

Potential Candidates for Reclassification from POM to P

This list contains therapeutic categories and products/product groups that have been identified as candidates worthy of consideration for re-classification from POM to P. The list is not necessarily indicative of those most suitable for re-classification and the safety profile for each product would need to be considered. Products that are authorised through the European Centralised Procedure would require European agreement to non-prescription supply and therefore there are additional factors for consideration by potential applicants.

The list has been set out according to chapters of the British National Formulary. Individual candidates for consideration are grouped according to therapeutic category. At the request of the Medicines Control Agency the therapeutic categories have, where appropriate, been cross-referenced to the treatment areas considered as suitable for independent nurse prescribing, i.e.

• Minor ailments (MA)	• Minor injuries (MI)
• Health promotion (HP)	• Palliative care (PC)

For a category that does not fall into one of these treatment areas, the following additional classifications have been used:

• Management of acute condition (AC)	• Management of chronic condition (CC)
--------------------------------------	--

Recently licensed medicines (▼) would not normally be considered as suitable for re-classification from POM to P until the safety profile had been established and the black triangle lifted.

Therapeutic category	Product/product group & BNF section(s)	Initial doctor consultation required Y/N	Equivalent nurse prescribing (or other) treatment area	Practice implications
<u>Gastro-intestinal system</u> Gastro-oesophageal reflex disease (GORD); acid-related dyspepsia	Proton pump inhibitors (1.3.5) Licensed for GORD and acid-related dyspepsia: <ul style="list-style-type: none"> • Lansoprazole • Omeprazole Licensed for GORD: <ul style="list-style-type: none"> • Esomeprazole (prn licence)▼ • Pantoprazole • Rabeprazole 	Y Y	MA MA	Would require professional practice guidance
<u>Cardiovascular system</u> Stable-Angina	Beta-blockers (2.4) Calcium-channel blockers (2.6.2) Dihydropyridine calcium channel blockers (2.6.2)	Y Y Y	CC CC CC	Would require professional practice guidance

Therapeutic category	Product/product group & BNF section(s)	Initial doctor consultation required Y/N	Equivalent nurse prescribing (or other) treatment area	Practice implications
Hypertension	Diuretics (2.2) Beta-blockers (2.4) Drugs affecting renin-angiotensin system (2.5.5) Calcium-channel blockers (2.6.2) Dihydropyridine calcium channel blockers (2.6.2) Alpha-adrenoceptor blockers (2.5.4) Centrally acting antihypertensives (2.5.2)	Y Y Y Y Y Y	CC CC CC CC CC CC	Would require professional practice guidance
Myocardial Infarction (long-term management)/Prevention of deep vein thrombosis	Aspirin (2.9)	New licensed indication	HP	Would require professional practice guidance
Secondary prevention of stroke/myocardial infarction (in patients with history of symptomatic atherosclerotic disease)	<ul style="list-style-type: none"> • Clopidogrel (2.9)▼ 	Y	CC	Would require professional practice guidance
Cholesterol-lowering therapy	Statins (2.12) <ul style="list-style-type: none"> • Atorvastatin • Fluvastatin • Pravastatin • Simvastatin 	Y	HP	Would require professional practice guidance
<u>Respiratory</u>				
Chronic obstructive pulmonary disease	Selective beta₂-agonists (inhaled) (3.1.1.1) Antimuscarinic bronchodilators (inhaled) (3.1.2)	Y Y	CC CC	Would require professional practice guidance

Therapeutic category	Product/product group & BNF section(s)	Initial doctor consultation required Y/N	Equivalent nurse prescribing (or other) treatment area	Practice implications
Chronic stable asthma	Selective beta₂-agonists (inhaled) (3.1.1.1) • Salbutamol • Terbutaline	Y	CC	Would require professional practice guidance
	Corticosteroids (inhaled) (3.2) • Beclometasone dipropionate • Budesonide • Fluticasone propionate	Y	CC	
	Longer-acting beta₂-agonists (inhaled) (3.1.1.1) • Salmeterol • Formoterol	Y	CC	
	Antimuscarinic bronchodilators (inhaled) (3.1.2) • Ipratropium bromide	Y	CC	
Influenza	• Zanamavir (5.3)▼ • Amantadine (4.9.1)	N N	AC AC	Would require professional practice guidance
Influenza A prophylaxis	• Amantadine (4.9.1)	N	HP	Would require professional practice guidance
<u>Central nervous system</u>				
Obesity (as adjunct only)	Pancreatic lipase inhibitor (4.5.1) • Orlistat▼	Y	CC	Would require professional practice guidance
	Centrally active appetite suppressants (4.5.2) • Sibutramine▼	Y	CC	Would require professional practice guidance
Migraine prophylaxis	• Pizotifen (4.7.4.2)	Y	CC	Would require professional practice guidance

