

Purpose

Mental Health

How to use this guide

ADHD

Prescribing

Anxiety

Transfer of Care

Bipolar

Off-label

Dementia

Prescribing:
Monitoring &
Review

Depression

Shared Care

Medication

Top tip for
finding content
in this guide:
Use "Ctrl F" and
enter a search term
to find specific
topics, themes or
documents.

Antipsychotics

Clozapine

Depot / LAIs

Lithium

Valproate

How to use this guide

What is this guide for?

This interactive guide enables you to access medicines policies, procedures, documents, tools and other sources of information produced by TEWV.

In most cases the links are to pages on the TEWV website with one further click required to open the document.

How do I access the most up-to-date version of this document?

Save the URL as a favourite:

[Medicines optimisation - interactive guide](#)

Try to avoid saving your own copy of the document as you'll miss out on updates.

How do I find the content I'm looking for?

There are different ways to find content in this document:

- You can use "Ctrl F" and enter a search term to find specific topics, themes or documents.
- The guidance is clustered into themes associated with clinical practice and operational processes (access via link buttons on the left of this page).
- Some documents are signposted in multiple sections for ease of access.

How do I give feedback?

Please provide any feedback (including any identified errors) or suggested improvements to christopher.williams@nhs.net

Troubleshooting

Depending how you've opened this guide will alter how some links operate.

If a link doesn't work on first click, then try pressing the Ctrl button when clicking – check whether a new tab on the browser has opened or if a new window has opened.

Transfer of Care

Prescribing Formulary

Formularies: these outline the preferred medicines and include the RAG status which define where prescribing and monitoring of medication should occur

- [North East and North Cumbria Formulary](#)
- [North Yorkshire & York Formulary](#)

Safe Transfer of Prescribing

- [Safe transfer of prescribing guidance](#): sets out the “rules” which define whether prescribing can be safely transferred to primary care. This document is specific to mental health medication. Its content has been agreed across the TEWV footprint and provides clear descriptions of the communication required when transferring prescribing.

- [Safe Transfer of Psychotropic Medication MSS18](#): provides specific advice on safe transfer of prescribing at discharge from an in-patient setting and covers transfer of prescribing to TEWV community teams prior to transfer to primary care.

Off-label use of medication

[Unlicensed and Off-Label Use of Medicines](#): highlights the process for using off-label and unlicensed medicines, including the required recording of information, medicines that are pre-approved by the Trust for prescribing and the process for applying to prescribe those that aren't.

See [Safe Transfer of Prescribing guidance](#) for further details.

An application process is in place for a TEWV clinician wanting to prescribe a non-formulary or restricted-formulary medicine, or an unlicensed / off-label medicine not covered by the guidance above. If approved, the prescribing would be not normally be considered suitable for transfer.

Shared Care Guidelines

Only a small number of medicines are subject to specific shared care arrangements. Oral antipsychotics are not subject to shared care (see [Safe Transfer of Prescribing guidance](#)).

Prescribing must be initiated by a specialist and, with agreement from the patient and GP, prescribing and monitoring can be transferred to the GP under the specific criteria outlined in the individual documents linked below.

For some links you will need to click the appropriate one for NENC or HNY:

- ADHD: [Atomoxetine](#), [Dexamfetamine](#), [Guanfacine](#), [Lisdexamfetamine](#), [Methylphenidate](#)
- Antipsychotic Depots / LAIs: [First Generation Antipsychotic FGA LAI](#), Second generation LAIs: [Aripiprazole](#), [Paliperidone](#), [Risperidone](#)
- [Lithium](#)
- [Melatonin](#)
- [Valproate / Valproic Acid where there is childbearing potential](#)

Guides for Acute Trusts

[Summaries to support acute trusts to manage patients admitted on:](#)

- Clozapine
- Depot / LAI
- Lithium
- Transfer of patients between MH and acute wards

Prescribing: Monitoring & Review

Medication Monitoring

- [Psychotropic Medication Monitoring Guide](#): this guidance refers to the minimum physical health monitoring required by NICE, Summary of Product Characteristics (SPC) or alternative listed source. It is intended to be used with the [Safe Transfer of Prescribing guidance](#) and all other clinical guidelines. This also cross references the [Lester Tool](#).
- [Management of QTc Prolongation with Psychotropic Medication](#): prescribing decision support, risk factors, when to perform an ECG, when to refer to cardiology
- [Managing the effects of psychotropic drugs on prolactin](#): evaluation and referral pathway with management guidance for hyperprolactinaemia and hypoprolactinaemia

Deprescribing Guidance

- [Antidepressant deprescribing guidance](#) (from page 5 of the depression pathway)
- Deprescribing guidance for:
 - [Dosulepin](#)
 - [Promazine](#)
 - [Trimipramine](#)
- [Quetiapine XL](#): IR in preference to XL formulations (from page 10 of bipolar guidance)
- [STOMP Medication Review Pathway](#): Stopping over Medication, of People with a Learning Disability, Autism or both, with psychotropic medicines

Medicines Adherence

- [Medication adherence MSS23](#): 1 page guide to optimise, assess and improve adherence

Smoking

- [Medicines and Smoking Guidance](#): process for using NRT and advice on the impact on medication of smoking / stopping smoking
- [Tobacco smoking cessation and psychotropic drugs - MSS25](#): brief 2-page safety summary

Perinatal Prescribing

- [Prescribing Psychotropic Medication for Patients of Childbearing Potential & in the Perinatal Period](#): supportive guide on what to consider and how to get advice to support decisions. See also [valproate](#) & [topiramate](#).



