ 11”	150	58	52
5’ 0”	152	60	55
5’ 1”	155	62	58
5’ 2”	158	66	60
5’ 3”	160	68	62
5’ 4”	163	71	66
5’ 5”	165	74	68
5’ 6”	168	77	71
5’ 7”	170	79	74
5’ 8”	173	82	77
5’ 9”	175	85	79
5’ 10”	178	88	82
5’ 11”	180	90	85
6’ 0”	183	94	88
6’ 1”	185	96	90
6’ 2”	188	98	94
6’ 3”	191	101	-
6’ 4”	193	104	-
6’ 5”	195	107	-
6’ 6”	198	109	-
6’ 7”	201	113	-
6’ 8”	203	115	-

Appendix 31

Antibiotic Dosage Guidelines – Vancomycin/Gentamicin

ONCE DAILY DOSING OF GENTAMICIN

This is the preferred method for administration of Gentamicin.
It is not recommended for children & neonates, endocarditis, pregnancy, major burns, patients with CrCl<20ml/min.

DOSE is 5mg/kg (to maximum of 450mg)
or 3mg/kg if Creatinine clearance is 20-40 ml/min.

Round dose up or down to nearest 20mg.
Administer dose as infusion in 100ml NaCl 0.9% given over 30 minutes.

Monitoring Trough level required 18-24 hours after dose.
Do not give next dose until result available.
Adjust dosage interval as follows.

Gentamicin level	Action	Next level due
<1.0mg/l	Continue current dose every 24 hours	Repeat in 3 days
1.1 – 2.0 mg/l	Increase dose interval to 36 hours	Repeat next day
2.1 – 3.0 mg/l	Increase dose interval to 48 hours	Repeat 2 days
> 3.0 mg/l	Stop Gentamicin	

MULTIPLE DAILY DOSING OF GENTAMICIN

1. Determine starting dose from table – the dosage regimen is shown as dose in mg (interval in hours)
2. If CrCl < 20ml/min, give 2.5mg/kg and check level after 24 hours.
3. Otherwise, measure level within first 48 hours of treatment and adjust dosage if necessary.
4. Target trough level is < 2mg/l and peak is 5-10mg/l (3-5mg/l for endocarditis *see below).
5. Repeat levels should be done twice weekly once peak and trough are within target range and also after dose adjustment.
6. Levels should be checked more frequently if patient has renal impairment or fluctuating renal function.

CrCl (ml/min)	Weight (kg)				
	40-49	50-59	60-69	70-79	>80
20-29	100(24)	100(24)	100(24)	160(48)	180(48)
30-39	120(24)	120(24)	140(24)	140(24)	160(24)
40-49	120(24)	140(24)	140(24)	160(24)	180(24)
50-59	100(12)	140(24)	160(24)	180(24)	180(24)
60-69	120(12)	140(12)	140(12)	180(24)	180(24)
70-79	140(12)	140(12)	160(12)	180(24)	200(24)
80-89	140(12)	160(12)	160(12)	160(12)	180(12)
90-99	160(12)	160(12)	180(12)	180(12)	180(12)
>100	160(12)	180(12)	200(12)	200(12)	200(12)

* Starting dose of Gentamicin in endocarditis should be 80mg twice daily. If levels are too high on this dosage, reduce the dose given rather than increasing the dose interval to 24 hours.

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Therapeutic Drug Monitoring Guidelines

ANTIBIOTICS				
Drug	**Time to steady state**	**Ideal sampling time**	**Target range**	**Comments**
Gentamicin (once daily dosing)	1 day (depends on renal function)	Trough level only required: 18-24 hours post dose	<1mg/L	See dosage guidelines to adjust dosage if trough high
Gentamicin (multiple daily dosing)	1 day (depends on renal function)	Trough: immediately before next dose **Peak** : 1 hour post dose	<2 mg/L 5-10 mg/L or 3-5 mg/L for endocarditis	See dosage guideline, dose depends on renal function
Vancomycin	1 day (depends on renal function)	Trough: immediately before next dose Peak: (only required in endocarditis) 1 hour after end of infusion	10 – 15 mg/L (this may be increased on advice from microbiology) 24-30 mg/L	See dosage guideline, dose depends on renal function

OTHER DRUGS				
Drug	**Time to steady state**	**Ideal Sampling time**	**Target range**	**Comments**
Carbamazepine	2-3 weeks (new therapy) 2-4 days (dose change)	Pre dose (not critical)	4 – 12 mg/L	Metabolised by the liver, autoinduction See BNF for interactions
Digoxin	7-10 days (depends on renal function)	> 6 hours post dose	0.5 – 2.0μg/L	Mainly renal excretion See BNF for interactions
Lithium	5-7 days	12 hours post dose	0.4-1.0 mmol/L	Renal excretion
Phenytoin	2-3 weeks	Pre dose (not critical)	10-20 mg/L	Metabolised in liver. Non linear increase in conc with dose.
Theophylline	2-3 days	8-12 hours post dose	10-20 mg/L	Metabolised in the liver.
Valproic acid	3 days	Pre dose	50-100 mg/L	Metabolised in the liver. Levels do not correlate well with therapeutic effect

Pharmacist Lead:Amy Forsyth

Appendix 33

Genito-Urinary Medicine List

The following products are not included in the Formulary but are available for restricted use by GUM Clinics:-

Antimicrobials

Erythromycin capsules
Procaine Benzylpenicillin[Procaine penicillin] injection (UNLICENSED PRODUCT)
Spectinomycin injection (UNLICENSED PRODUCT)
Benzathine penicillin (UNLICENSED PRODUCT)

Antiretrovirals

NRTIs
Didanosine
Emtricitabine/ Tenofovir (Truvada)
Lamivudine
Tenofovir
Zidovudine
Combined NRTIs
Abacavir / Lamivudine (Kivexa)
Abacavir / Lamivudine / Zidovudine (Trizivir)
Lamivudine / Zidovudine (Combivir)
NNRTIs
Efavirenz
Nevirapine tablets
PIs
Atazanavir
Lopinavir / Ritonavir (Kaletra)
Nelfinavir tablets
Ritonavir
Saquinavir
Tipranavir
Darunavir

Topical preparations

Clindamycin 2% cream
Econazole 1% cream
Imiquimod 5% cream
Unguentum M cream

Pharmacist Lead :Clare Colligan

Management of Adult Patients with Diabetes Undergoing Elective Surgery

These guidelines describe a way of managing elective surgical patients with diabetes mellitus in the perioperative period. They have been developed after local multidisciplinary discussion. They do not replace the involvement of appropriately trained medical and nursing staff.

Pre-operative Assessment and Testing
Determine whether the patient's blood sugar is controlled by diet, oral hypoglycaemics or insulin (or combination).
Ask and document how long the patient has had the condition and how well it is usually controlled.
Assess for the presence of **complications**:

ischaemic heart disease (angina / MI)
left ventricular hypertrophy
cerebrovascular disease
hypertension
peripheral vascular disease
renal impairment / failure
peripheral neuropathy
autonomic neuropathy
visual deficit

Major surgery: Do ECG, U+Es, glucose, FBC. Consider HbA1C.

Patients with complications Do ECG, U+Es, glucose, FBC. Consider HbA1C.

Minor surgery: glucose.
Patients with poor glycaemic control (as determined on the history or fasting blood glucose >14mmol/L or HbA1c >9%) should be discussed with a responsible clinician and the diabetes nurse specialist (Tel SRI 4472 FDRI 5746).
Poorly controlled diabetes may be a reason to delay elective surgery.

Pre-operative planning

- Patient should be scheduled first on the list wherever possible
- **Metformin:** stop on the day of **major surgery**. Reinstate when renal function stable. There is no need to substitute another oral hypoglycaemic agent.
- Continue all other diabetic medication as normal up to and including the day before surgery
- Continue meals as normal up to and including the day before surgery
- For medication on the day of surgery see later

On admission
Measure Random BM on admission and regularly thereafter. The frequency of measurement will depend on the exact clinical situation. Repeat U+Es if major surgery planned.

New Cases Diagnosed at the Pre-operative clinic
The following may mean that the patient is diabetic:

- a random plasma glucose > 11.1 mmol/L
- a fasting (defined as no oral intake for 4hours) plasma glucose greater than 7.0

Any positive result in an undiagnosed patient should be discussed with the clinician responsible for the patient's care and a diabetes specialist nurse (Tel SRI 4472 FDRI 5746).

Newly diagnosed diabetes may be a reason to delay surgery.

Appendix 34

General Measures for Diabetic Patients'

- Regularly monitor blood sugar until patient's routine is back to normal - eating and drinking normally and taking their usual insulin or oral hypoglycaemic agents. Frequency of blood glucose measurement will depend on the exact situation and trends exhibited by the patient but generally should be done 1 - 2 hourly perioperatively with increased frequency if the situation is not stable.

- Do not discharge any patient home unless certain that the blood sugar is controlled and the patient is able to manage their diabetes.

- Hypoglycaemia is an important and life threatening complication. It may be defined as a blood sugar less than 4 mmol/L. It is usually caused by an imbalance of too little food versus too much insulin or oral hypoglycaemic. It may present with, sweating, tachycardia, agitation or confusion, fits or unconsciousness. Many diabetic patients will recognise impending hypoglycaemia and will take action to avoid it. If able to eat and drink give a glass of lucozade or juice (non diet) followed by a sandwhich or toast. If glucose is less than 2 or the patient is confused, difficult to rouse or unconscious then call immediate medical help. Give 20ml-50ml of 50% dextrose iv (repeated if necessary). If the patient is unconscious attend to the basics of airway, breathing and circulation. If IV access is not available give glucagon 1mg im.

- Any diabetic patient undergoing prolonged fasting (more than one missed meal) requires GKI or sliding scale management (see details later). GKI has been shown to provide better glycaemic control than sliding scale. It requires only one infusion pump rather than two and is safer in the event of single pump failure.

- Any rising blood sugars, or sugars not "coming under control" should be referred to the responsible doctor and may need GKI or sliding scale.

- "BM" measurement in this document means bedside glucose testing with appropriate device.

Emergency Patients

Often need careful assessment and fluid treatment according to their specific circumstances.
In general treat as major cases - need sliding scale or GKI.

