

NHS South West London

Medicines Optimisation Newsletter

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Updated SWL Position Statement on Prescribing in Gender Incongruence for Children and Young People

The South West London (SWL) [position statement on prescribing for gender incongruence for children and young people](#) has been updated following recent updates from Secretary of State for Health and Social Care and NHS England (NHSE).

On 11 December 2024, the Secretary of State for Health and Social Care announced that legislation will be passed that will make permanent the temporary ban on private prescribing of gonadotropin-releasing hormone analogues (GnRHa), commonly known as puberty suppressing hormones or puberty blockers, to children and young people for gender incongruence or gender dysphoria. The permanent ban came into effect on 1st January 2025.

Healthcare professionals in SWL are encouraged to familiarise themselves with the updated guidance to ensure consistent and compliant prescribing practices. The updated position statement and additional resources are available on the [SWL IMO website](#).

Actions for Healthcare Professionals:

- Review the updated SWL [position statement](#) on prescribing in gender incongruence.
- Ensure all practice clinicians are aware of the updated [position statement](#).
- Contact your ICB Primary Care Pharmacist for advice or clarification where required.

Pharmacy First: Progress and Opportunities for General Practice

The latest [Pharmacy First Progress Report](#), hosted on GP TeamNet, highlights the significant opportunity to expand the Pharmacy First service across South West London (SWL), particularly in the management of uncomplicated urinary tract infections (UTIs) in females.

The report reveals that in Q4 2024-25, 7,843 patients were prescribed nitrofurantoin in SWL general practices - cases that could have been treated under the Pharmacy First UTI clinical pathway. Redirecting patients to this service could have saved approximately 915 hours of GP time, enhanced service efficiency and reduced GP workload.

By increasing referrals through the Pharmacy First UTI pathway, the healthcare system can improve patient access and convenience, strengthen collaboration between GPs and community pharmacists, and maximise the impact of community pharmacy services.

Actions for Healthcare Professionals:

- Review your practice's nitrofurantoin prescribing data in the [Pharmacy First Progress Report](#) to identify potential for Pharmacy First referrals.
- Implement the actions outlined in the [report](#) to increase and maximise Pharmacy First referrals.
- Contact local Pharmacy First Change Managers for assistance and support (contact details are included in the report).

2025/26 SWL Medicines Improvement Scheme Launch Webinar Now Available

South West London (SWL) Integrated Care Board recently hosted a launch webinar to introduce the 2025/26 Medicines Improvement Scheme (MIS). The session provided an overview of key focus areas, including prescribing safety, sustainability, and health inequalities, and outlined how practices can engage with the MIS over the coming year. A full recording of the webinar is now available to watch on [YouTube](#).

Actions for Healthcare Professionals:

- Watch the [webinar](#) and share the recording with colleagues involved in prescribing and medicines optimisation to familiarise yourself with the 2025/26 MIS and support tools.
- Contact your ICB Medicines Optimisation team for further support or to discuss how your practice can engage with the 2025/26 MIS.

New Guidance for Non-Medical Prescribers in all settings across in South West London

A wide range of non-medical healthcare professionals can prescribe medicines as either Independent or Supplementary Prescribers. The South West London Integrated Care System (SWL ICS) [Guidance for Non-Medical Prescribers \(NMPs\)](#) was published in June 2025 and offers a framework of good practice principles for NMPs and their employing organisations across all care settings in SWL.

This document aims to promote safe and effective prescribing for NMPs working within primary care (including those employed by GP practices and Primary Care Networks), community services or within a SWL ICB-commissioned service where prescribing is an integral part of their role. It outlines a clear process for managing NMPs when they join or leave an organisation, or when there are changes to their professional details.

Key Messages:

- This guidance is a professional oversight document. The employing organisation is responsible for ensuring NMPs are working within their scope of practice, are competent and have completed an appropriate induction within their organisation.
- The guidance outlines the process for notifying the ICB Medicines Optimisation team when an NMP joins or leaves their GP practice or when there are changes to their details.
- The document includes information on how to correctly configure NMPs on GP Clinical Systems.

Actions for Healthcare Professionals:

- Notify the ICB Medicines Optimisation team of any changes to NMP staffing or personal details.
- Check that NMPs are correctly configured on the clinical systems to ensure safe prescribing.

