

Prescribing Hints & Tips

July 2026

TREATMENT OF ROSACEA

The prescribing of oxytetracycline for rosacea prompted the development of a [rosacea guideline](#) in collaboration with secondary care dermatologists, as oxytetracycline is only recommended for blepharitis by the APC.

The rosacea guideline, now on the APC website, promotes the [British Association of Dermatologists rosacea PIL](#) to encourage lifestyle changes throughout treatment.

Key messages include:

- Topical treatments are first line.
- Doxycycline 40mg MR (Efracea) at a dose of one capsule each morning is the low dose oral tetracycline of choice, licensed for its anti-inflammatory effects in the treatment of papulopustular rosacea as per [NICE CKS Rosacea](#). It is more cost effective than Oxytetracycline with potentially less antimicrobial resistance.
- To find Doxycycline 40mg MR (Efracea) in SystmOne, go to the "Doxycycline Monohydrate" sub-folder.

Please review any oxytetracycline prescribing to ensure it is according to current guidelines.

DICLOFENAC GEL

Diclofenac gels (including 1.16% and 2.32% formulations and branded Voltarol® products) are **non-formulary and should not be routinely prescribed**. Patients should be advised that these products can be purchased from community pharmacies as Pharmacy (P) medicines without a prescription. Diclofenac gels are generally more than twice as expensive as formulary-preferred ibuprofen 5% gel. If a topical NSAID is clinically indicated and prescribing is required, prescribe the appropriate strength of ibuprofen gel in line with the Nottinghamshire formulary.

SMA ALFAMINO AND SMA ALTHERA – PRODUCT CHANGE

Nestlé Health Science has introduced updated formulations of SMA Alfamino and SMA Althera. The new formulations are called SMA Alfamino **Advance** and SMA Althera **Advance**. Stocks of the legacy formulations are expected to be depleted by the end of 2026.

Existing Patients: Keep all currently managed patients on their existing legacy formulations until local stocks naturally deplete and then prescribe the new advance formulations.

New Patients: Initiate any newly diagnosed Cow's Milk Protein Allergy (CMPA) patients on the new advance formulations immediately.

Please be reminded to only use these products in line with [Nottinghamshire Cow's Milk Allergy Guideline](#).

NEW GUIDELINE – THROMBOPROPHYLAXIS IN PREGNANCY

Please see [here](#) for a new guideline on the management thromboprophylaxis in pregnancy.

HEALTH INNOVATION PROJECT

Health Innovation East Midlands are seeking applications from teams interested in participating in an evaluation of new resources designed to support Structured Medication Reviews (SMRs) in care homes. Successful sites will receive £1,000 funding support, and there are only three places available across the East Midlands.

The project involves evaluating resources that support shared decision-making during SMRs and contributing to the overall evaluation. Successful applicants must be able to undertake a minimum of 25 SMRs, provide baseline data and complete a short case study/report as part of the project.

Applications close at 4pm on Friday 7 August, and interested teams should complete and return the attached form to Katy.Griffin@nottingham.ac.uk

APC AND INTERFACE UPDATE

The latest updates from APC can be found on their website [here](#).

MAILING LIST

If you wish to be added or removed from the Prescribing Hints and Tips mailing list, please email e.moncrieff@nhs.net

Application Form

Evaluation of new resources to support Structured Medication Reviews in Care Homes

Please submit your completed application form before 4pm Friday 7th August via email to your local Health Innovation Network Lead:

Health Innovation Wessex	Fiona Robertson: fiona.robertson@hiwessex.net
Health Innovation East Midlands	Katy Griffin: Katy.Griffin@nottingham.ac.uk
Health Innovation West of England	Gill Travers: gill.travers@nhs.net

Applications received outside of the three Health Innovation Network regions listed above will not be considered.

Applicant Details	
Lead Applicant Name	
Lead Applicant Job Title	
Lead Applicant Organisation	
Lead Applicant email address	
Health Innovation Network Region	
If known, please provide details of the wider project team involved in this work (name, job title, organisation)	
Please provide an overview of your proposed project.	
Proposed evaluation site/home(s).	
Do you know whether any of your proposed care home sites are located in an area of deprivation?	
Do any of the evaluation homes have a significant number of residents who do not speak English as a first	

language? If so, please indicate other languages.	
Who will lead on the SMR consultation e.g. GP, Pharmacists, other?	
How will you identify and invite residents to participate in the project?	
How do you propose to share the HIN SMR care home resources? e.g. electronically/paper based /animation shared with residents & relatives / animation screened in shared areas (lounge)	
Please tell us how you will ensure sufficient time is allocated for a comprehensive shared decision-making structured medication review?	
Please provide below potential challenges and or risks to the completion of this project and how you will mitigate against them?	
Please confirm your application meets our eligibility criteria (<i>insert yes or an electronic signature</i>)	
I confirm that one or more of our evaluation care homes is in an area of high deprivation as per the IMD	
I confirm that we will provide 8 weeks of baseline data before 30 th September 2026	
I confirm that the HIN SMR care home resources will be shared with each resident involved in our project prior to their SMR	
I confirm that sufficient time will be made available to the nominated health professionals to carry out a minimum of 25 SMRs	

I confirm that the HIN Polypharmacy Programme Team will receive a comprehensive case study/written report including comparative data to baseline by the deadline of 19 th March 2027.	
I confirm that the case study will include resident, relative, and/or care home staff feedback via quotes as appropriate.	
I confirm that a representative from the project team will be available to participate in the project evaluation	
Date of declaration:	