

Supporting information on the prescribing and dispensing of antiviral medicines to Barnsley care home residents following an influenza outbreak

Purpose

This document has been produced to support GP practices and the Medicines Management Team and is intended to be used in conjunction with the Barnsley Care Home Influenza Outbreak Protocol 2023 (or latest version available).

Process for issuing antivirals in and out of flu season

In season

Antivirals can only be prescribed in primary care on the NHS during the period when the Chief Medical Officer and Chief Pharmaceutical Officer have confirmed that circulating levels of influenza have risen to a level which defines the 'flu season'. GPs will be notified of this via the Central Alerting System (CAS).

During the flu season antivirals can be prescribed on the usual FP10 and dispensed by a community pharmacy. The community pharmacy should be contacted as soon as possible with information on expected numbers to ensure adequate stocks can be obtained within the required 48/36 hour time period.

In the event that supplies cannot be obtained within this timeframe the UKHSA stock held at Rotherham Hospital Pharmacy can be accessed (refer to the out of flu season section below for information on how this stock can be accessed).

Out of flu season

Arrangements are in place to obtain antivirals from UKHSA stock held at Rotherham Hospital Pharmacy department following authorisation of the release of the stock by UKHSA. The antivirals will be issued by the pharmacy against either a Patient Specific Direction (PSD) or prescription from a doctor or other non-medical prescriber.

Different PSD templates can be found in the appendices. Rotherham Hospital Pharmacy will dispense the antivirals* and Barnsley Place Medicines Management Team will liaise with the hospital pharmacy and arrange for them to be delivered directly to the care home e.g. by taxi (the commissioner will cover the cost of this).

The Rotherham hospital pharmacy can be contacted either directly (telephone 01709 424472 or via switchboard telephone 01709 820000). Out of hours the on-call pharmacist can also be contacted via switchboard.

*liaise with the Medicines Management Team if zanamivir is indicated to enable stock to be located and/or sourced.

Prescribing Guidelines for Attending GP

The SOP states:

Care Home and attending GP to consider treatment and/or prophylactic antivirals* where indicated in line with NICE¹ and UKHSA guidance^{2,3} and prepare a resident list.

Antivirals should be started promptly (within 48 hours or within 36 hours if zanamivir is prescribed for prophylaxis). There may be some benefit in offering antivirals beyond this (off label indication), based on clinical decision and risk assessment.

*Oseltamivir Capsules (Tamiflu®)

Treatment: 75mg TWICE DAILY for 5 days (or 10 days if immunocompromised)

Prophylaxis: 75mg ONCE DAILY for 10 days

Dose reductions are required in renal impairment (CrCL≤60ml/min) and low body weight (≤40kg).

*Zanamivir Diskhaler (Relenza®)

Treatment: 10mg (2 x 5mg) inhaled TWICE DAILY for 5 days

Prophylaxis: 10mg (2 x 5mg) inhaled ONCE DAILY for 10 days

Choice of antiviral

First line treatment is oseltamivir in most cases, but individual patient factors and/or the likelihood of oseltamivir resistance determine treatment choices.

Some influenza subtypes are associated with a greater risk of developing oseltamivir resistance. The risk of resistance is greatest in people who are severely immunosuppressed.

- First line treatment in patients not severely immunosuppressed is normally oseltamivir.
- First line antivirals in severely immunosuppressed individuals should take account of the subtype of influenza causing infection, or if not yet known, the dominant strain of influenza that is circulating during the current influenza season.

See [UKHSA Guidance on use of antiviral agents for the treatment and prophylaxis of seasonal influenza](#) for further information (a useful summary algorithm is available in appendix 2 of the UKHSA guideline).²

Dosing considerations

Various factors should be taken into consideration when determining the dose including the indication (prophylaxis or treatment), renal function, body weight and age (child or adult).

Key points to consider are detailed below, refer to the [UKHSA Guidance on use of antiviral agents for the treatment and prophylaxis of seasonal influenza](#) and drug Summary of Product Characteristics for further information including dosing in patients receiving dialysis and in children:

- **A reduced dose of oseltamivir** is required for the prophylaxis and treatment of influenza in renal impairment (CrCl≤60ml/min) and patients with a low body weight (≤40kg).
- The British Geriatric Society advice on antiviral prescribing recommends that, during an outbreak response, **where there is no information about renal function (or lack of available routine renal function results from the past 6 months)**, there is a high likelihood of abnormal renal function in care home patients and recommend that **a dose appropriate to that for CrCl of 31-60 ml/min would be appropriate.**³
- Information on prophylactic and treatment doses of oseltamivir in adults and those aged 13 years and over are summarised in tables 1 and 2 respectively.
- Oseltamivir dosing in children under 13 years is based on body weight.
- Inhaled zanamivir dosing is unaffected by renal function and body weight. Zanamivir is not licensed in children under 5 years.

Oseltamivir prophylaxis: dosing in adults and those aged 13 years or over

Table 1

Creatinine clearance	Oseltamivir <u>prophylactic</u> dose in adults and those aged 13 years or over
More than 60ml/min* (and >40kg)	75 mg once daily for 10 days
More than 60ml/min* (and body weight >23 to 40kg)	60 mg once daily for 10 days
31 to 60ml/min*	30 mg once daily for 10 days
11 to 30ml/min*	30 mg every 48 hours for 10 days
≤ 10ml/min (**)	30mg once (single dose), repeated after 7 days

Reference source: Guidance on use of antiviral agents for the treatment and prophylaxis of seasonal influenza November 2021⁴ [this notes that dosing information is from Summary of Product Characteristics* or based on expert opinion (**)]. See guideline for information on dosing in dialysis patients.