Obstetric Patients
These guidelines are not to be used in the labour ward or obstetric setting.
Separate guidance for this is available.
(Management of Diabetic Patient - protocol for care of diabetic patient)
- SRI women and childrens unit. (July 2001)

Which Regimen for my Patient?

Elective Patients

1. Decide on the type of surgery: minor or major

Minor- consider to be minor *only* if *all* the following are true.

- minor surgery
- operative time less than 1 hour
- minimal surgical complications likely

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- minimal surgical blood loss expected
- patient able to mobilise immediately after surgery
- short predicted fasting time; ie only one missed meal
- patient able to eat and drink immediately after the procedure
- low incidence of PONV
- minimal post-operative pain

Major- **any patient not fulfilling these categories - ie all other patients**

1. Is the patient Insulin (IDDM) or Non-insulin dependent (NIDDM) ?
2. Is it a morning or afternoon list? (if not known presume am)
3. If there is prolonged fast (more than one meal missed - convert to GKI or sliding scale)

Non Insulin Requiring Patients
(NIDDM-non insulin dependent diabetes mellitus)

Minor Surgery (as defined above)

Morning list (Day of operation)

- Omit breakfast and oral hypoglycaemics.
- BM testing- 1 hour pre-operatively and intra-operatively as necessary
  2 hourly until eating
- Restart oral hypoglycaemics once feeding has recommenced (prescribe drugs at usual times)

Afternoon List (Day of operation)

- Light breakfast and omit hypoglycaemics
- Blood glucose- 1 hour pre-operatively and intra-operatively as necessary
  2 hourly until eating
- Restart oral hypoglycaemics once feeding has recommenced (prescribe drugs at usual times)

Major surgery

Use GKI or insulin sliding scale.

Insulin Requiring Diabetic Patients
(IDDM -Insulin dependent diabetes mellitus)

Minor Surgery (as defined above)

Morning list (Day of operation)

- No breakfast, no insulin, place first or early on list
- BM testing- 1 hour preoperatively and intraoperatively as appropriate
  2 hourly postoperatively until eating then 4 hourly

Postoperatively

- Restart normal S/C insulin regime with first meal.
- Fast acting insulin at normal meal dose
- Mixed insulin at 2/3 usual dose

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If there is prolonged fast (more than one meal missed - convert to GKI or sliding scale)

Afternoon list (Day of operation)

- Light breakfast
- Half dose of insulin
- Place early or first on list on list if possible
- Blood glucose- 1 hour preoperatively and at intraoperatively as appropriate
- 2 hourly postoperatively until eating then 4 hourly

Postoperatively

- Restart normal S/C insulin regime with first meal.
- Fast acting insulin at normal meal dose
- Mixed insulin at 2/3 usual dose

Major surgery

Day of operation (Morning list)

- No breakfast, no insulin, place first on list wherever possible.
- Set up GKI or sliding scale on the ward before coming to theatre

Day of operation (Afternoon list)

- Light breakfast
- Half dose of insulin
- Place first on list if possible
- Set up GKI or sliding scale on the ward before coming to theatre

Sliding Scale Infusion Procedure

- Start sliding scale at 08.00hrs if morning list and 11.00hrs if afternoon list
- Take blood for lab glucose and U&Es pre-operatively (do as urgent)
- Check BMs hourly, and adjust as necessary.
- Check U&Es daily post-op until tolerating oral diet and normal insulin regimen has been restarted

The insulin and dextrose infusions are given via separate infusion pumps. If using the same IV line the Dextrose must run through a one way anti-reflux valve to ensure insulin does not track up the IV line.

Dextrose / Potassium Infusion

Use 5 % dextrose with 10mmol KCl in the 500ml bag. (K+ added at manufacture).Infused at 80 ml per hour (infuse at 60ml per hour in patients less than 60kg)

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The patient will require additional saline containing fluids such as 0.9% Normal Saline commensurate with their daily requirements and surgical losses which must be assessed and replaced in the usual way.

Insulin infusion

Blood glucose (mmol / l)	**Insulin infused at (units / hour)** (1 unit per ml)
0-2.0	Call medical help. Give 20-50ml of 50% dextrose.
2.1-4.0	Stop insulin infusion, monitor patient carefully, repeat BM in 30 mins
4.1-6	0.5
6.1-8	1
8.1-12	2
12.1-16	4
16.1-22	5
>22	6, call medical help

50 units fast acting insulin (actrapid) made up to 50 ml with saline
(i.e.concentration = 1 unit per ml)
Initial Suggested Infusion Rates (may need to be modified) If it is proving difficult to reduce the blood sugar level, then consider increasing the rate of insulin for each glucose level or giving a small bolus of insulin.
Patients normally on higher total daily doses of insulin will need higher rates of insulin infusion.

The sliding scale should continue until the patient is able to eat and drink normally.

Non-insulin dependent

Stop infusion and restart oral hypoglycaemics when eating and drinking

Insulin dependent

Most patients will be able to have normal twice-daily insulin, but some may require four injections for the first few days.

GKI Procedure

- GKI stands for Glucose-Potassium-Insulin
- Start GKI Start at 08.00hrs if morning list and 11.00hrs if afternoon list
- Take blood for lab glucose and U&Es pre-operatively(do as urgent)
- Check BMs hourly, and adjust GKI if necessary.
- Target BMs are 6-11mmol/l
- Check U&Es daily post-op until tolerating oral diet and normal insulin regimen has been restarted

Standard GKI

Pre-made up bag of 500mls 10% dextrose/10mmol KCL
15 units Actrapid insulin

Run infusion a80mls/hour
60mls/hour if patient < 60kg

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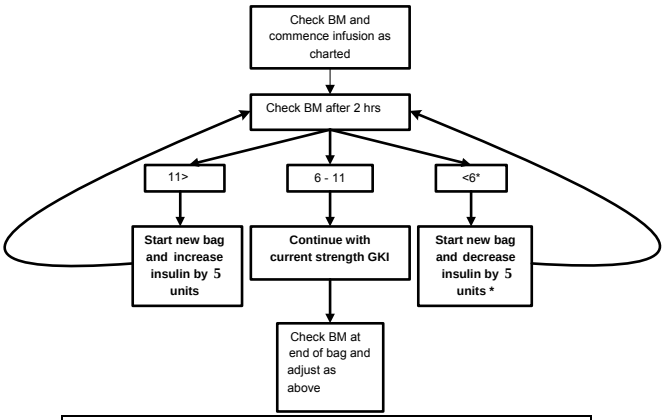


Changes to GK

IIf BM<2 then 20-50 ml of 50% dextrose IV and start 5% dextrose without insulin

If BM<4 then reduce insulin as advised BUT only restart infusion once BM > 6 (check hourly)

If running for over 24 hr check U/E may need separate saline infusion if hypotensive or hyponatraemic

Check BM if clinical situation changes i.e. change in conscious level or look hypoglycaemic

The GKI regimen should continue until the patient is able to eat and drink normally.

The patient will require additional saline containing fluids commensurate with their daily requirements and surgical losses which must be assessed in the usual way.

Non-insulin dependent

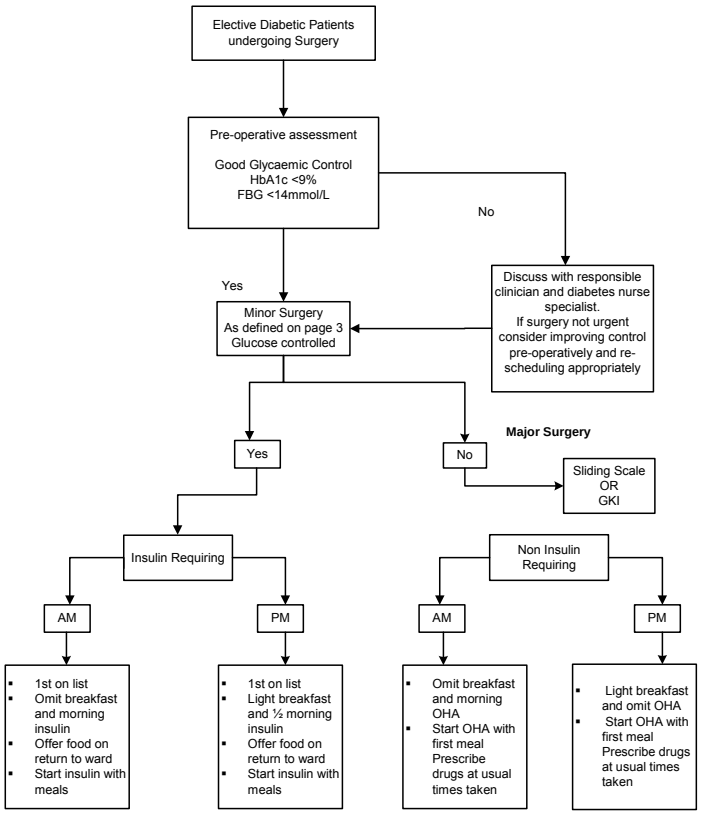
Stop infusion and restart oral hypoglycaemics when eating and drinking

Insulin dependent

Most patients will be able to have normal twice-daily insulin, but some will require four injections for the first few days.

Appendix 34

This flow chart is a guide and must be used in conjunction with the written guidelines



Abbreviations: OHA = oral hypoglycaemic agent
FBG = fasting blood glucose

Pharmacist Lead: L. Beverely

Recommendations for Blood Glucose Monitoring in Type1 Diabetes

Blood glucose monitoring guidelines for the Forth Valley area were updated and approved by the Managed Clinical Network in 2005.

Routine testing

- Persons with Type 1 diabetes mellitus should test their blood glucose (BG) levels regularly and be taught how to alter their insulin therapy appropriately and when necessary.
- Four times a day, pre-meal tests would be ideal as Type 1s are more liable to experience day-to-day instability of their glycaemic control.
- It is accepted, however, that this may be unrealistic to achieve with all persons with Type 1 DM and, depending on motivation and lifestyle, regular testing of some nature should therefore be encouraged e.g. at least one test per day at different times or four tests a day every 3rd or 4th day.
- Ideal control levels for a Type 1 diabetic would be 4-7 mmols fasting, 7-8 mmols pre-meals and less than 9 mmols post-prandially.