Asthma Webinar: Implementing the New NICE/BTS/SIGN Guidelines in SWL

On the 10th of July 2025, a clinical webinar was held to support the implementation of the updated [NICE/BTS/SIGN asthma guidelines](#) across South West London (SWL). The session covered key updates in both adult and paediatric asthma management, with a focus on improving outcomes and aligning with national standards.

The webinar included:

- Updates on **managing asthma in adults** (patients aged 12 and over), including transitioning to AIR/MART (anti-inflammatory reliever/maintenance and reliever therapy) where suitable.
- Guidance for **paediatric asthma management** for children under 12, based on new NICE/BTS standards.
- Introduction to the **paediatric asthma dashboard** (in development), a tool to identify high-risk children.
- Strategies for **sustainable respiratory prescribing** to lower inhaler-related carbon emissions whilst maintaining care quality.
- Key points for meeting this year's **Medicines Improvement Scheme (MIS) respiratory targets**.

A full webinar recording is available [here](#). All SWL healthcare professionals involved in asthma care are encouraged to watch and apply the insights shared.

Actions for Healthcare Professionals:

- Watch the [webinar recording](#) to familiarise yourself with the updated asthma guidelines.
- Use the Paediatric Asthma Dashboard to identify and support high-risk children.
- Implement sustainable prescribing practices where clinically appropriate.

Safety Spotlight: MHRA Drug Safety Update Reminders

Warfarin: Be Alert to the Risk of Drug Interactions with Tramadol

The Medicines and Healthcare products Regulatory Agency (MHRA) has issued a safety reminder following a Coroner's report into the death of a patient who died from a bleed on the brain, following concurrent treatment with *warfarin* and *tramadol*.

In the June 2024 edition of the [MHRA Drug Safety Update](#), the MHRA highlighted that taking warfarin and tramadol together may increase a patient's International Normalised Ratio (INR), raising the risk of severe bruising and life-threatening bleeding.

Recent EMIS enterprise data shows that 60 patients across South West London (SWL) are currently co-prescribed warfarin and tramadol. No co-prescribing of tramadol with other coumarin-derived anticoagulants has been identified within SWL.

Actions for Healthcare Professionals:

- Review the [MHRA Drug Safety Update](#) and familiarise yourself with the recommendations, information and guidance.
- If your practice has patients co-prescribed warfarin and tramadol, the SWL Medicines Optimisation team will contact you. Review the identified patients to establish if tramadol can be stopped or switched to an alternative.
- Ensure patients co-prescribed warfarin and tramadol are aware of the increased risk of bleeding, signs of a raised INR and when to seek medical advice.
- Report suspected adverse drug reactions via the [Yellow Card website](#) or via the Yellow Card app.

Home Enteral Feed Supply Issues

Nutricia®, the current home enteral feed (HEF) supplier in South West London, is currently experiencing significant supply issues across their range of enteral feed products for both adults and children.

As a result of this GP Practices may receive last minute prescription requests for alternative products. These requests may come from the patient's managing Dietitian or directly from Nutricia®, and the requests may be for an alternative Nutricia® product or a product from an alternative supplier (Fresenius Kabi®, Abbott® or Nestle®).

GP Practices are reminded that all prescriptions for HEF products must be sent to the Nutricia Homeward Pharmacy and not to the patient's local community pharmacy (unless agreed otherwise with the patient or carer). This includes products from alternative suppliers.

Prescriptions should be sent via Electronic Prescription Service (EPS) to Nutricia Homeward Pharmacy using 'one off' nomination. [SWL Home Enteral Feed Guidance](#) describes this process and provides additional prescribing considerations.

Actions for Healthcare Professionals:

- Ensure all prescribers and staff involved in handling prescriptions know how to send HEF prescriptions to Nutricia Homeward Pharmacy (**postcode ZE1 0AA**) using the 'one off' nomination feature, as detailed in [SWL HEF Guidance](#). This includes products from alternative suppliers.
- Contact your local Prescribing Support Dietitian or ICB Primary Care Pharmacist for further advice and support if required.

SWL Medicines Optimisation Team Contact Details

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