



Buckinghamshire, Oxfordshire
and Berkshire West
Integrated Care Board

BOB Medicines Optimisation Bulletin



This bi-monthly newsletter is written by the Medicines Optimisation Team of the BOB Integrated Care Board and is intended for healthcare professionals and practice staff. If you have any questions or feedback, please contact the team via the email address: bobicb.medicines@nhs.net

Past editions of the bulletin can be found on the [SharePoint](#) website.

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National updates



MHRA strengthened warnings for gabapentin, pregabalin, benzodiazepines, and z-drugs

The MHRA has published a drug safety update (DSU) following a review of the warnings regarding addiction, dependence, withdrawal, and tolerance for gabapentin, pregabalin, benzodiazepines, and z-drugs.

The [Public Assessment Report](#) found that warnings in the product information and on packaging needed to be strengthened to better inform healthcare professionals and patients of the known risks of addiction, dependency, withdrawal and tolerance. The updated resources (summary of product characteristics, patient information leaflets and outer medicines packaging) will be rolled out over the coming months.

See the full DSU for further details. Resources are available to support your discussions with patients and should be made available to patients/carers when prescribing these medications include:

- [NICE guideline 215](#), [NICE visual summaries](#),
- MHRA patient resources for [benzodiazepines](#), [gabapentinoids](#) and [z-drugs](#)
- [Opioids aware](#)- Faculty of Pain Medicine

So what?

Prior to starting treatment or adding with these medicines to repeat prescriptions, a discussion should be held with patients to put in place a strategy for reducing or ending treatment. By doing this the risk of addiction, dependence, and drug withdrawal syndrome is reduced.

MHRA statement on new review of paracetamol safety during pregnancy

Following publication of a new large scale systematic review and meta-analysis in [The Lancet Obstetrics, Gynaecology, & Women's Health](#), which found no evidence that paracetamol use during pregnancy increases the risk of autism spectrum disorder, ADHD or intellectual disability among children, the [MHRA has reaffirmed](#) that paracetamol continues to be the safest option for managing pain and fever during pregnancy.

See NHS Guidance – [Pregnancy, breastfeeding and fertility while taking paracetamol for adults](#)

So what?

Reiterate to patients that paracetamol continues to be the safest option for managing pain and fever during pregnancy and should be taken as directed in the patient information leaflet.



BOB System updates



Medicines Safety

BOB Learning from Practice: Depot Antipsychotic Administration Delay

The ICB team have been made aware of a patient incident due to delayed depot administration: A patient with schizophrenia receiving aripiprazole depot via their GP surgery experienced a treatment delay when their scheduled injection was cancelled due to staff sickness. The next available GP appointment would have resulted in a 7.5-week gap since the previous dose.

Following review by a Mental Health Professional (MHP) concerns were escalated. Consultant and pharmacy advice confirmed that if administration exceeded six weeks, treatment restart with oral aripiprazole would be required, increasing relapse risk. The depot was therefore administered by the MHP and the GP surgery was updated and reminded of the importance of timely dosing. The patient was monitored closely for breakthrough symptoms.

So what?

- Depot antipsychotic timing is critical; delays beyond recommended intervals increase relapse risk and may require medication re-initiation.
- Cancellations should be escalated promptly across services.
- Clear contingency planning is needed for time-critical treatments affected by staff sickness.
- Patients should be monitored closely following any delay in depot administration.



Place Updates



Oxfordshire

OUH change use of Low Molecular Weight Heparin of choice

On 14/01/2026, Oxford University Hospitals (OUH) changed from dalteparin (Fragmin®) to enoxaparin (Inhixa®) as the Low Molecular Weight Heparin (LMWH) of choice.

The reasons for this change are:

1. concern about the supply chain reliability for dalteparin long term
2. cost savings associated with the use of enoxaparin
3. alignment with many other large NHS Trusts across the country that have already made the transition to Inhixa®

Enoxaparin is a biological medicine. As biosimilars are now available and to avoid inadvertent switching, it should always be **prescribed by brand name Inhixa® and never generically**. There are differences in the injection device and technique between brands of enoxaparin.

All OUH guidance documents, policies and protocols which include dalteparin are being reviewed and will be updated to include enoxaparin. This includes the following primary care documents which are written by OUH clinicians:

- [Direct Oral Anticoagulants for Treatment and Secondary Prevention Venous Thromboembolism in Primary Care Oxfordshire](#)

- [Dalteparin for patients with subtherapeutic INRs under the Oxfordshire Anticoagulation Service Shared Care Protocol.](#)

- [Treatment of Superficial Vein Thrombosis in Adults \(excluding pregnancy and the puerperium\) Guidance](#)– For use in Oxfordshire Only

- [Oxfordshire Primary Care Guideline for prescribing dalteparin in adults](#)

There will be a short gap between the go-live date at OUH 14/01/26 and the approval of primary care documents at BOB Area Prescribing Committee and updating of the formulary. During this phase (whilst the primary care documents are updated), it is expected that dalteparin will continue to be prescribed short-term for acute indications prior to patient review at OUH (e.g. for suspected DVT prior to DVT clinic appointment). Patients initiated on Inhixa® by OUH will be counselled and trained on how to use it. If

needed, a [video demonstrating administration of Inhixa®](#) can be found on Techdow website. The dose will also be clearly documented on the discharge letter.