Special considerations

- During periods of ill-health e.g. infection, vomiting and diarrhoea, significant medical illness, Type 1s should be actively encouraged to check their BG levels at least 4 times daily, and more frequently depending on the severity of their illness i.e. if ketones are present, if unable to take regular diet, if on dialysis, if post myocardial infarction.
- During periods of illness which result in the production of ketones, Type Is should be provided with emergency sliding scale insulin instructions (available from Diabetes Centres), which advise on extra soluble insulin required. FV guidelines do indicate that if levels persistently > 17 mmols with high ketones, admission must be considered.
- If a Type 1 develops hypoglycaemia unawareness they are again encouraged to check their BG levels 4+ times daily. BG levels should be higher than normal, with fasting levels of 6-8 mmols and pre-meal levels of 9-11 mmols.
- Type 1 diabetics should monitor their BG level prior to driving. Specific advice should be provided for those people with hypoglycaemia unawareness. Emphasis must be placed on safety at all times i.e. dietary/alcohol advice; exercise advice.
- Type 1 diabetics should be encouraged to monitor their BG levels both pre- and post-aerobic exercise, with advice given regarding appropriate insulin adjustment and carbohydrate intake.
- Elderly Type 1 diabetics, especially if living alone, should aim for BG levels similar to those persons with hypoglycaemia unawareness.
- During pregnancy, Type 1 women should aim for fasting levels of 3.5-5.5 mmols, pre-meal levels of less than 6.5 mmols and 2 hours post-prandial levels of less than 8.5 mmols.

Recommendations for Blood Glucose Monitoring in Type 2 Diabetes

Insulin therapy (including combination with oral antidiabetic (OADs) agents)

- Persons with Type 2 diabetes mellitus commencing on insulin therapy should be encouraged to test their fasting blood glucose (BG) levels each day initially, with one further test at variable times during the day i.e. both pre- and 2 hours post- meals.
- Once control has settled (see below), Type 2s should continue to test their BG levels regularly i.e. daily at different times or 2/3 times every 3rd day, including both pre- and post-prandial levels.
- Ideal control levels for a Type 2 diabetic on insulin therapy would be 4-7 mmols fasting, 7-8 mmols pre-meals and less than 9 mmols post-prandially.

Ideal control levels for Type 2s on oral medication or diet

- Ideal control levels for Type 2s on oral medications or diet alone (if monitoring) should be 4-7 mmols fasting, 7-8 mmols pre-meals and less than 9 mmols post-prandially, unless elderly (see 'Special considerations'). Routine self-monitoring may not be necessary if regular HbA1c tests are satisfactory.

Sulphonylurea medication (alone and in combination with other OAD agents)

- Type 2s on these medications should be taught BG monitoring and encouraged to check their levels regularly in view of the increased risk of hypoglycaemia i.e. 2 or 3 days a week, both fasting and at variable times throughout the day.

Metformin/Glitazone medication

- Type 2s on these medications should be taught to self-monitor if possible to allow for the testing of BGs when diabetic control is unstable; when therapy is being adjusted; during periods of ill-health; to establish post-prandial hyperglycaemia (which may be related to macrovascular disease); if steroid medication is required; if no regular HbA1c is available.
- Consideration should be given to each individual's circumstances i.e. self-monitoring should be encouraged if history of cardiac and/or vascular disease (or strong family history of same); if person is motivated and keen to maintain good glycaemic control; if changes/additions to therapy are likely. If person unable to test, or unwilling, urine testing should be encouraged.

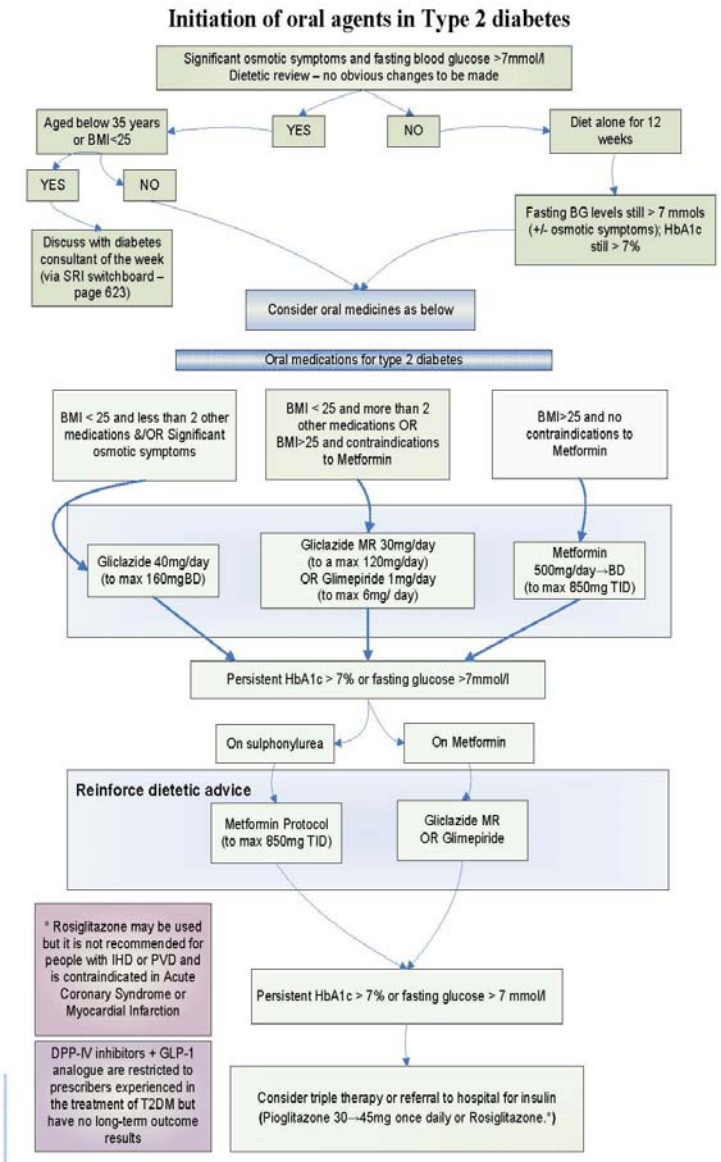
Diet only

- Type 2s controlled by diet and lifestyle measures must also be considered individually, taking into account a person's circumstances as described in the section on 'Metformin/Glitazone medications'.

Special considerations

- During periods of ill-health e.g. infection, vomiting and diarrhoea, significant medical illness, Type 2s should be actively encouraged to check their BG levels more frequently i.e. up to 4 times daily. NB Ketones do not usually develop in Type 2s, although it may be necessary to test for same if there is the possibility that the person is becoming 'insulin-requiring'.
- Type 2 diabetics on insulin therapy should be encouraged to monitor their BG level prior to driving. Emphasis must be placed on safety at all times i.e. dietary/alcohol advice; exercise advice.
- Type 2 diabetics on insulin therapy should be encouraged to monitor their BG levels both pre- and post-aerobic exercise, with advice given regarding appropriate insulin adjustment and carbohydrate intake.
- Elderly Type 2 diabetics, especially if living alone and on insulin therapy, should aim for fasting levels of 6-8 mmols and pre-meal levels of 9-11 mmols. This may also be appropriate if on sulphonylurea medication.

Lead Dr. Leslie Cruickshank



Ref. NHS Forth Valley Management Programme for Diabetes Mellitus Mar. 2008-Produced by the FV Managed Clinical Network (Initiation of Oral Agents in Type 2 Diabetes) *Lead David Munro*

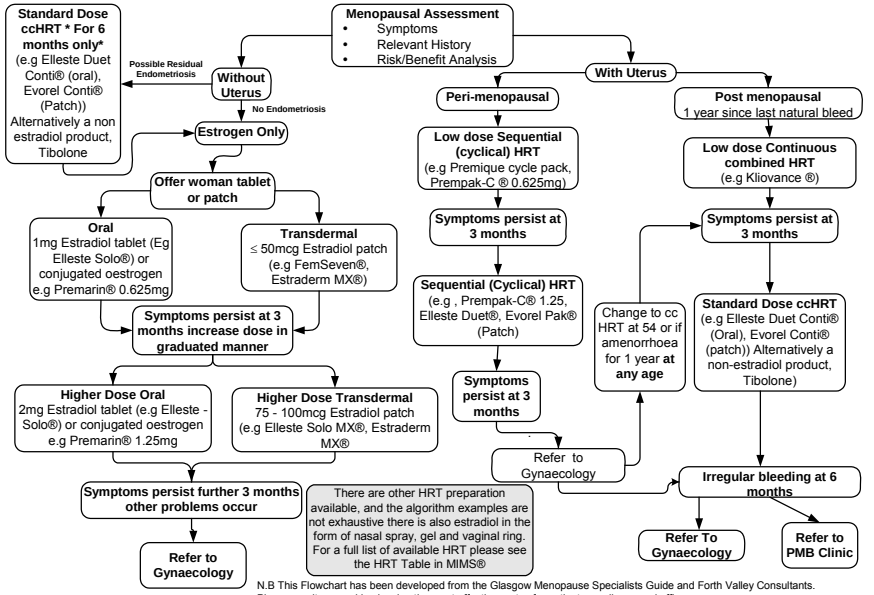
Appendix 37

Blood Glucose Meters – Formulary Choices - *Agreed and supported by the FV Diabetes MCN and Primary Care Prescribing Group - May 2007*

