

Prescribing and Medicines Optimisation Guidance

Issue: 64

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1. NICE: Glaucoma: diagnosis and management- updated guidance (NG81) ([Link](#))

Following a review of the evidence, recommendations from 2017 on treatment for ocular hypertension and chronic open angle glaucoma and organisation of care have been updated (these recommendations are marked [2022] in updated guidance).

2. SIGN: Eating disorders: A national clinical guideline (SIGN 164) ([Link](#))

This provides recommendations based on current evidence for best practice in management of people with eating disorders, covering anorexia nervosa, bulimia nervosa, binge eating disorder, and eating-disordered psychopathology occurring in the context of type 1 diabetes mellitus.

3. SPS: Choosing an equivalent dose of oral benzodiazepine ([Link](#))

This article provides approximately equivalent doses of oral benzodiazepines to diazepam and also covers how benzodiazepines differ, and effect of hepatic and renal impairment.

4. SCAN guidelines- Latest antimicrobial updates [LINK](#)

The latest version of the South Central Antimicrobial Network (SCAN) guideline contains major updates to :

- **Clostridioides difficile** treatments in line with NICE guideline, to use in combination with local formulary decisions.
- **Chloramphenicol eye drops** containing borax or boric acid buffers: may be safely used in children younger than 2 years [MHRA link](#)
- **Acute otitis externa major**
- **Acute rhinosinusitis**
- **Acne vulgaris**
- **Cholecystitis**
- **Infectious diarrhoea**

- **COVID-19** Treatment page as per NICE CAS alert 14/12/21 to **NOT** prescribe inhaled budesonide for COVID-19 unless part of a clinical trial.
- **Diverticulitis**
- **Varicella zoster (chickenpox), herpes zoster (shingles) & cold sores**

5. NICE: Fremanezumab for preventing migraine – guidance (TA764) ([link](#))

NICE recommend fremanezumab for preventing episodic or chronic migraine in adults, only if they have ≥ 4 migraine days/month & ≥ 3 preventive drugs have failed. It should be stopped at 12wks in episodic or chronic migraine if the frequency doesn't reduce by 50% or 30% respectively. This guidance updates and replaces TA631 which recommended fremanezumab for chronic migraine only.

6. NICE: Palforzia for treating peanut allergy in children and young people – guidance (TA769) ([LINK](#))

NICE recommend Palforzia (defatted powder of *Arachis hypogaea* [peanuts]) for treating peanut allergy in children aged 4 to 17. It can be continued in people who turn 18 while on treatment. Palforzia should be used with a peanut-avoidant diet. Implementation of this new product will be discussed with specialists through the local prescribing committees.

Prepared by Anita Bhardwaj, Sue Wakelin and Dr Emma Harris
On behalf of the Hampshire, Southampton and IoW CCG Medicines Optimisation Team

Previous bulletins can be found at: <https://gp-portal.westhampshireccg.nhs.uk/medicines/covid-19-medicines-information/covid-19-medicines-optimisation-bulletins/>