

**Basingstoke, Southampton and Winchester
District Prescribing Committee (DPC)**

Recommendations of the meeting of Tuesday 13th December 2020

Supported or limited support e.g. Specialist recommendation

Semaglutide oral tablets (Rybelsus®). - Based on evaluation of the evidence for efficacy, safety and cost effectiveness, the Committee supports the restricted use of semaglutide tablets as a second-line option to injectable GLP-1 RAs. Prescribers are reminded to follow The NICE National Guideline (NG) 28 – ‘Type 2 diabetes in adults: management’ when prescribing GLP-1 RAs.

GPs should be aware that, due to differences in pharmacokinetics, switching from sub-cutaneous semaglutide to oral is not straightforward and they should seek specialist advice before doing this. Consider adding to formularies as Green.

Dapagliflozin use in heart failure– the Committee supports the use of this SGLT2i in primary and secondary care for patients who have heart failure with a reduced ejection fraction with and without diabetes. Initiation can take place in primary care following specialist recommendation and provision of relevant information. A new heart failure pathway will be developed. Consider adding heart failure indication to formularies as Amber – specialist initiation or recommendation.

Not Supported

Nortriptyline in post stroke depression- the Committee does not support inclusion of nortriptyline as an option for post-stroke depression in the updated Southern Health guidelines based on evaluation of the evidence for efficacy and safety. The Committee recommends following national guidance, e.g. NICE, SIGN, Royal College of Physicians, on the subject, i.e. no specific recommendation but generally SSRIs in preference and alternative options chosen on an individual basis taking into account predominating symptoms (depression/anxiety/mixed), age, concomitant medical conditions, overdose risk, etc. of patient. Nortriptyline should remain non-formulary for organisations in the DPC area.

Other Information and formulary updates

Shared care guidelines – the following guidelines have been developed or updated and are available on this link <https://gp-portal.westhampshireccg.nhs.uk/medicines/shared-care-guidelines/>

- Melatonin for sleep disorders in children
- Clomifene
- Enoxaparin for the prevention of deep vein thrombosis and pulmonary embolism in pregnancy

Summarised on behalf of the District Prescribing Committee by Andrea White (Southampton City CCG)