FEATURE / **METER TYPE** (*Manufacturer*)	**Reliable, accurate; easy to use**	**Digital 'screen' size**	**Timed/ dated memory capacity**	**Read results time**	**Down-loadable to PC**	**Suitability for particular patient groups**	**Company support**	**Other comments**
Accu-chek Aviva or Nano *(Roche Diag.)*	Yes	Good size	500 results	5 seconds	Yes	Supplied with improved lancing device (Multistix)	Good service. Free batteries & control solution	• easy to use 'chip' for calibration • provided with a lancing device which uses a non-reusable, 6 lancet drum which requires no formal sharps disposal
Accu-chek *Compact Plus* (*Roche Diag.*)	Yes	Good size	300 results	5 seconds	Yes	Automatic coding and release of strip	Good service. Free batteries & control solution	• integrated, detachable lancing device
MediSense *Optium Xceed* (*Abbott Diabetes*)	Yes	Good size	450 results	5 seconds	Yes	Ideal for Type 1's due to blood ketone strips	Good service from company if problems with meter. Free control solution	• able to test for ketones using this device • easy to obtain AAA batteries • can be awkward to open strips as wrapped individually in foil
One-Touch *Ultra2 or Ultraeasy or Vita* (*LifeScan*)	Yes	Good size	500 results	5 seconds	Yes	Easy to use	Good service. Free batteries & control solution	• very small amount of blood required
Freestyle Lite or Freedom Lite (*Abbott Diabetes*)	Yes	Smaller but with illuminated display	250 results	7 seconds	Yes	Popular with younger age groups, but not suitable for all	Good service from company if problems with meter. Free control solution	• smallest meter available • smallest sample of blood of all meters available
Ascensia *Contour* (*Bayer Diag.*)	Yes	Good size	240 results	15 seconds	Yes	Self-coding	Good service. Free batteries & control solution	• very small amount of blood required
GlucoMen LX (*Menarini Diag.*)	Yes	Good size	250 results	10 seconds	Yes	Supplied with improved lancing device (Glucoject)	Good service. Free batteries & control solution	• small blood sample required • uses improved and less painful lancing device with patient research to support same

Appendix 38

Hormone Replacement Therapy (HRT)



N.B This Flowchart has been developed from the Glasgow Menopause Specialists Guide and Forth Valley Consultants. Please use it as a guide showing the most effective routes for patient compliance and efficacy

The evidence base for HRT use has changed over the past few years and the results of recent research have affected womens' decision to start or continue HRT. It is important that the risks and benefits are discussed with each patient. For symptom control, where benefits outweigh risks, HRT is still used for two to three years. The Committee on Safety of Medcines advises that the minimum effective dose should be used for the shortest duration for women over 50 years. Treatment should be reviewed at least annually and for osteoporosis alternative treatments considered. HRT does not reduce the incidence of coronary heart disease and it should not be prescribed for this purpose

Pharmacist Lead: Jann Davison

Appendix 39

Patients Receiving Chemotherapy Who Become Unwell
Guidance for Community Healthcare Practitioners

Cancer patients receiving chemotherapy are at risk of infection because both disease and treatment can compromise the host defenses. Infection is the cause of fever in 55-70% of cancer patients although cancer itself can cause elevations in temperature due to tumour necrosis, inflammatory cytokines etc. The risk of infection is directly related to the depth and duration of neutropenia. Patients most at risk are those with a prolonged (>48 hours) neutropil count of $<0.5x10^9$/L . **Note:** Neutropenia alone is not a reason for admission to hospital. If patient is afebrile and asymptomatic they should remain at home and be advised to report promptly to the GP if they become unwell..

Definition of Neutropenic Sepsis:

Neutropil count $<1.0x10^9$/L **AND** Temperature of $>37.5^{\circ}$ C on two separate measurements 30 minutes apart

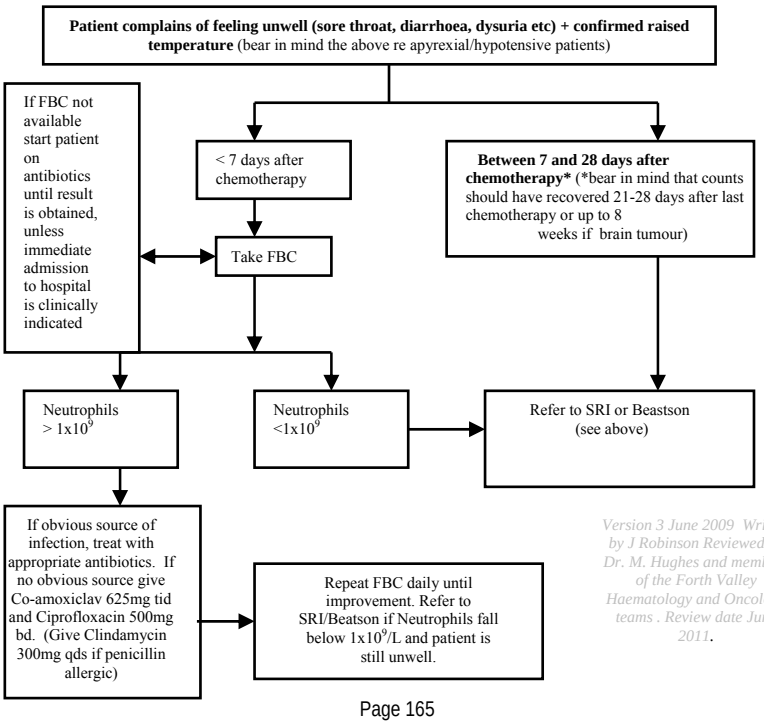
OR $>38^{\circ}$ C on one measurement**.**

Clinical Presentaton: Fever may be mild, but a history of rigors is extremely important and suggests bacteraemia. The presence of neutropenia alters the inflammatory response, potentially masking the cource of infection. Acutely unwell patients may be apyrexial – hypothermia can indicate severe sepsis with a poor prognosis. Hypotension may be a sign of sepsis in patients who are unwell but apyrexial.

Neutropenic Sepsis is a life-threatening medical emergency

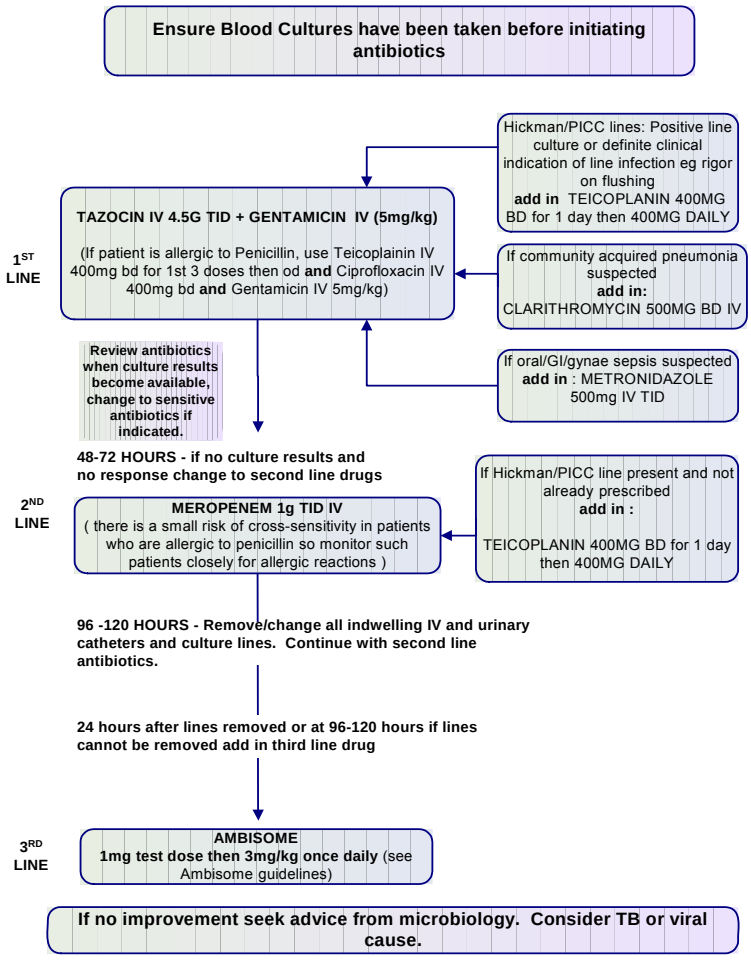
Management
All patients with suspected infection and neutropenia should be admitted to Stirling Royal Infirmary Clinical Assessment Unit under the medial receiving team.
The EXCEPTIONS to this are: 1. Patients *currently* receiving radiotherapy
2. Patients on a clinical trial administered at the Beatson
These two groups of patients should be admitted to the West of Scotland Beatson Cancer Centre via the on-call registrar 0141 301 7000

Management of Unwell Patients Receiving Chemotherapy



Version 3 June 2009 Written by J Robinson Reviewed by Dr. M. Hughes and members of the Forth Valley Haematology and Oncology teams . Review date June 2011.

NHS Forth Valley Acute Hospitals
Neutropenic Sepsis Antibiotic Policy



Version 5-June 2009 Reviewed by J. Robinson, Reviewed by Dr. M Hughes-Policy to be updated in 2009

Appendix 41

NHS FORTH VALLEY-ACUTE SERVICES

Potential Neutropenic Sepsis - Nursing and Medical Action

Neutropenic sepsis should always be considered a possibility when patient has had chemotherapy within last 5 days to 3 weeks. If patient is seriously unwell i.e. requiring MICU/ICU management contact on-call Consultant Haematologist.

Within 15 minutes of arrival at hospital

Nursing Action		Medical Action/SHO	
1	Immediately record baseline observations on Early Intervention Score Sheet.	1	Patient should be admitted to CAU or Ward 23 under medical receiving team.
2	Inform medical staff IMMEDIATELY if patient triggers one red or two yellow scores and inform bed manager that a bed needs to be made available.	2	Assess temp, pulse and BP recordings.
3	Insert peripheral cannula. Take FBC and differential, U&E and blood cultures. If Hickman or other lines in situ take additional blood cultures from line.	3	Record patient's conscious level.
4	Commence IV fluids immediately – NaCl 0.9% or Gelofusin.	4	Clerk in patient and record brief history of recent chemotherapy.
5	If neutrophils <1.0 x 10^9/L, nurse in side room if possible.	5	Prescribe IV fluids – NaCl 0.9% or Gelofusin.
6	Ensure antibiotics are administered, ideally within 30 minutes of admission.	6	Prescribe 1st line IV antibiotics according to Neutropenic Sepsis Antibiotic Policy (v3–March 2007).
		7	Request chest X-ray.
		8	Ensure appropriate bloods have been taken – FBC, differential count, U&E and blood cultures.