Oseltamivir treatment: dosing in adults and those aged 13 years or over

Table 2

Creatinine clearance	Oseltamivir <u>treatment</u> dose in adults and those aged 13 years or over
More than 60ml/min* (and >40kg)	75 mg twice daily for 5 days [#]
More than 60ml/min* (and body weight >23 to 40kg)	60mg twice daily for 5 days [#]
31 to 60ml/min*	30 mg twice daily for 5 days [#]
11 to 30ml/min*	30 mg once daily for 5 days [#]
≤ 10ml/min (**)	30mg once (single dose)

[#] 10 days treatment duration if immunosuppressed

Reference source: Guidance on use of antiviral agents for the treatment and prophylaxis of seasonal influenza November 2021⁴ [this notes that dosing information is from Summary of Product Characteristics* or based on expert opinion (**)]. See guideline for information on dosing in dialysis patients.

Swallowing difficulties

Adults with swallowing difficulties and children over 1 year should use capsules which are opened and mixed into an appropriate sugary liquid as oseltamivir has a very bitter taste. The suspension should be reserved for children less than 1 year of age.

The capsules have been opened and the contents dispersed in water for administration via an enteral feeding tube. Although this is an unlicensed practice it is believed to have been used widely during the UK swine flu outbreak in 2009, and no problems have been reported.⁴

References

1. National Institute for Health and Care Excellence (NICE). Amantadine, oseltamivir and zanamivir for the treatment of influenza. Technology appraisal guidance [TA168]. February 2009. Available at <https://www.nice.org.uk/Guidance/ta168>
2. UK Health Security Agency (UKHSA). Guidance on use of antiviral agents for the treatment and prophylaxis of influenza. November 2021 (version 11). Available at: https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/1058443/ukhsa-guidance-antivirals-influenza-11v4.pdf
3. Public Health England. Guidelines for PHE health protection teams on the management of outbreaks of influenza-like illness (ILI) in care homes. November 2020 (version 5). Available at: <https://www.gov.uk/government/publications/acute-respiratory-disease-managing-outbreaks-in-care-homes>
4. Smyth J, editor. The NEWT Guidelines [Internet]. Wrexham: Betsi Cadwaladr University Health Board [date accessed 14th June 2023] Available from: <http://www.newtguidelines.com/>

Contact Details

SYICB Barnsley Place Medicines Management Team: Telephone 01226 433 777 and syicb-barnsley.mrsenquiries@nhs.net

IHeart: Admin mobile 07804486010

Out of hours landline number 01226 242471

UK Health Security Agency (UKHSA) Health Protection Duty Team: 0113 386 0300 (24 hours)

Consultant in Health Protection Yorkshire and Humber, UK Health Security Agency (UKHSA): David Bagguley 01904 468905, david.bagguley@ukhsa.gov.uk

Rotherham Hospital Pharmacy: Telephone (direct) 01709 424472 or via switchboard telephone 01709 820000

Produced by Barnsley Place Medicines Management Team

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Appendix 1: Template oseltamivir PSD for adults with creatinine clearance >60ml/min and body weight >40kg

Patient Specific Direction (PSD)

Prescriber's details (name, registration number, work address and contact details)	Care home address of patients to whom this PSD relates: Contact details of main contact at Care Home:
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TREATMENT

I authorise the supply of **10 oseltamivir 75mg capsules** to each of the patients listed below for oral administration.

Dose: ONE capsule TWICE A DAY for 5 days

Name	Date of Birth	NHS number

PROPHYLAXIS

I authorise the supply of **10 oseltamivir 75mg capsules** to each of the patients listed below for oral administration.

Dose: ONE capsule ONCE A DAY for 10 days

Name	Date of Birth	NHS number

SIGNATURE OF PRESCRIBER	DATE
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Completed PSD should be sent to the Rotherham Hospital Pharmacy Department

Appendix 2: Template PSD for other patients to be treated with oseltamivir

Patient Specific Direction (PSD)

<p>Prescriber's details (name, registration number, work address and contact details)</p>	<p>Care home address of patients to whom this PSD relates:</p> <p>Contact details of main contact at Care Home:</p>
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TREATMENT

I authorise the supply of **oseltamivir capsules** to each of the patients listed below for oral administration.

Name	Date of Birth	NHS number	Dose	Duration of treatment

PROPHYLAXIS

I authorise the supply of **oseltamivir capsules** to each of the patients listed below for oral administration.

Name	Date of Birth	NHS number	Dose	Duration of treatment

<p>SIGNATURE OF PRESCRIBER</p>	<p>DATE</p>
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Completed PSD should be sent to the Rotherham Hospital Pharmacy Department

Appendix 3: Template PSD for other patients to be treated with zanamivir

Patient Specific Direction (PSD)

Prescriber's details (name, registration number, work address and contact details)	Care home address of patients to whom this PSD relates: Contact details of main contact at Care Home:
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TREATMENT

I authorise the supply of **zanamivir 5mg/dose inhalation powder** to each of the patients listed below for inhaled administration.

Dose: TWO inhalations (2 x 5mg) TWICE A DAY for 5 days

Name	Date of Birth	NHS number

PROPHYLAXIS

I authorise the supply of **zanamivir 5mg/dose inhalation powder** to each of the patients listed below for inhaled administration.

Dose: TWO inhalations (2 x 5mg) ONCE A DAY for 10 days

Name	Date of Birth	NHS number

SIGNATURE OF PRESCRIBER	DATE
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Completed PSD should be sent to the Rotherham Hospital Pharmacy Department