

Joint Formulary News

Volume 5 January 2009

Effective Prescribing in the Plymouth Health Community

Chapter Reviews—Updates



These last couple of months have seen several of the chapter reviews come to completion. Please may we say a big **Thank-you** to all those who have made comments and helped with these reviews. We could not do it without you!

Chapter 2 — Cardiovascular System

The major part of the review of this chapter consisted of a review of lipid management.

New policy on Management of Blood Lipids

A new policy for the management of blood lipids based on NICE clinical guidelines for lipid modification (67) and type 2 diabetes (66) has been agreed and is summarised below. It also includes advice on familial hypercholesterolaemia. Please refer to Appendix 9 of Chapter 2 for full details. (Available in the on-line formulary).

Summary of drug choices

- Primary prevention in high risk patients
Simvastatin 40mg with aim of reducing LDL-C by 1mmol/L.
No target level for TC or LDL-C
- Secondary prevention
Acute Coronary Syndrome: Atorvastatin 80mg for 3 months then change to Simvastatin 40mg. If targets not achieved titrate up to Simvastatin 80mg and then Atorvastatin 80mg if necessary.
Target TC < 4mmol/L and LDL-C < 2mmol/L.

Established CVD: Simvastatin 40mg. Consider increasing to 80mg if TC does not fall below 4mmol/L and LDL-C does not fall below 2mmol/L. Further titration not routinely advised except in identified high risk patients (see policy)

- Type 2 Diabetes
Simvastatin 40mg. Target TC < 4mmol/L (HDL-C \leq 1.4mmol/L) or LDL-C < 2mmol/L. This may require simvastatin 80mg or a higher intensity statin.

Chapter 10 — Musculoskeletal System



There had been changes to this chapter between reviews to cover the changes in advice surrounding NSAID and COX-2 prescribing.

To come in line with this the algorithm that outlines a stepwise approach to choosing an NSAID has been amended.

Chapter 16 — Palliative Care

All the advice given in this chapter has been reviewed and up dated where necessary. Many of the comments we received on this chapter expressed how useful the information it contains is. New to this chapter is information on the Liverpool Care Pathway.

Chapter 5 — Infections

The Primary Care Antibacterial section of this chapter is reviewed annually. Many thanks to Jim Grieg for completing this for us again this year. We have also included a short 'aide memoir' of the PHNT Antibiotic Treatment Guidelines.

Remember: For the most up-to-date formulary go to our on-line formulary. You can access this through Plymouth HeathNet of the PCT website. Apologies that www.pajf.plymouth.nhs.uk does not currently work. We have been trying to get this fixed, but no success so far!