Therapeutic category	Product/product group & BNF section(s)	Initial doctor consultation required Y/N	Equivalent nurse prescribing (or other) treatment area	Practice implications
Migraine treatment	5 HT1 Agonists (4.7.4)	Y	CC	Would require professional practice guidance
	<ul style="list-style-type: none"> Naratriptan Sumatriptan Rizatriptan 			
	NSAIDs (10.1.1)	Y	CC	
	<ul style="list-style-type: none"> Tolfenamic acid Diclofenac Potassium (only Voltarol Rapid®) 			
	Analgesics	Y	CC	
	<ul style="list-style-type: none"> Paracetamol and metoclopramide (4.7.4) Aspirin (as lysine acetylsalicylate) and metoclopramide (4.7.4) Paracetamol and domperidone (4.7.4) 	Y	CC	
Anxiety	Beta-blockers (2.4)	N	AC	Low dose, short term use only. Would require professional practice guidance
	<ul style="list-style-type: none"> Propranolol Oxprenolol 			
Motion sickness	<ul style="list-style-type: none"> Hyoscine hydrobromide transdermal patches (4.6) 	N	MA	
Vertigo and tinnitus associated with Ménière's disease	<ul style="list-style-type: none"> Cinnarizine (4.6) 	N	MA	
	<ul style="list-style-type: none"> Betahistine (4.6) 	N	MA	
<u>Infections</u>				
Malaria prophylaxis	<ul style="list-style-type: none"> Doxycycline (5.4.1) 	N	HP	Would require professional practice guidance
	<ul style="list-style-type: none"> Mefloquine (5.4.1) 	N		
	<ul style="list-style-type: none"> Malarone® (5.4.1)▼ 	N		
	<ul style="list-style-type: none"> Maloprim® (5.4.1) 	N		

Therapeutic category	Product/product group & BNF section(s)	Initial doctor consultation required Y/N	Equivalent nurse prescribing (or other) treatment area	Practice implications
<u>Endocrine System</u>				
Postmenopausal osteoporosis	Bisphosphonates (6.6.2) <ul style="list-style-type: none"> Alendronate ▼ Etidronate Risedronate ▼ 	Y Y Y	CC CC CC	Would require professional practice guidance
Mastalgia	<ul style="list-style-type: none"> Gamolenic acid (6.7.2) 	Y	CC	Would require professional practice guidance
<u>Obstetrics, gynaecology and urinary-tract disorders</u>				
Contraception (long-term)	Combined oral contraceptives (7.3.2.1)	Y	HP	Would require professional practice guidance
	Progestogen-only contraceptives (7.3.2.2)	Y	HP	
Postponement of menstruation	<ul style="list-style-type: none"> Norethisterone (6.4.1) 	Y	HP	Would require professional practice guidance
Menopause	Hormone replacement therapy e.g. oestrogen with or without progestogen, topical oestrogens, tibolone (6.4.1, 7.2.1)	Y	CC	
		Y	CC	
Dysmenorrhoea	NSAIDs other than aspirin and ibuprofen (10.1.1) <ul style="list-style-type: none"> Mefenamic acid 	N	AC	Would require professional practice guidance
Menorrhagia	<ul style="list-style-type: none"> Tranexamic acid (2.11) 	Y	CC	Would require professional practice guidance