There are patients prescribed long term dalteparin in primary care; further communication will follow with the recommended plan for these patients after the updated primary care documents have been published.



Training, upcoming meeting and Resources



BOB learning bite video series to support heart failure in primary care

Heart failure accounts for 5% of all emergency admissions and 2% of the total NHS budget.

Health Innovation Oxford and Thames Valley have developed a series of [videos](#) with the BOB Integrated Cardiac Delivery Network (BOB ICDN) to support improved confidence in recognising, diagnosing and managing heart failure in primary care. These '[learning bite](#)' [videos](#) bring together expertise from cardiology and community heart failure teams and general practice. They are delivered by experienced heart failure clinicians across the BOB integrated care system and provide focused learning to support busy clinicians across primary care, community services and wider multidisciplinary teams.

Each video highlights practical actions, key clinical considerations and evidence-based approaches. Topics include empirical treatment, frailty, identifying deterioration and managing diuretics.

Aylesbury area stakeholder event: Reducing harm from psychotropic medicines for people with learning disabilities

Are you working with or caring for someone with a learning disability in the Aylesbury area? Please join the Health Innovation Oxford and BOB ICB in person stakeholder workshop on **29th January 9:30am – 12:30pm** to share your experiences. See the below flyer for further details.

Join us for an interactive event where we hope to identify opportunities to reduce the inappropriate use of psychotropic medicines in people with a learning disability and design reliable solutions that will work for our patients and our local teams.

Key stakeholders we would really like to include are:

GPs and Primary Care Prescribers

Learning Disability Teams

Psychiatrists

Psychologists

Learning Disability Nurses

Local Authority roles

Adult Social Care

Children's Social Care

VCSEs

Families and Carers

ICB links

Supported Living - Dimensions, Branden, Style Acre, Kingwood

Sign up to the event is by using the QR code, clicking the image or heading to this link:

<https://www.eventbrite.com/e/aylesbury-psychotropic-medicines-in-learning-disability-workshop-ticke...>

For queries please contact rebecca.monk@healthinnovationoxford.org

Reducing harm from psychotropic medicines in people with learning disabilities


Buckinghamshire, Oxfordshire
and Berkshire West
Integrated Care Board

 **Health
Innovation**
Oxford & Thames Valley

Aylesbury Stakeholder Workshop

Thursday 29th January 2026

Aylesbury Canal Society, Circus Field Basin, Stocklake,
Aylesbury, HP20 1AP

9:30am – 12:30pm

Join us for an interactive event where we hope to identify opportunities to reduce the inappropriate use of psychotropic medicines in people with a learning disability and design reliable solutions that will work for our patients and our local teams.

Who should attend?

We are keen to engage stakeholders across Aylesbury that have a role in treating, supporting or caring for those with a learning disability, as well as those involved in designing or commissioning services to help these patients. This includes GPs, Learning Disability healthcare leads, Learning Disability Care providers, Psychiatrists, Pharmacists (specialist and non-specialist), Social care providers and commissioners.



Click [here](#) to register
your attendance
or scan the QR code



This event is hosted by NHS Buckinghamshire, Oxfordshire and Berkshire West ICB and Health Innovation Oxford & Thames Valley and forms part of the NHS national patient safety improvement programme. For further information please follow the QR code above.



Respiratory Information and Resources

The BOB Integrated Respiratory Delivery Network (IRDN) have created a webpage on SharePoint to host respiratory resources to support your management of people with

respiratory conditions. For the latest information from BOB IRDN, please see the newsletters on this [link](#).

Diabetes Information and Resources

The BOB Integrated Diabetes Delivery Network (IDDN) have created a webpage on SharePoint to host diabetes resources relating to pathways and guidance to support your management of people with diabetes. For the latest information from BOB IDDN, please see the newsletters on this [link](#).



Other news and information



Medicines Supply Information

Some information on long-term supply issues can be found on [Prescqiipp](#) or the [Medicines Supply Tool](#) on the SPS website. Please note this is not an exhaustive list.

Serious Shortage Protocols

Serious Shortage Protocols (SSPs), which enable community pharmacists to supply patients with specific alternative medicines, are available to view on the NHS Business Service Authority (BSA)'s [dedicated SSP web page](#), along with supporting guidance. Questions regarding the SSPs should be directed to the NHS Prescription Service:

Email: nhsbsa.prescriptionservices@nhsbsa.nhs.uk

Telephone: 0300 330 1349. Textphone: 18001 0300 330 1349