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NHS
England

North Midlands Controlled Drugs Newsletter

**Controlled Drugs
Accountable Officer**
Samantha Travis
Samantha.travis@nhs.net

Jayne Wood
CD Administration
Support
Tel: 0113 8254717
Jayne.wood11@nhs.net

Eleanor Carnegie
Controlled Drugs
Support Officer
(Shropshire &
Staffordshire)
Tel: 0113 8254630
Eleanor.carnegie@nhs.net

Margaret
Farrow-Johnson
Controlled Drugs
Support Officer
(Derbyshire &
Nottinghamshire)
Tel: 0113 8249774
Margaret.farrow-
johnson@nhs.net

CD Reporting Tool:
www.cdreporting.co.uk

Pregabalin and Gabapentin

The Government have launched a consultation on proposals to schedule Pregabalin and Gabapentin under the Misuse of Drugs Regulations. This will run until 22 January. We attach a link to the relevant document on the gov.uk website which you may wish to comment on: <https://www.gov.uk/government/consultations/pregabalin-and-gabapentin-proposal-to-schedule-under-the-misuse-of-drugs-regulations-2001>

The Controlled Drugs Newsletter contains local and national CD information. You can use the dedicated e-mail in-boxes to contact us. For Shropshire and Staffordshire e-mail: england.cd_x24n@nhs.net, and for Derbyshire and Nottinghamshire e-mail: england.nottsderbycontrolleddrugs@nhs.net

High volume prescribing of morphine sulfate oral solution

The CQC and NHS England CDAOs Controlled Drug Prescribing Sub-Group have recently identified patients across the Country who are being prescribed very large volumes of morphine sulfate oral solution 10mg /5ml.

While this may be clinically appropriate for some patients, others may benefit from a review of the medicines they take and a slow release preparation considered instead or where appropriate; implementation of an agreed clinical management plan to reduce their overall opiate dosage. CQC highlighted the importance of ongoing review in their recent annual report and made a recommendation to ensure that the preparation prescribed and the length of treatment is the most appropriate and effective for the patient to reduce opportunities for over prescribing and diversion.



Storage of controlled drugs in a patient's home

NHS England North Midlands have been made aware of a number of concerns that have been reported relating to Controlled Drugs stored in patients' homes. Due to the potent nature of CDs, patients, family members and carers should be given clear instructions on how to store these medicines securely within their home. We are aware of past incidents where children have gained access to strong analgesic medication with severe consequences and cases where medication has been taken from patients' homes by family members or friends.

Ideally, advice on safe storage should be provided by the prescriber issuing the prescription and the community pharmacist supplying the CDs to the patient. The latest CQC newsletter provides useful guidance and reminders on safety checks that should be undertaken to help minimise the risks:

<http://www.cqc.org.uk/guidance-providers/controlled-drugs/controlled-drugs-national-group>

Improving visibility of Fentanyl Patches

In recent years reports of accidental overdose and unintended transfer of fentanyl patches have been received by MHRA through the Yellow Card Scheme. Regulatory action was taken in 2016 to improve visibility of Durogesic DTrans patches by insertion of a coloured border around the edge of the patch with different colours to denote the different strengths. If you are aware of safety incidents relating to accidental overdose of fentanyl please continue to report them to the MHRA; the easiest way to do so is online (www.yellowcard.gov.uk) or through the Yellow Card app.

What Naloxone doses should be used

The use of opioid and opiate antagonist naloxone, is a highly effective antidote, which is potentially life saving. The drug has a role in a wide range of clinical situations and practice contexts, mirroring the broad range of uses of opioids and opiates. However, whilst naloxone use is often vital, this may also introduce potential risks. The particular risks associated with inappropriate naloxone use have been highlighted in two NHS England Patient Safety Alerts.

The updated Medicines Q&A seeks to clarify the various dosing regimens available for naloxone in practice, and the factors that should be considered in balancing the need for treatment against the risk of inappropriate use. The document aims both to inform individual practice and to help development of organisational policies in this area. It aims to be useful across the range of settings in which the drug is used. <https://www.sps.nhs.uk/articles/what-naloxone-doses-should-be-used-in-adults-to-reverse-urgently-the-effects-of-opioids-or-opiates/>

Drug misuse and dependence: UK guidelines on clinical management

Drug misuse and dependence: UK guidelines on clinical management is guidance for clinicians treating people with drug misuse and drug dependence problems. Often called the Orange Book. The 2017 version offers new guidelines on: prison-based treatment, new psychoactive substances and club drugs, mental health co-morbidity, misuse of prescribed and over-the-counter medicines, stopping smoking, preventing drug-related deaths, including naloxone provision. The new guidelines also have a stronger emphasis on recovery and a holistic approach to the interventions that can support recovery.



<https://www.gov.uk/government/publications/drug-misuse-and-dependence-uk-guidelines-on-clinical-management>

Police Controlled Drugs Liaison Officer (CDLO)

The CDLO role provides a link between the Police and partner agencies such as health (e.g. hospital, primary care and community) and Local Authorities, to prevent or prosecute offences involving controlled drugs. This includes prescribed medicines and illicit substances. Across our region are 4 Police Forces who have CDLOs in post. Please make a note of their contact details if ever you need to contact them:

- **Derbyshire** - Phil Lucas Tel: 0300 1228722, E-mail: Phil.Lucas.16777@Derbyshire.PNN.Police.UK
- **Nottinghamshire** - Sgt Alistair Moreland and PC Stuart Clarke plus some new CDLOs in post these are: Laura Brown, Ron Lawrence, Simon Wells and Ralph Gibson; Tel: 101 ext: 8116852 / 8116851, E-mail: alistair.moreland@nottinghamshire.pnn.police.uk
- **Shropshire** - Mark Darlington Tel: 01952 214669, E-mail: mark.darlington@westmercia.pnn.police.uk
- **Staffordshire** - Dawn Holmes Tel: 01785 235273, E-mail: dawn.holmes@staffordshire.pnn.police.uk

CD LIN members

Please remember that if you change your e-mail address, or change your role don't forget to let the CD team know so we can ensure that you/your organisation continue to receive information from the CDAO.



FP10MDA prescriptions

Be prepared and organised in readiness for the Bank Holidays checking that all expected prescriptions are received in the pharmacy beforehand. Contact your local substance misuse teams before Christmas and New Year to ensure scripts are in place for your patients/clients.

CQC CD Annual Report

CQC published their annual update for 2016, the report highlights CQC's activity in relation to CD responsibilities, including their role with Controlled Drug Local Intelligence Networks (CD LINs), the National Group on Controlled Drugs and the Cross-Border Group for safer management of controlled drugs. <http://www.cqc.org.uk/publications/major-report/safer-management-controlled-drugs>

Key Messages

- Consultation on proposals to schedule Pregabalin and Gabapentin
- Review patients on high volumes of Morphine sulfate oral solution
- Advise safe storage of controlled drugs in a patient's home
- UK guidelines on clinical management for drug misuse and dependence
- A new DrugWatch briefing on Tramadol is available here: <http://www.thedrugswheel.com/tramadol.php>

