

choice and medication

information for people who use services, carers and professionals

Choice and Medication Newsletter January 2018

For all users of the Choice and Medication website

If you receive this newsletter directly from C&M, please pass it on to anyone else in your team using the website so they can further pass it on.

Developments to C&M to the end of December 2017

Website

- Following the full C&M migration, we hope that you find the new server has improved the website speed for you
- If you have any changes to make to your front page, organisational logo or contact details please email Lisa ASAP to update these for you:
lisa.yates@choiceandmedication.org.uk

Leaflets

Translated Leaflets

- The translated leaflets have been extensively reviewed and revamped, and will soon go to the agency for translation and updating.
- We have had to move translating agency recently and are meeting the new team in early January 2018 so we hope they are as efficient as the previous company.
- The range will be extended by a few medicines (e.g. rivastigmine, escitalopram, flupentixol decanoate)
- We are also commissioning the addition of Hindi and Vietnamese to the 13 languages already existing.

Handy Charts

We have been redesigning some of the handy charts:

- Psychosis – we have integrated the long-acting injections into the other routes (so they become part of the

treatment options rather than a “separate” option), and reclassified antipsychotics into an order more in line with their pharmacology (and one of the NpN [www.nbn2.com] proposals)

- This will be slightly controversial but we have wanted for some time to move away from marketing-driven classifications to something a little more useful
- Insomnia and anxiety disorders will be similarly redesigned in due course.

QuILLs

We have also been considering redesigning the QuILLs as they are perhaps a bit cluttered at the moment. Any suggested formats that are compatible with our house-style would be appreciated. We would also appreciate comment on the following:

- There have been many requests to add sexual side effects to the text
- There has been a single request to remove alcohol from the Q&As
- One solution to this would be to have a “younger QuILL” with neither alcohol nor sex Q&As, plus an “older QuILL” with both Q&As, although this would put the clinician in a possibly invidious position of deciding which one to choose, as well as adding yet more leaflets to the pick lists.

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Any comments would be appreciated to steve.bazire@choiceandmedication.org.uk.

Other Leaflets

- Over 215 leaflets have been updated and uploaded since September
- Brexpiprazole leaflets have been added for Australia
- The colours on the perinatal charts have been adjusted to make the classifications more pragmatic
- Added extra details to lithium toxicity on all leaflets, after a series of cases in Australia where older people had become toxic without realising it, plus added a BILL-XL for lithium
- Doses of amisulpride and risperidone for dementia have been reduced as a result of a meta-analysis showing the optimum doses in the elderly are much lower than often quoted
- ADHD charts for Australia and NZ updated
- Adjustments to laxative sections for clozapine
- Adjustments to the tone of the rare side effects section of metformin
- Alprazolam QuILL added (UK)
- Amisulpride and aripiprazole BILL-XLs added, including the section on self-help.

Help Needed (final call)

Several people have helped us with writing and reviewing in the past but due to job changes we currently have a vacancy for some people to give us a hand with writing for C&M's resources. There are a whole range of potential tasks e.g. writing new Q&As for the website text, new fact sheets, and reviewing current leaflets.

You must be able to write in an accessible manner. If you can tell the difference between the readability of "Many patients may experience some of the following adverse reactions:" and "Some people may get:" then you may be a person for us. The former may be scientifically precise but it's unreadable to non-scientifically trained people.

We pay an hourly rate and all writing is done in collaboration with Steve Bazire, to make sure it has the "house style". Some of the current outstanding projects include:

- "What should I do if I think I've taken a double dose?" Q&A for the website
- Handy fact sheets on NMS, antidepressants and suicide, coming off antipsychotics, and loads more.

If you're interested, please contact Steve (steve.bazire@choiceandmedication.org.uk) and he'll get back to you to discuss the options. People who contacted us previously will have been contacted separately and don't need to do this part again.

In Other News

IT departments changing servers to outside UK

- Please contact us if your service server is changed to outside UK as some Trust IT departments have changed servers to outside UK (e.g. India) but not informed anybody
- Access to C&M from outside UK is blocked so changes such as this will result in interrupted access
- We can resolve the issue but we must be told!

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If you or your colleagues would like to be included in the circulation list for the monthly e-mailed update bulletin and our regular newsletter please contact Lisa direct:

lisa.yates@choiceandmedication.org.uk

Don't forget we're on Facebook and Twitter too, where we often put updates and news items that will undoubtedly interest all our users and subscribers. Like us and Follow us at:

<http://www.facebook.com/choiceandmedication>

<https://twitter.com/choiceandmed>

We still have a series of 4 posters available to advertise your C&M portal. They have a picture, slogan and details, plus a text box for you to enter your own information e.g. your helpline number, your trust logo, local website address or access point details. Please e-mail Lisa for electronic copies of the posters:

lisa.yates@choiceandmedication.org.uk