Next 45 minutes/arrival onto ward

Nursing Action		Medical Action/SHO	
1	Continue to monitor and record observations every 2-4 hours or every 15 minutes if patient has red or yellow score(s).	1	Clerk-in and examination of patient by JHO/SHO.
2	Monitor fluid balance accurately.	2	Review initial blood results and take appropriate action.
3	Carry out a full infection screen obtaining MSSU, throat swab, sputum sample, Hickman/PICC line swab, wound swab and stool sample.	3	Manage dehydration if present.
4	Complete admission details once patient is stable.	4	Review chest x-ray and other available results to identify source of infection.
		5	Ensure appropriate antibiotics are prescribed.
		6	If Hickman line infected refer to Hickman line policy.

Subsequent Hours

Nursing Action		Medical Action/SHO	
1	Keep medical staff informed of patient's condition	1	Discuss transfer to haematologists (9am-5pm) or next morning (neutropenic sepsis and no complicating factors – see haematology referral guidelines.)
2	Review intervention hourly if BP falling or urine output is decreasing.	2	Review blood cultures and antibiotics after 48 and 96 hours. If no improvement refer to Neutropenic Sepsis Antibiotic Policy for 2nd and 3rd line agents.
3	Continue observations every 2-4 hours or more frequently if clinically indicated.	3	If patient deteriorates consider MICU/ICU admission
4	Ensure IV antibiotics are administered at appropriate times.	4	Consider use of colony stimulating factors if patient has prolonged neutropenia, hypotension, extensive tissue involvement (e.g. pneumonia) or if there is evidence of organ failure.
5	Accurate fluid balance and catheterisation if appropriate.	5	Plan discharge when neutrophil count >1x10^9/L and patient is well.
6	Inform specialist oncology nurses and patient's oncology/haematology consultant of admission.	6	If patient is in a clinical trial inform Clinical Trials Nurse of their admission. (ext 6223)
7	PATIENT MUST NOT BE BOARDED OUT TO ANOTHER WARD		
8	Plan discharge when neutrophil count >1x10^9/L and patient is well.		

If the patient is being treated by a Beatson oncologist and you need further information regarding the patient eg date of last chemotherapy, contact the Beatson on-call specialist registrar via their switchboard on 0141 3017000

Version 4 – June 2009 Written by J. Robinson , Reviewed Dr. M. Hughes

Appendix 42

HYPERCALCAEMIA of MALIGNANCY TREATMENT GUIDELINE

	Corrected Calcium level
Mild	2.7 – 3.0 mmol/L
Moderate	3.1 – 3.3 mmol/L
Severe	>3.3 mmol/L

Hypercalcaemia most commonly occurs in patients with myeloma and bone metastases ie tumour induced, but it may also occur in non-malignant conditions eg hyperparathyroidism, sarcoidosis, thyrotoxicosis.

Symptoms: (usually occur with corrected calcium >3mmol/L)

- Dehydration
- Weakness
- Polyuria
- Nausea/vomiting
- Weight loss
- Polydipsia
- Lethargy
- Constipation
- Depression
- Confusion
- Anorexia
- Renal failure
- Abdominal pain
- Hypertension
- Cardiac arrest

Treatment:

1. All patients should be started on IV Sodium Chloride 0.9%, 2-6L/24 hours (as tolerated) to endure adequate hydration. Once patient is hydrated consider using IV Furosemide along with fluids to increase urine output and promote renal calcium excretion. Avoid thiazides as they reduce calcium excretion. For patients with mild hypercalcaemia fluids alone may be sufficient to reduce the calcium level and no further treatment may be required. If the calcium has not normalized after 24 hours, go to step 2.

2. IV Pamidronate should be prescribed according to the calcium level (See dosing chart below). If the patient is particularly symptomatic this should be started at the same time as the fluid hydration. The dose should be made up in the appropriate volume of Sodium Chloride 0.9% (see table). **In patients with creatinine clearance/GFR>40ml/min Pamidronate should be infused at a maximum rate of 1mg/minute. In patients with creatinine clearance /GFR<40ml/min the maximum rate of administration is 22.5mg/hour.**

Serum Calcium (mmol/L) (corrected or uncorrected)	Pamidronate Dose (Single IV dose)	Minimum volume of dilution
Up to 3	15-30mg	250ml
3.0 – 3.5	30-60mg	250ml
3.5 – 4.0	60-90mg	500ml
>4.0	90mg	500ml

3. Pamidronate is not recommended in patients with a creatinine clearance of less than 30ml/min unless in case of life-threatening tumour induced hypercalcaemia where the benefit outweighs the potential risk. In such cases contact your clinical pharmacist for advice on appropriate doses.

4. The patient's electrolytes, calcium, phosphate and renal function should be monitored daily.

5. **Pamidronate has a delayed effect and should start to reduce the calcium level in 2-3 days with maximal effect within 7 days.**

6. If corrected serum calcium continues to rise or has not returned to the reference range **within 5 days** of giving the Pamidronate, zoledronic acid may be used. **4mg Zoledronic Acid** should be prescribed for all patients with a serum calcium of >3mmol/L. *It is not recommended in patients with a serum creatinine > 400 µmol/l due to lack of safety data.*

Appendix 42

7. Adverse effects are usually mild and transient. Most common adverse effects are fever (within 48 hours of dose), influenza-like symptoms, hypocalcaemia and hypophosphataemia.

8. Duration of response to bisphosphonates is usually 3-4 weeks. The hypercalcaemia will almost certainly recur if there is no treatment of the underlying cause. Bisphosphonates can be repeated whenever hypercalcaemia recurs, however evidence suggests that the effect may diminish with repeated doses.

Please note that this guidance relates to treatment of hypercalcaemia of malignancy only, bisphoshonates may be given to prevent skeletal events/bone pain in certain tumour types, regardless of calcium level. If in doubt, contact haematologist or oncologist (as appropriate) for advice.

Version 4 June 2009 Written by J Robinson. Reviewed by Dr. Wright, Dr. Hughes, Dr. Baughan

References: WoSCAN Guidelines on the Use of Bisphosphonates (2005)
Stewart AF. Hypercalcaemia Associated with Cancer. NEJM 2005;352(4):373-379

Appendix 43

SUSPECTED HYPERCALCAEMIA of MALIGNANCY GUIDELINE for Primary Care

Definition: Elevated blood calcium level

	Corrected Calcium level
Mild	2.7 – 3.0 mmol/L
Moderate	3.1 – 3.3 mmol/L
Severe	>3.3 mmol/L

Cause: Hypercalcaemia most commonly occurs in patients with myeloma or bone metastases ie tumour induced, but it may also occur in non-malignant conditions eg hyperparathyroidism, sarcoidosis, thyrotoxicosis.

Clinical Presentation: (symptoms usually occur with corrected calcium >3mmol/L)

- Dehydration
- Weakness
- Polyuria
- Abdo pain
- Nausea/vomiting
- Weight loss
- Polydipsia
- Hypertension
- Lethargy
- Constipation
- Depression
- Cardiac arrest
- Confusion
- Anorexia
- Renal failure

Management:

1. If you suspect that a patient is hypercalcaemic but their symptoms do not require urgent admission to hospital, obtain an urgent calcium level. If the patient is symptomatic and hypercalcaemic arrange admission to Stirling Royal Infirmary clinical assessment unit, under the medical receiving team. If the patient has mild hypercalcaemia and you are unsure as to whether admission is required contact the patients known consultant haematologist/oncologist for advice.
2. Patients who are acutely unwell should be admitted urgently to hospital. Do not delay admission by waiting for a calcium level.
3. As dehydration can worsen symptoms, encourage the patient to drink fluids until admission can be arranged.
4. After discharge from hospital:
   a. If there has been no treatment of the underlying cause the patients calcium levels should be monitored in the community every 2 weeks and appropriate action taken. If they remain stable for several months reduce monitoring to monthly.
   b. If the patient has received treatment for the cause of hypercalcaemia the calcium level should be monitored every 2 weeks initially. If the calcium remains normal for 4 weeks then frequency of monitoring can be reduced to monthly.

Further Information: Treatment will usually involve hydration of the patient and administration of a bisphosphonate. The underlying cause will be investigated and treated (if appropriate). Without treatment of the underlying cause the hypercalcaemia is likely to recur.

Contact numbers Consultant haematologist via SRI switchboard 01786 430000
West of Scotland Beatson Cancer Centre 0141 301 7000.

Version 2 June 2009 Written by J. Robinson
Reviewed by Dr Paul Baughan and members of the Forth Valley Haematology and Oncology teams
Review date April 2011

SUPERIOR VENA CAVA OBSTRUCTION (SVCO) TREATMENT GUIDELINE for ACUTE SERVICES

–Patients with known malignancy

BACKGROUND Superior vena cava obstruction results from the compression of the superior vena cava (SVC) by either tumour arising in the right main or upper lobe bronchus or mediastinal lymphadenopathy (usually right paratracheal or precarinal). This gradual, insidious or acute compression/obstruction of the SVC causes a reduction of blood flow from the head, neck and upper extremities to the heart. Because the SVC is surrounded by rigid structures, it is relatively easy to compress. The low intravascular pressure also allows for the possibility of thrombus formation, such as catheter-induced thrombus. Although the syndrome can be life threatening, its presentation is often associated with a gradual increase in symptoms. Over 90% of cases are associated with malignancy and 80% of these are associated with lung cancer.

CLINICAL PRESENTATION In the early clinical course, few, if any, signs or symptoms of superior vena cava syndrome (SVCS) may be manifested. Typically, symptoms accelerate as the underlying malignancy increases in size and/or invasiveness. Note: Symptoms may begin suddenly or gradually, and may worsen when bending over or lying down.

•Dyspnoea	•Redness of the face or cheeks	•Nasal stuffiness
•Neck, trunk or extremity distension.	•Engorged collateral veins	•Conjunctival redness
•Facial swelling, including periorbital swelling	•Cough	•Vision changes
•Orthopnoea	•Headache	

INVESTIGATIONS

The diagnosis of superior vena cava syndrome (SVCS) is often made on clinical grounds alone, combining clinical presentation +/- history of thoracic malignancy.

- Plain chest xray and CT scans are often helpful, showing a mediastinal mass in the majority of patients.
- Remember that the histological diagnosis is importandt when initiating therapy.