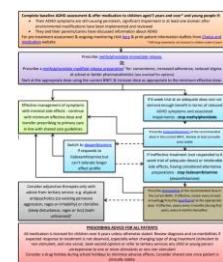
ADHD

Attention Deficit Hyperactivity Disorder

ADHD Prescribing

Prescribing algorithms including methylphenidate cost and release profile comparison:

- [Children & Young People](#)
- [Adults](#)



ADHD shared care guidelines for children and adults

- [Atomoxetine](#)
- [Dexamfetamine](#)
- [Guanfacine](#)
- [Lisdexamfetamine](#)
- [Methylphenidate](#)



Anxiety

Propranolol risks

The anxiety pathway links to documents stored on the TEWV intranet highlighting risks associated with prescribing propranolol.

Medication Pathways to Support Shared Decision Making

Adults (& ALD + MHSOP as appropriate)

- [Anxiety](#): step-wise guide with stopping and swapping chart and separate antidepressant [handy hints](#)
- [Serotonin Syndrome \(MSS36\)](#): describes signs & symptoms

Bipolar [Lithium, Valproate]

Lithium

- [Guidelines on Safe Lithium Prescribing and Shared Care](#): general standards, initiation, patient information, lithium registers, safe prescribing and monitoring of this high-risk and critical medicine
- [On admission to an acute hospital](#): safety guidance to support acute trusts to appropriately manage patients admitted on lithium

Valproate

- [Valproate Medicines Safety Measures including Pregnancy Prevention Programme MSS13](#): summarises the valproate prescribing and dispensing restrictions
- [Shared Care](#): only required for patients where there is childbearing potential

Dementia

Medication Pathway to Support Shared Decision Making

- [Dementia Care Pathway - Guidance for prescribing acetylcholinesterase inhibitors and memantine](#)

Behavioural & Psychological Symptoms of Dementia

- For reference only - [Behavioural & Psychological Symptoms of Dementia - Summary of pharmacological treatment options for BPSD](#): to be used in conjunction with the Behaviours that Challenge CLiP (internal TEWV document). See also national [antipsychotics in dementia toolkit](#).

Depression

Depression

- [Depression prescribing algorithm for adults \(inc. ALD & MHSOP\)](#): stepped process with deprescribing guidance and separate antidepressant [handy hints](#). NOTE: you will need to download this guidance to be able to open the embedded documents.
- [Depression Pathway \(pharmacological\) for CAMHS](#)
- [Serotonin Syndrome \(MSS36\)](#): describes signs & symptoms
- [Citalopram & escitalopram - dose reduction & ECG algorithm](#): describes maximum appropriate doses for these medicines and includes when an ECG should be performed.
- **Agomelatine** - prescribing and monitoring in adults: information for primary care
 - [NENC version](#)
 - [HNY version](#)
- **Bupropion** – information for primary care
 - [NENC version](#)
 - [HNY version](#)

Medicines Optimisation – Interactive Guide for external stakeholders – V2.3 – 2/1/26

Alzheimer's, galantamine, acetylcholinesterase inhibitors, SSRI, tricyclic, SNRI

Click for front page

Antipsychotics

Antipsychotics

- [Psychotropic Medication Monitoring Guide](#): this guidance refers to the minimum physical health monitoring required
- [Management of QTc Prolongation](#): prescribing decision support, risk factors, when to perform an ECG, when to refer to cardiology
- [First Episode Psychosis](#) prescribing flowchart
- [Lurasidone](#) – prescribing support document (PSS1) including formulary status & [NTAG criteria](#) for use in schizophrenia

HDAT

- For information only - [High Dose Antipsychotic Treatment](#): describes what HDAT is, who can make the decision to prescribe, the enhanced monitoring and processes required once this decision has been taken.

Haloperidol, risperidone, aripiprazole, chlorpromazine, flupentixol, clozapentixol, trifluoperazine, cariprazine, amsulide, supiride, Clozari, Zaponex, Denzapine, Abilify, Xepion, Trevicta, Risperdal

Clozapine

GP & Acute Trust

- [GP Information Sheet](#): 4 page summary designed to guide GPs on key safety issues and how to manage patients that are prescribed clozapine by TEWV
- [On admission to an acute hospital](#): safety guidance to support acute trusts to appropriately manage patients admitted on clozapine
- [Clozapine-induced gastrointestinal hypomotility](#): how to manage this risk.
- [Tobacco smoking cessation and psychotropic drugs - MSS25](#): brief 2-page safety summary

Processes – for info only

- [Processes for prescribing, dispensing, supply and monitoring](#): full suite of SOPs describing the processes in and around one-stop clinics
- [Therapeutic Drug Monitoring](#): when clozapine level plasma assays are useful and suggested action based on results

Depot / Long-Acting Injections

Depot and Long-Acting injections

- [Long-Acting Injectable \(LAIs\) Antipsychotics: Guidance for prescribing, administration and medicines management](#): guidance and processes to support safe and effective prescribing, administration and management of these products in our inpatient and community services, and transfer between services
- [On Admission to an Acute Hospital Ward](#): safety guidance to support acute trusts to appropriately manage patients admitted on LAI antipsychotics
- [Shared Care guidelines](#): [First Generation, Aripiprazole, Paliperidone, Risperidone](#)

Document Changes

Version	Date of change	Details of change
1.0	29/3/22	New document
1.1	1/6/22	Risperidone LAI shared care added
2.0	31/12/24	Full refresh with additional hyperlinks added
2.1	10/2/25	Guides for acute trusts – all 4 guides are now in one document – links updated.
2.2	14/3/25	Fixed anxiety guidance link. Added bupropion GP information leaflet.
2.3	2/1/26	Some updates to wording re: document access. Bupropion link added for HNY. Propranolol safety document linked. First Episode Psychosis prescribing flowchart added. Corrected links on two clozapine documents. Serotonin syndrome document added. Antidepressant handy hints document now standalone.