Therapeutic category	Product/product group & BNF section(s)	Initial doctor consultation required Y/N	Equivalent nurse prescribing (or other) treatment area	Practice implications
Erectile dysfunction Urinary incontinence Female only	<ul style="list-style-type: none"> Sildenafil (as citrate) (7.4.5)▼ Flavoxate (7.4.2) Oxybutynin (7.4.2) Propantheline (7.4.2) Tolterodine (7.4.2) Propiverine (7.4.2) Trospium ▼ (7.4.2) 	Y Y Y Y Y Y	CC CC CC CC CC CC	Would require professional practice guidance Would require professional practice guidance
<u>Nutrition and blood</u>	Water for injections (9.2.2.1)	N	HP	
<u>Musculoskeletal & joint diseases</u>				
Rheumatic pain Arthritic pain Inflammatory disorders	COX 2 specific NSAIDs (10.1.1) <ul style="list-style-type: none"> Rofecoxib▼ Celecoxib▼ 	Y	CC CC AC	Would require professional practice guidance
Osteoarthritis	<u>Topicals:</u> Capsaicin (10.3.2)	Y	CC	Would require professional practice guidance
Gout	<u>Prophylaxis:</u> <ul style="list-style-type: none"> Allopurinol (10.1.4) 	Y	CC	Would require professional practice guidance

Therapeutic category	Product/product group & BNF section(s)	Initial doctor consultation required Y/N	Equivalent nurse prescribing (or other) treatment area	Practice implications
<u>Eye</u> Allergic conjunctivitis	Anti-inflammatory preparations (11.4.2) <ul style="list-style-type: none"> • Azelastine • Emedastine • Nedocromil 	Y	AC	Would require professional practice guidance
Superficial eye infections	Broad spectrum antibiotics (11.3.1) <ul style="list-style-type: none"> • Chloramphenicol 0.5% eye drops and eye ointment 1% • Framycetin • Gentamicin • Neomycin 	N	AC	Would require professional practice guidance
<u>Ear, nose and oropharynx</u> Fungal Infections (oral)	Local antifungal applications (12.3.2) <ul style="list-style-type: none"> • Amphotericin lozenges, suspension • Nystatin tablets, suspension, pastilles • Miconazole denture lacquer 	N	AC	Would require professional practice guidance
Nasal allergy	Topical nasal corticosteroids for adults (12.2.1) <ul style="list-style-type: none"> • Dexamethasone • Fluticasone • Mometasone 	N	AC	Would require professional practice guidance
Rhinorrhoea associated with allergic and non-allergic rhinitis	Antimuscarinics (12.2.2) <ul style="list-style-type: none"> • Ipratropium bromide 	N	CC	Would require professional practice guidance

Therapeutic category	Product/product group & BNF section(s)	Initial doctor consultation required Y/N	Equivalent nurse prescribing (or other) treatment area	Practice implications
<u>Skin</u> Acne	Topical preparations (13.6.1) <ul style="list-style-type: none"> • Benzoyl peroxide 5% + erythromycin 3% • Clindamycin 1% • Erythromycin 2%, 4% • Erythromycin 4% + zinc acetate • Tetracycline • Azelaic acid • Adapalene 	Y	CC	Would require professional practice guidance
Impetigo	Topical antibiotics (13.10.1.1) <ul style="list-style-type: none"> • Fusidic acid 	Y	MA	Would require professional practice guidance
Labial herpes simplex infection	<ul style="list-style-type: none"> • Penciclovir (13.10.3) 	Y	AC	Would require professional practice guidance
Psoriasis	<ul style="list-style-type: none"> • Calcipotriol (13.5.2) • Tacalcitol (13.5.2) 	Y	CC	Would require professional practice guidance
Rosacea	<ul style="list-style-type: none"> • Topical metronidazole (13.10.1.2) 	Y	MA	Would require professional practice guidance
Seborrhoeic dermatitis	<ul style="list-style-type: none"> • Lithium succinate (13.5.1) 	Y	CC	Would require professional practice guidance
Fungal infections of the nails (onychomycosis)	Topical antifungals (13.10.2) <ul style="list-style-type: none"> • Amorolfine • Tioconazole 	N	MA	Would require professional practice guidance

Therapeutic category	Product/product group & BNF section(s)	Initial doctor consultation required Y/N	Equivalent nurse prescribing (or other) treatment area	Practice implications
Fungal infections of the skin (tinea pedis, corporis, cruris, pityriasis versicolor, and dermal candidiasis)	Oral antifungals (5.2) <ul style="list-style-type: none"> • Fluconazole 	N	MA	Would require professional practice guidance
	Topical antifungals (13.10.2) <ul style="list-style-type: none"> • Amorolfine • Nystatin • Sulconazole 	N	MA	
Inflammatory skin disorders such as eczema	Moderate/potent topical corticosteroids (13.4)	N	MA	Would require professional practice guidance