

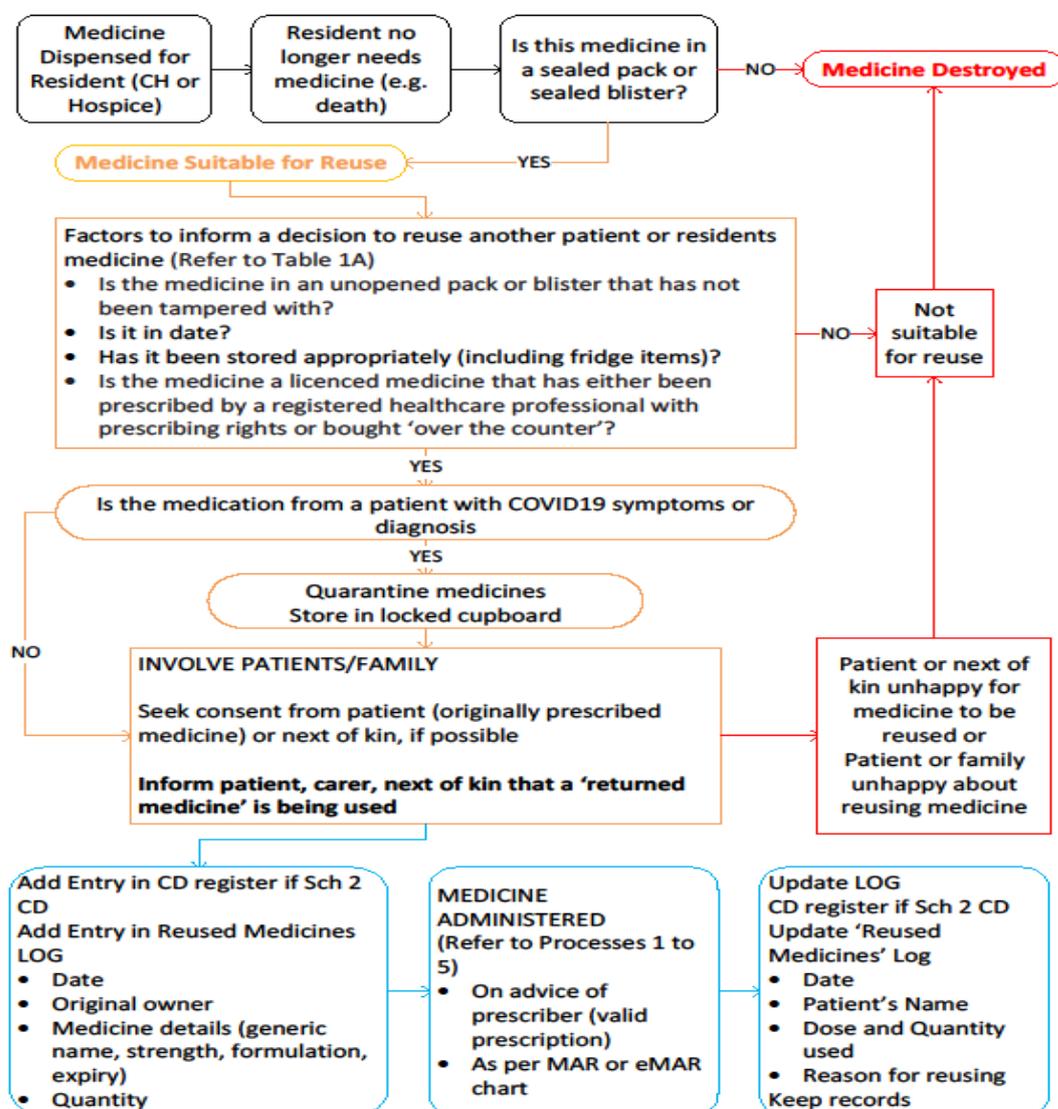
Wednesday 29<sup>th</sup> April 2020

## Medicines re-use in a care home or hospice setting

### [National Standard Operating Procedure](#)

Due to the current unprecedented impact of COVID-19, DHSC and NHS England and NHS Improvement are recommending a relaxation of previous recommendations and the NICE recommended good practice guidance to accommodate re-use of medicines, under very specific circumstances and only in a crisis situation as outlined. The change in guidance only applies to medicines in care homes and hospices.

A flow chart that explains the process is replicated below, but it is recommended that anyone who is likely to become involved in such a situation makes themselves familiar with the full [documents](#).



**To maintain the supply chain do NOT over order any medicines**

## Prescribing and Medicines Optimisation Guidance (10)

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### Sexual Health- Contraception

The Faculty of Sexual and Reproductive Healthcare (FSRH) has written several clinical statements to support effective contraception during the COVID-19 outbreak. This guidance includes the recommendation that for individuals already established on a combined hormonal contraception, it is reasonable to allow a further remote prescription to cover up to an additional 6-12 months' supply, without rechecking BMI or blood pressure. For existing progestogen only pill users, it is reasonable to allow a further 12 months' supply, without review. These documents may be accessed via: [FSRH CEU clinical advice to support provision of effective contraception during the COVID-19 outbreak](#)

Additionally, Solent Sexual Health Services have provided a local information summary dated 3<sup>rd</sup> April 2020. See below:



### Vitamin D supplements

The need to take Vitamin D supplements has recently been in the national press and relevant [guidance](#) has been updated on the NHS website. It is suggested that all members of the public, except those who require high treatment doses, should consider purchasing a supplement from a pharmacy, supermarket or online health food shop.

The guidance is as follows:

Consider taking 10 micrograms of vitamin D a day to keep your bones and muscles healthy.

This is because you may not be getting enough vitamin D from sunlight if you're indoors most of the day.

There have been some news reports about vitamin D reducing the risk of coronavirus. However, there is currently no evidence that this is the case. Do not buy more vitamin D than you need.

The above link for vitamin D also provides advice for the public about sunlight and dietary considerations.

### Ramadan and diabetes

Whilst Ramadan is underway, Diabetes UK has produced information to support patients fasting during the Covid-19 outbreak. See [Link](#)

Prepared by Catherine McLean, Sue Wakelin and Dr. Emma Harris, on behalf of the Southampton, Hampshire and IoW CCGs Medicines Optimisation Teams

**To maintain the supply chain do NOT over order any medicines**