

## MEDICINES OPTIMISATION NEWSLETTER

**Happy New Year! Welcome to the January edition of our medicines optimisation newsletter. We would like to keep you all in the know!**



### Dry eyes:

The CCG does not support the prescribing of dry eye lubrication for dry eye syndrome. Patients are expected to self-care. Please ensure you make recommendations for readily available over-the-counter products that patients can purchase. See our website links for full details:

[Dry eyes prescribing guidelines/policy statement January 2019 link](#)

[Dry eyes patient FAQ January 2019 link](#)

[Dry eyes patient information leaflet January 2019](#)

**Glaucoma:** Please promote generic prescribing of glaucoma eye preparations instead of branded versions.

**Lutein:** We do not support the prescribing of lutein and other oral anti-oxidant vitamin supplements.

[Lutein and oral anti-oxidant vitamins prescribing policy statement link](#)



**Self-care:** We want everyone in Mid-Essex to [Live Well](#). The CCG is actively working towards NHS England's commitment to become much better at involving patients in their own care. [Self-care OTC resources link](#) [Startwell child health app link](#)

**Contact us!** [MECCG.PIMMS@nhs.net](mailto:MECCG.PIMMS@nhs.net)

**Social media:** We are very much alive and kicking on social media platforms! #followus #likeus



@MidEssexCCG



@FB/CCGMidEssex



@IG/MidEssexCCG

### Meet the Medicines Optimisation team:

Paula	Chief pharmacist	paula.wilkinson@nhs.net
Catherine	Deputy chief pharmacist	catherine.hamilton3@nhs.net
Angela	Senior pharmacist Quality, Governance & Performance	angela.bell16@nhs.net
Natalie	Senior pharmacist, Primary Care	natalie.prior1@nhs.net
Stella	Senior interface pharmacist	stella.muorah@nhs.net
Linda	Data analyst and PA to chief pharmacist	linda.robinson9@nhs.net
Shaz	Prescribing support pharmacy technician	shaheen.allymohamed@nhs.net
Sarah	Prescribing support officer	sarah.exall@nhs.net

