

Medicines Management Prescribing Focus – July 2021

Melatonin Prescribing Review

This month's focus is a request to each practice to review the notes of two patients aged 18 years or under who are prescribed melatonin (any formulation/preparation of melatonin).

The CCG is aware that not all patients who are started on melatonin by secondary care colleagues remain under the care of the secondary care service. Melatonin is a shared care medicine, but the 'specialist's responsibilities' elements of the shared care protocol are not being fulfilled if the patient has been discharged by the hospital or mental health team. This can lead to difficulties for primary care clinicians when performing a medication review of melatonin, as the expertise lies mainly within secondary care.

We are asking each practice to review the clinical records of two patients chosen at random and to provide the anonymous data, generated by **completing the audit tool** (see attached), to the CCG MMT. These findings from practices across both North Yorkshire and Vale of York footprints will be reviewed by the CCG MM teams to assess whether the use of melatonin appears to be clinically justified and if melatonin is being prescribed in line with the local shared care guidelines and being reviewed accordingly.

Actions:

- Search GP clinical system for all patients aged 18 and under who are prescribed a melatonin preparation; include acute and repeat prescriptions for the last 12 months. Search for the melatonin preparations listed on the 'audit instructions' tab of the audit tool
- Choose two patients at random from the list produced by the search
- Complete the 'audit data' tab for these two patients only
- Return the completed audit tool to the MMT via nyccg.rxline@nhs.net

Many thanks.

Yours sincerely,

The Medicines Management Team

References:

1. TEVV Melatonin Shared Care Guideline: <https://www.tevv.nhs.uk/content/uploads/2018/09/Melatonin-Shared-Care-Guideline.pdf>
2. NICE KTT6 'Hypnotics': <https://www.nice.org.uk/advice/ktt6/chapter/Key-points>
3. PrescQIPP Bulletin 245 – Melatonin: <https://www.prescqipp.info/our-resources/bulletins/bulletin-245-melatonin/>