

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

**Recommendations of the meeting of Tuesday 13<sup>th</sup> April 2021**

**Supported or limited support e.g. Specialist recommendation**

**Trimbow MDI** (beclometasone 87mcg/formoterol 5mcg/glycopyrronium 9mcg) –This inhaler has recently received a licence extension for use in asthma. The Committee supports its use as an option for prescribing locally for asthma management. Ensure all patients are provided with training and counselling on use of inhalers. As with other corticosteroid-containing pMDIs, a suitable spacer device should be prescribed for use with Trimbow.

In accordance with [NICE NG80](#) and [Wessex adult asthma guidelines](#), triple therapy inhalers should be restricted to use with **specialist recommendation only** for adult patients whose asthma is not adequately controlled on the recommended controller therapies. LAMA use should be discontinued after a 3-month trial period if no benefit is seen.

Consider adding to formularies as AMBER following specialist recommendation (can remain GREEN for use in COPD).

**Enerzair Breezhaler (± sensor)** (mometasone 136mcg/indacaterol 114mcg/glycopyrronium 58mcg) - Based on evaluation of the evidence for efficacy, safety and cost effectiveness, the Committee supports the use of Enerzair Breezhaler (± sensor) as an option for prescribing locally in asthma management. The sensor is an optional addition to Enerzair that is attached to the base of the Breezhaler and connected to an app via Bluetooth to aid compliance and monitoring. For patients wishing to use a sensor, the first prescription should be written to include a sensor. This will last for 1 year before requiring replacement. Repeat prescriptions during this time will not require a sensor. Ensure all patients are provided with training and counselling on use of inhalers. Breezhaler devices may be less suitable for those with dexterity problems or patients who may be at risk of inadvertently swallowing the capsules. Community pharmacists should enforce the message to patients not to swallow the capsules and highlight any safety concerns to the prescriber.

In accordance with [NICE NG80](#) and [Wessex adult asthma guidelines](#), triple therapy inhalers should be restricted to use with **specialist recommendation only** for adult patients whose asthma is not adequately controlled on the recommended controller therapies. LAMA use should be discontinued after a 3-month trial period if no benefit is seen.

Consider adding to formularies as AMBER following specialist recommendation.

**Aectura Breezhaler** (mometasone 62.5mcg, 127.5mcg and 260mcg /indacaterol 125mcg) - Based on evaluation of the evidence for efficacy, safety and cost effectiveness, the Committee supports the use of Aectura Breezhaler as an option for prescribing locally in asthma management. It is licensed in a younger age group “as a maintenance treatment of asthma in adults and adolescents 12 years of age and older not adequately controlled with inhaled corticosteroids and inhaled short-acting beta<sub>2</sub>-agonists”.

Ensure all patients are provided with training and counselling on use of inhalers. Breezhaler devices may be less suitable for those with dexterity problems or patients who may be at risk of inadvertently swallowing the capsules. Community pharmacists should enforce the message to patients not to swallow the capsules and highlight any safety concerns to the prescriber.

Prescribers should take care to ensure the appropriate strength of Aectura is prescribed if the patient is being stepped down from Enerzair. Studies have shown an increase in mometasone fine particle mass with Enerzair inhaler, which means that the higher strength of Aectura (i.e. 260 micrograms mometasone) is therapeutically equivalent to Enerzair (136 micrograms mometasone). Consider adding to formularies as GREEN.

**Nystatin pessaries (unlicensed):** supported for the treatment for chronic recurrent vulvovaginal candidiasis (non-*albicans Candida* species andazole resistance only) as per [British Association for Sexual Health and HIV \(BASHH\) national guideline](#). Prescribing is restricted to specialists only. Consider adding to formularies as RED.

## **Other Information and formulary updates**

**Chloramphenicol eye drops** – all preparations now include a warning contraindicating use in children less than 2 years old, due to boron content. See link for further information

<https://viewer.microguide.global/SCAN/SCAN#content.e2c07671-0396-4736-a930-b08bd6d4d19e>

Further information is also available from the [Specialist Pharmacy Service website](#) and from the [Royal College of Ophthalmologists](#).

**CMO Inhaled Budesonide for adults (aged 50 years and over) with COVID-19-** The committee noted Chief Medical Officer [recommendations](#) with an accompanying [interim position statement](#) that, based on interim trial results, a 14-day course of inhaled budesonide (e.g. Pulmicort Turbohaler®) at a dose of 800 micrograms twice daily may be beneficial in reducing recovery time from COVID-19 in specific patient groups being managed in primary care. Further information is available via the [MHRA Central Alerting System](#)

The committee support use of budesonide inhaler in accordance with these recommendations. They would not endorse the use of budesonide inhaler in COVID-19 in any other patient groups than those stated. It is important to highlight that inhaled budesonide in COVID -19 is an **off-label** indication and the decision to prescribe should be an individual decision between prescriber and patient. Information, including links to [Asthma UK videos](#), for patients is available on the NHS website <https://www.nhs.uk/medicines/budesonide-inhalers/>

### **The Committee also noted the following new or updated guidelines/information**

- Specialist Pharmacy Service – guidance and supporting templates for the [Regional Medicines Optimisation Committee Shared Care for Medicines – A standard approach](#)
- [Recommendations for the choice of blood glucose meters, testing strips, lancets and needles in Adults living with diabetes](#) – these local guidelines have been updated.
- Palliative care- the Anticipatory Medications Template V1.3 developed by Dr Steve Plenderleith, Consultant in Palliative Medicine, Southern Health FT  
<https://www.futureplanning.org.uk/eolmedsworksheet.html>

**Summarised on behalf of the District Prescribing Committee by Andrea White (Hampshire, Southampton and Isle of Wight CCG)**