



## NMS Medicines List - Pharmacy staff guide

Please ensure you have familiarised yourselves with the new categories of drugs that have been added to the NMS as part of the NMS expansion scheme from September 2021. Some of these medications have multiple uses. The pharmacist will discuss with the patient regarding what they are using it for.

### Heart Failure



The following are the most common drugs for osteoporosis that you will see being highlighted by the PMR:

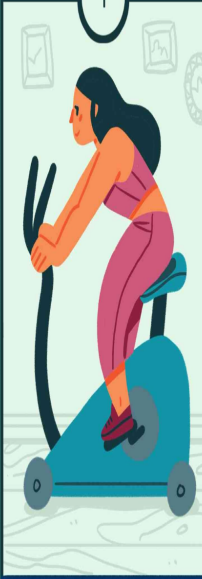

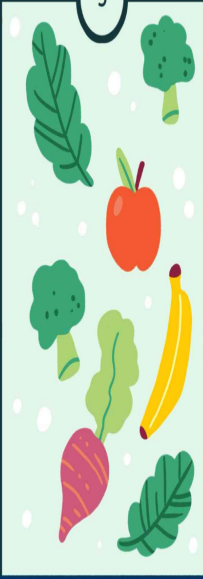

#### **The following are the most common drugs for Heart Failure**

Note: Some drugs overlap with anti-hypertensive medication

1. Digoxin
2. Glyceryl trinitrate
3. Nicorandil
4. Ivabradine (Procoralan)
5. Ranolazine (Ranexa)
6. Amiloride
7. Eplerenone
8. Amiodarone
9. Flecainide
10. Isosorbide mononitrate
11. Bendroflumethiazide
12. Cyclopenthiazide
13. Bumetanide
14. Furosemide
15. Co-Amilofruse (Amiloride HCl/Frusemide)
16. Amiloride HCl With Loop Diuretics
17. Co-Amilozide (Amiloride HCl/Hydchloroth)

# Self-help counselling points

- Healthy diet
- Exercise
- Stop smoking
- Limit alcohol
- Vaccinations
- Regular reviews
- Report any new symptoms

1	2	3	4
			
Getting regular exercise strengthens and conditions the heart	Losing excess weight is linked with better cholesterol and blood pressure	Eating a healthy diet has been associated with cardiovascular health	Drinking in moderation and quitting smoking is imperative