TREATMENT The treatment of superior vena cava syndrome (SVCS) depends on the etiology of the obstruction, the severity of symptoms and patient prognosis. Radiation therapy or chemotherapy should be withheld until the aetiology of the obstruction is clear. See Treatment/Referral flow chart.

Steroids – Used to decrease the inflammatory response to tumour invasion and oedema surrounding the tumour mass, reducing pressure on the SVC. Recommended drug/dose: Dexamethasone 8mg twice daily (8am and 2 pm) orally (or IV if oral route contraindicated). Consider use of a gastroprotective agent if used in combination with NSAID's or if patient has a peptic history. Steroids should be continued at high dose for 48-72 hours, if symptoms improve gradually reduce the dose. If there is no improvement – stop.

Interventional radiology – It may be possible to place a stent to relieve symptoms associated with SVCO, particulary in patients with tumours that are not chemo-sensitive. Symptom relief may be more rapid than with chemotherapy or radiotherapy in lung tumours[1]. Consider use of low molecular weight heparin in patients with a thrombus present at time of stenting. Patients who have had a stent inserted should be able to discontinue steroids.

Chemotherapy – Treatment of choice for chemo-sensitive tumours eg lymphoma and small cell lung cancers.

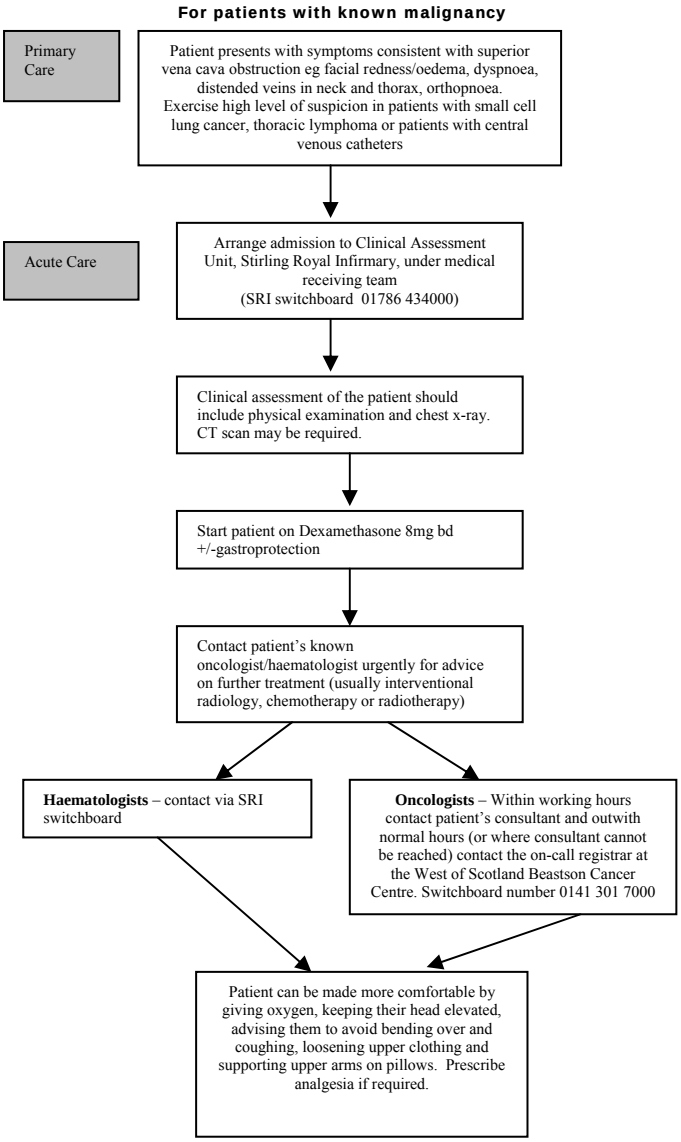
Radiotherapy – used to treat tumours that are not chemo-sensitive. Choice between radiotherapy and stenting will depend on various factors including patient's previous treatment and should be discussed with an oncologist.

Thrombectomy – May be used where there is a documented thrombus in the SVC causing obstruction. Thrombolytic agents may be used.

Reference: 1 Cochrane Review 2006. Steroids, radiotherapy, chemotherapy and stents for superior vena caval obstruction in carcinoma of the bronchus http://www.cochrane.org//reviews/en/ab001316.html

Appendix 44

Treatment/Referral Pathway for Suspected Superior Vena Cava Obstruction



Reference: 1 Cochrane Review 2006. Steroids, radiotherapy, chemotherapy and stents for superior vena caval obstruction in carcinoma of the bronchus http://www.cochrane.org//reviews/en/ab001316.html

SVCO Guideline Version 3 June 2009 Written by J Robinson Reviewed by Dr. Wright

Appendix 45

SUPERIOR VENA CAVA OBSTRUCTION (SVCO) GUIDELINE for PRIMARY CARE

DEFINITION Narrowing or blockage of the superior vena cava

CAUSE Superior vena cava obstruction results from the compression of the superior vena cava (SVC) by either tumour arising in the right main or upper lobe bronchus or mediastinal lymphadenopathy (usually right paratracheal or precarinal). This gradual, insidious or acute compression/obstruction of the SVC causes a reduction of blood flow from the head, neck and upper extremities to the heart. Because the SVC is surrounded by rigid structures, it is relatively easy to compress. The low intravascular pressure also allows for the possibility of thrombus formation, such as catheter-induced thrombus. Although the syndrome can be life threatening, its presentation is often associated with a gradual increase in symptoms. Over 90% of cases are associated with malignancy and 80% of these are associated with lung cancer.

CLINICAL PRESENTATION In the early clinical course, few, if any, signs or symptoms of superior vena cava syndrome (SVCS) may be manifested.

Typically, symptoms accelerate as the underlying malignancy increases in size and/or invasiveness. Note: Symptoms may begin suddenly or gradually, and may worsen when bending over or lying down.

- Dyspnoea
- Redness of the face or cheeks
- Nasal stuffiness
- Neck, trunk or extremity distension.
- Engorged collateral veins
- Conjunctival redness
- Facial swelling, including periorbital swelling
- Cough
- Vision changes
- Orthopnoea
- Headache

MANAGEMENT If a patient presents with symptoms consistent with superior vena cava obstruction eg facial redness/oedema, dyspnoea, distended veins in neck and thorax, orthopnoea :

ADMIT TO CLINICAL ASSESSMENT UNIT, STIRLING ROYAL INFIRMARY, UNDER MEDICAL RECEIVING TEAM (contact bed manager via SRI switchboard 01786 434000)

Exercise high level of suspicion in patients with small cell lung cancer, thoracic lymphoma or patients with central venous catheters. In some patients SVCO may be the first presenting symptom of cancer.

Patient can be made more comfortable by giving oxygen, keeping their head elevated, advising them to avoid bending over and coughing, loosening upper clothing and supporting upper arms on pillows.

FURTHER INFORMATION The diagnosis of superior vena cava syndrome (SVCS) is usually made on clinical grounds alone, combining clinical presentation +/- history of thoracic malignancy.

- Plain chest xray and CT scans are often helpful, showing a mediastinal mass in the majority of patients.
- These scans will be done on admission to hospital

The treatment of superior vena cava syndrome depends on the etiology of the obstruction, the severity of symptoms and patient prognosis. Steroids, stenting +/- anticoagulation, radiation therapy or chemotherapy should be withheld until the etiology of the obstruction is clear. Interventional radiology ie stenting, may be used to rapidly control symptoms.

Reference: Cochrane Review 2006. Steroids, radiotherapy, chemotherapy and stents for superior vena cava obstruction in carcinoma of the bronchus www.cochrane.org//reviews/en/ab001316.html

Pharmacist Lead: Joanne Robinson

Appendix 46

MALIGNANT SPINAL CORD COMPRESSION GUIDELINES

Spinal cord compression (SCC) should be treated as a medical emergency and there should be a high index of suspicion in all patients with a diagnosis of malignancy
Early detection of initial symptoms is key as any delay in diagnosis can lead to paralysis and can adversely affect life expectancy

Definition:
- Compression of the spinal cord and nerve roots (including cauda equina nerve roots)

Cause:
- Bone metastases – usually in body of vertebra(e), often multiple levels
- Soft tissue disease eg lymphoma in spinal canal
- Most commonly affects patients with cancer of the lung, prostate, breast (account for 50% of cases) but can affect patients with all tumour types and at any time during disease

Clinical Presentation:

Early Presentation	Late Presentation
Back pain *– often progressing over several weeks. The patient may have an increased use of breakthrough analgesia.* ***Radicular pain is a particular cause for concern****, often described as a tight band around the chest or abdomen or nerve-like pain in upper thighs. Radicular pain is exacerbated by activities involving the valsalva manoeuvre, such as: coughing, sneezing, straining, straight leg raising and neck flexion. May worsen on lying down and relieved on sitting and is typically worse at night. There may be thoracic or anterior thigh distribution.* There may be significant change in the nature of longstanding pain (unremitting, feelings of despair). **Reduced mobility** - 'off legs', falls, heavy or stiff limbs, new difficulty with 'getting up stairs'	**Sensory or motor change** – especially if bilateral eg muscle weakness, loss of coordination, paralysis, parasthesia, loss of sensation **Autonomic dysfunction** *eg Constipation/urine retention/recent catheterisation*

Unexplained 'taking to bed' or needing a catheter, even in the absence of pain should raise the possibility of spinal cord compression

Diagnosis:
- ***have a high index of suspicion in all patients with malignancy as any delay in diagnosis can lead to paralysis and can adversely affect life expectancy***
- MRI scan of whole spine within 24-48 hours
- Multi-detector row CT (MDCT) (16 slice or more) is now considered an acceptable alternative if MRI is not available

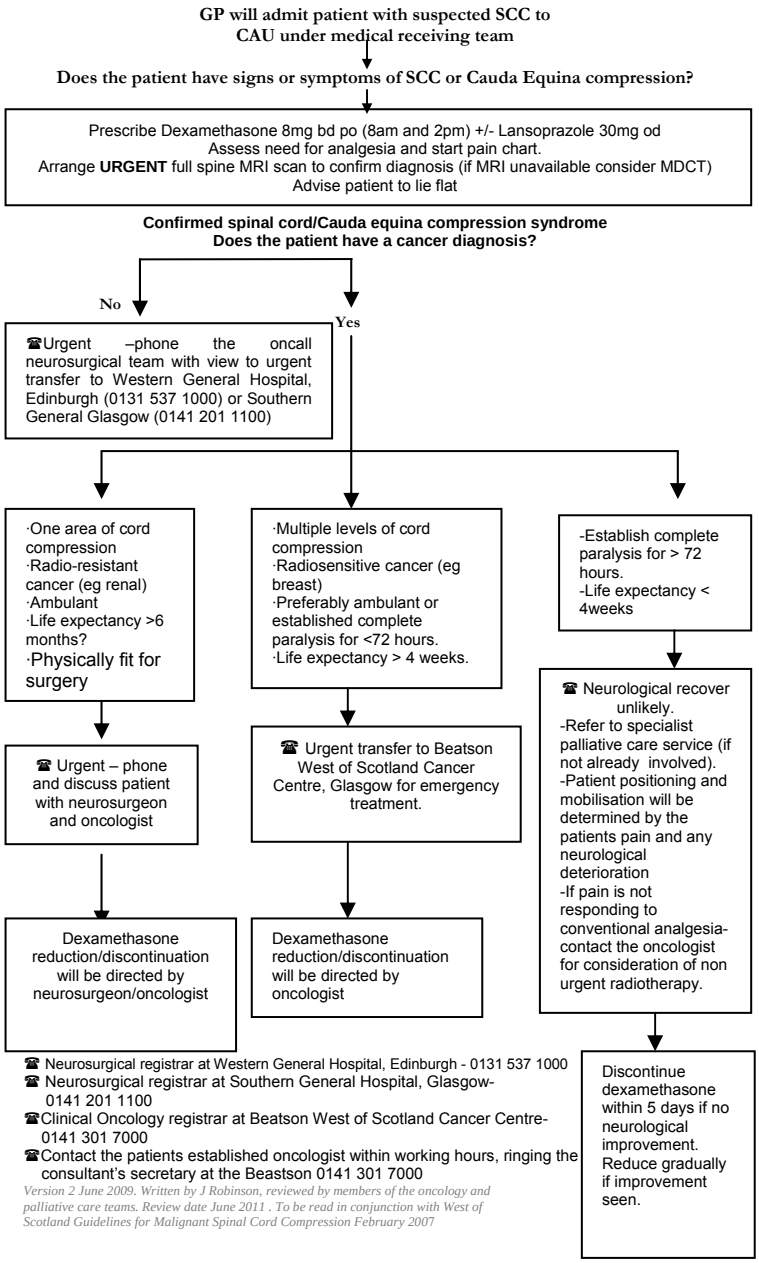
Management:

See flow chart overleaf
- Dexamethasone 8mg bd (8am and 2pm) +/- Lansoprazole 30mg daily
- Analgesia – often strong opioids +/- NSAIDS
- A telephone discussion with the on-call oncologist or neurosurgical registrar is advised once clinical and radiological assessment has been performed.
- *In general a patient presenting with the following criteria should be initially referred to Neurosurgery*
  - A solitary lesion.
  - Radioresistant tumours (eg renal)
  - Ambulant.
  - A life expectancy of > 3 months.
- *A patient with the following criteria should be initially referred to Oncology, usually for radiotherapy*
  - Multiple levels of cord compression.
  - Radiosensitive cancer(such as lymphoma,breast).
  - Preferably ambulant but definitely with an established paralysis of <72 hours).
  - Life expectancy of> 4 weeks
- *Patients with late presentation should be referred to the palliative care team*
  - Advanced signs of compression eg complete paralysis for >72 hours
  - Life expectancy of <4 weeks
  - Poor performance status PS>2 prior to paralysis
- If the Specialist Palliative Care Team (SPCT) are not already involved referral could be made to maximise the multi-disciplinary team (MDT) management of the patient, and their family. The patient may have quite complex physical needs depending on the level of compression, in addition to any psychological, social and spiritual needs.

Version 2 June 2009. Written by J Robinson, reviewed by members of the oncology and palliative care teams. Review date June 2011
To be read in conjunction with West of Scotland Guidelines for Malignant Spinal Cord Compression February 2007

Appendix 46

Management of Spinal Cord Compression (SCC)



☎ Neurosurgical registrar at Western General Hospital, Edinburgh - 0131 537 1000
☎ Neurosurgical registrar at Southern General Hospital, Glasgow- 0141 201 1100
☎Clinical Oncology registrar at Beatson West of Scotland Cancer Centre- 0141 301 7000
☎Contact the patients established oncologist within working hours, ringing the consultant's secretary at the Beastson 0141 301 7000

Version 2 June 2009. Written by J Robinson, reviewed by members of the oncology and palliative care teams. Review date June 2011 . To be read in conjunction with West of Scotland Guidelines for Malignant Spinal Cord Compression February 2007

Appendix 47

MALIGNANT SPINAL CORD COMPRESSION GUIDELINES

Primary Care

Spinal cord compression (SCC) should be treated as a medical emergency and there should be a high index of suspicion in all patients with a diagnosis of malignancy

Early detection of initial symptoms is key as any delay in diagnosis can lead to paralysis and can adversely affect life expectancy

Definition: • Compression of the spinal cord and nerve roots (including cauda equina nerve roots)

Cause:
- Bone metastases – usually in body of vertebra(e), often multiple levels
- Soft tissue disease eg lymphoma in spinal canal
- Most commonly affects patients with cancer of the lung, prostate, breast (account for 50% of cases) but can affect patients with all tumour types and at any time during disease

Clinical Presentation

Early Presentation	Late Presentation
Back pain – often progressing over several weeks. The patient may have an increased use of breakthrough analgesia**. Radicular pain is a particular cause for concern,** *often described as a tight band around the chest or abdomen or nerve-like pain in upper thighs***.** Radicular pain is exacerbated by activities involving the valsalva manoeuvre as well as coughing, sneezing, straining, straight leg raising and neck flexion. May worsen on lying down and relieved on sitting and is typically worse at night. There may be thoracic or anterior thigh distribution. There may be significant change in the nature of longstanding pain (unremitting, feelings of despair). **Reduced mobility -** 'off legs', falls, heavy or stiff limbs, new difficulty with 'getting up stairs'	**Sensory or motor change** – especially if bilateral eg muscle weakness, loss of coordination, paralysis, parasthesia, loss of sensation **Autonomic dysfunction** *eg Constipation/urine retention/recent catheterisation*

Unexplained 'taking to bed' or needing a catheter, even in the absence of pain should raise the possibility of spinal cord compression

MANAGEMENT

Early Presentation (see above)	**Late Presentation (see above)**
New/different spinal pain (particularly thoracic) **"tight band around chest"** **Nerve like pain in upper thighs** **New difficulty climbing stairs**	**Condition deteriorating daily** **Paralysis for >72 hours** **Sphincter disturbance** **Life expectancy < 4 weeks**
↓	↓
Commence 8mg Dexamethasone bd (8am & 2pm) +/- Lansoprazole 30mg od **Patient should be advised to lie flat**	**Discuss with oncology/palliative medicine team involved. Discuss immediate care options with patient and family. Patient positioning and mobilisation will be determined by patients pain and any neurological deterioration, flat bedrest is not required. Where the level and type of support is not available at home, admission to hospital or hospice may be necessary. A trial of steroids (Dexamethasone 8mg bd) may be suggested, but if no improvement identified within five days these should be discontinued.**
↓	
Arrange admission to CAU at Stirling Royal Infirmary under medical receiving team	
↓	
Arrange for patient to be transferred to hospital via 2-man ambulance with stretcher	

Further Information:
- MSCC section of Scottish Referral Guidelines for Suspected Cancer
- RCGP RED FLAGS for Possible Serious Spinal Pathology
- West of Scotland Guidelines for Malignant Spinal Cord Compression (available on the Forth Valley Intranet)

- This guideline refers to patients with an existing cancer diagnosis but bear in mind that in approximately 20% of patients with MSCC, cord compression is the first indication of them having cancer.

Version 2 June 2009 Writen by JRobinson Reviewed by members of the Oncology and Palliative Care Team Review Date June 2011

FORTH VALLEY ACUTE HOSPITALS
PRESCRIBING GUIDELINES PHARMACY DEPARTMENT

HYPOMAGNESAEMIA in ADULTS

This guideline does not cover:
Acute Deficiency States e.g. Acute arrhythmia, seizures, eclampsia/pre-eclampsia, acute asthma. Refer to current Medical Unit Prescribing Protocols.
Hypomagnesaemia may be due to drugs, diarrhoea or gastrointestinal losses of fluids, pancreatitis, alcoholism, malnutrition or an acute intracellular shift during re-feeding or metabolic acidosis
Hypomagnesaemia can also induce hypokalaemia and hypocalcaemia. Intracellular potassium cannot be retained in the presence of significant hypomagnesaemia. Serum magnesium should be in the normal range before potassium can be replaced effectively. Significant hypoalbuminaemia may falsely lower serum magnesium levels

IV Dosage and Administration:[1,2,3]

Magnesium Sulphate injection BP 50% w/v.:
Contains 20mmol Magnesium in 10ml. (2mmol/ml)
Compatible with Glucose 5% , although Normal Saline 0.9% may be used

No other drugs should be added to a magnesium infusion.
There is limited data available for y-site compatibility-contact clinical pharmacist for advice.

Caution in patients with renal impairment, and doses may need to be reduced. Contact clinical pharmacist for advice.
Contra-indicated in hepatic encephalopathy, hepatic failure and renal failure

Dose: Recent deficiency states

- **20mmol Mg IV over 6 hours.**

Can be given centrally in a minimum of 100mls of glucose 5% or peripherally in 500mls glucose 5% if this volume is appropriate. Higher concentrations may cause peripheral vein irritation. Rates greater than this will exceed the renal threshold and magnesium will be disproportionately excreted in patients with normal renal function.

Recheck level after 24 and 48 hours. Repeat as required. It takes about 36 to 48 hours for the magnesium to redistribute fully to the body tissues. A 48-hour level will give a truer result.

Dose: Long-term deficiency states

- **Give 5 days of treatment.**

Day 1 20 mmol Mg IV over 6 hours .
Day 2-5 10 mmol Mg IV over 6 hours .

Check levels daily before next infusion started to ensure the magnesium level does not exceed 2.0 mmol/L. If it does, then check levels daily before re-prescribing if necessary.

Oral magnesium replacement

Magnesium salts are not well absorbed from the gastro-intestinal tract and may cause diarrhoea, with the possibility of more magnesium being lost than was administered.

Oral magnesium may be given to prevent recurrence of magnesium deficiency, and should only be used when magnesium has been replaced and corrected by IV infusion, or in proven slow-losers of magnesium. The recommended oral daily dose is 24mmol magnesium in divided doses. Magnesium oxide and magnesium glycerophosphate are available as named-patient preparations from the pharmacy, Magnesium Oxide being the preferred choice if available as this shows greater absorbtion and fewer side effects (diarrhoea).[3,4]
For further information or to arrange supplies please page your clinical pharmacist.
Caution in patients with renal impairment due to the potential for accumulation.
Note. Oral magnesium supplementation is of little benefit if the serum level is very low. Therefore, magnesium deficiency should be corrected via the intravenous route initially.

Appendix 48

Important adverse drug reactions and side effects

- Hypermagnesaemia- cardiovascular and neuromuscular side effects are reversible with IV Calcium Gluconate 2.5-5mmol plus fluid support.
- Flushing, sweating, hypotension, mild bradycardia may occur with rapid IV administration.
- Diarrhoea with oral preparations.

Contra-indications or precautions

IV replacement	Oral replacement
• **Decrease in renal function** • **Recurrent renal stone formation** • **Severe bradycardia** • **AV block** • **Respiratory insufficiency** • **Myasthenia gravis**	• **Decrease in renal function** • **Dehydration** • **Recurrent renal stone formation**

Monitoring

- Serum magnesium levels above 2.0mmol/L can lead to symptoms of hypermagnesaemia, therefore daily monitoring of patients on IV magnesium infusions is necessary. Serum levels should be checked before next dose is given.

References

1. Applied Therapeutics: The Clinical Use of Drugs. Young L, Koda-Kimble M. 5th Edition.
2. British National Formulary. 51st Edition.
3. Oxford Handbook of Clinical Pharmacy 2007
4. St Marks Hospital Northwick Park Intestinal Failure Protocol

Other Information sources

- Summary of Product Characteristics for Magnesium Sulphate Injection BP 50% from Aurum Pharmaceuticals Ltd. March 2003
- Martindale the Extra Pharmacopoeia. 31st Edition.
- Magnesium Deficiency: Pathophysiologic and Clinical Overview. American Journal of Kidney Diseases. Saeed M, et al. Vol 24, Nov 1994.
- Clinical Pharmacy and Therapeutics. Herfindal, Hart, and Gourley. 5th Edition.
- The Role of Magnesium in Clinical Biochemistry: An Overview. Ann Clin Biochem. Ryan M. Vol 28, 1991.
- Magnesium and Phosphorus. The Lancet. Weisinger J, Bellorin-Font E. Vol 352, August 1, 1998.

Pharmacist Lead: Karen Macdonald

Appendix 49

FORTH VALLEY ACUTE HOSPITALS

PRESCRIBING GUIDELINES PHARMACY DEPARTMENT

HYPOPHOSPHATAEMIA in ADULTS

Risk factors for hypophosphataemia include critical illness, a period of starvation prior to nutritional support, malnutrition, alcoholism, and respiratory alkalosis.

Phosphate supplementation should be considered where there is evidence of phosphate deficiency. Serum phosphate does not always correlate to total body stores as most phosphate is stored intracellularly. The onset and severity of symptoms will determine the need for and type of treatment

Drug Presentation:

Addiphos® 20ml vial containing : phosphate 40 mmol (2mmol phosphate /ml)
potassium 30 mmol
and sodium 30 mmol

No other drugs should be added to a phosphate infusion.

No other drugs should be co administered at a Y site with phosphate.

Caution should be used if the patient has renal impairment.

Mild to moderate deficiency : usually associated with levels of 0.3-0.6mmol/l and is usually asymptomatic

Severe deficiency: usually associated with levels less than 0.3mmol/l, especially if symptomatic.

Drugs and Administration

INTRAVENOUS:
In acute deficiency, or when a clinical difference to serum phosphate needs to be assured quickly.

- 20mmols phosphate (10mls Addiphos) over 6 hours in 100mls 0.9% N Saline through a central line, or 20mmols phosphate (10mls Addiphos) in 500mls 0.9% N Saline over 12 hours through a peripheral line.
- In cases where the hypophosphataemia is symptomatic, or if prolonged phosphate wastage has occurred, then the dosage may be repeated within 12 hours and a level obtained several hours after the end of the infusion

Oral – see notes on diarrhoea before contemplating oral replacement

- 1-2 Phosphate Sandoz ® tablets (see BNF) three times a day (provides 48 - 96mmol phosphate, 60-120mmol sodium and 9-18mmol potassium per day)
- Continued therapy may be required depending on clinical response/adverse effects.
- Oral phosphate is slow to effect and should be used in slow-losers of phosphate only, and not when a rapid response is required.

Important side effects[2]

Hyperphosphataemia	Symptoms may be those of resultant hypocalcaemia namely, muscle cramps, tetany and convulsion and metastatic calcification.
Hyperkalaemia and Hypernatraemia	As a result of infusion of these elements along with phosphate
Hyperphosphataemia Hypotension Hypocalcaemia	High dose rapid infusions of phosphate. Excessive doses of phosphates may cause hypocalcaemia and metastatic calcification; it is **essential** to monitor closely plasma concentrations of calcium, phosphate, potassium and other electrolytes. Treatment of adverse effects involves withdrawal of phosphate infusion, general supportive measures and correction of serum electrolyte concentrations, especially calcium.
Diarrhoea with oral therapy	Oral phosphate is poorly absorbed from the gut and may cause diarrhoea, with the potential to exacerbate losses of Magnesium, Sodium, Potassium and water. .

Precautions

In renal impairment, Addisons disease and where restricted sodium or potassium intake is required e.g.. cardiac failure, hypertension, hyperkalaemia, severe oedema. Care should be taken when replacing phosphate to minimise electrolyte disturbances and the biochemist should be contacted for advice.

Monitoring

Blood pressure monitoring is advised
Calcium, magnesium, phosphate, potassium and other electrolyte monitoring is essential. Phosphate levels should be checked at least 6 hours after the end of the infusion[3]

Acknowledgements

Jane Sillars Senior Dietitian
Mark Holliday Consultant Biochemist

References

1. Walmsley RN, Guerin MD. Disorders of fluid and electrolyte balance. Bristol 1984. Wright publishing
2. Thatte L, Oster J et al. Review of literature: Severe Hyperphosphataemia. Am J Med Sciences 1995; 310(4):167-174
3. Bugg NC, Jones A Hypophosphataemia. Anaesthesia 1998;53:895-902

Appendix 50

Forth Valley Wound Management Formulary Summary 2009

To access the complete on-line version click – Wound Management Formulary 2008
Prescribers are advised to confirm that the listed sizes are available in the current edition of the Scottish Drug Tariff http://www.isdscotland.org/isd/2245.html

Dressing type	Brand	Sizes available on formulary	Additional sizes available only for nurse prescribers in the community
Low Adherent Dressing	Tricotex	9.5 x 9.5cm	
	Atrauman	5 cm x 5 cm 7.5 cm x 10 cm 10 cm x 20 cm	20cm x 30cm
	Mepore	7cm x 8cm 9 cmx 20cm 9 cm x 25cm	9cm x 30cm 9 cm x 35 cm 10 cmx 11 cm 11cm x 15 cm
Hydrocolloid Dressing	Granuflex Granuflex bordered ***Please note size includes 2 cm Border***	Square 10 cm x 10 cm Square 10 cm x 10 cm 15 cm x 15 cm Triangular 10 cm x 13 cm 15 cmx 18 cm	6 cm x 6 cm
	Duoderm extra thin	Square 10 cm x 10cm Rectangular	7.5 cm x 7.5 cm 15 cm x 15 cm 5 cm x 10 cm 9 cm x 15 cm 9 cm x 25 cm 9 cm x 35 cm
Hydrofibre Dressing	Aquacel	Square 5cm x 5cm 10cm x 10cm Ribbon 2 cm x 45 cm Rectangular 4 cm x 10 cm 4 cm x 20 cm 4 cm x 30 cm	15 cm x 15 cm
Hydrogel	Intrasite Gel	8g size	
Alginate Dressing	Kaltostat	5 cm x 5 cm 7. 5 cm x 12cm 10cm x 20cm 15 cm x 25cm 2 G cavity dressing	
Foam Dressing Non-adhesive	Tegaderm Foam	10 cm x 10cm 10 cm x 20 cm 20 cm x 20 cm 8.8 cm x 8.8 (for tube exit sites)	10 cm x 60 cm

Appendix 50

Dressing type	Brand	Sizes available on Formulary	Additional sizes available only for nurse prescribers in the community
Foam Dressing Adhesive	Tegaderm Foam Adhesive	Square 14 cm x 14 cm Oval 10cm x 11 cm 19 cm x 22.5 cm Circular 14 cm x 14 cm (heel)	14 cm x 15 cm
Charcoal Dressing	Actisorb Silver	10.5cm x 10.5cm	6.5 cm x 9.5 cm 10.5 cm x 19 cm
Paraffin Gauze Dressing	Jelonet	10cm x 10 cm	
Antiseptic Impregnated Dressing	Inadine	5 cm x 5 cm 9.5 cm x 9.5 cm	
Paste Bandages	Viscopaste	10 % zinc oxide	
	Steripaste	15% zinc oxide. Has a unique, preservative free formulation	
	Zipzoc	Sterile rayon stocking with 20% zinc oxide	
Semi-permeable adhesive film dressing	Tegaderm	12 cm x 12 cm	6 cm x 7 cm 15 cm x 20 cm

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