

FIFE PHARMACY NEWS

ISSUE 42 OCTOBER 2012

IN THIS ISSUE: Page 2: Healthy Working Lives Page 6: Nicola Sturgeon Opens VHK New Wing
Page 5: Medicines Waste Page 7: Training dates and events

Wasted Medicines Campaign only order what you need!

NHS Fife recently launched a campaign to reduce the amount of wasted medicines. The campaign aims to raise awareness of the costs involved either as a result of over-ordering of medicines, particularly on repeat prescriptions, or continuing to order those medicines no longer needed.

Wasted medicines cost NHS Fife over £2 million per year - the equivalent of around 110 community nurses, 80 community midwives or 54 community dentists. The quantity of medicines returned to NHS Fife pharmacies is equivalent to filling an 8 tonne skip every 8 weeks. Patients are being reminded not to order medicines "just in case" – if medicines run out, patients can contact their GP or local pharmacy.

Stockpiling medicines at home can be a safety risk. Unused medicines should be returned to local pharmacies for safe disposal. Patients and the public must realise that medicines returned to pharmacies cannot be reused or recycled. They must be disposed of even if unopened or unused.

Fiona Eastop, Pharmacist at NHS Fife said "This campaign is urging everyone to think before they order repeat prescriptions and check before ordering any more, particularly if ordering on behalf of a relative, or someone you care for. Also, if there are medicines which you do not like to take, or are unable to swallow, simply speak to your pharmacist or GP to discuss alternatives."

Pharmacists are experts in medicines, and can assist with questions concerning side effects, safety and suitable alternatives. Remember if you have any questions or issues relating to medicines; speak to your local pharmacist or GP – they are happy to help.

The campaign includes advertising on buses, at train stations, stands at 3 Fife shopping centres, stickers on NHS Fife delivery vans, leaflets and posters displayed at libraries, leisure centres, all NHS Fife hospitals, GP practices and care homes.

Fife pharmacies are also distributing leaflets and flyers with displays during the campaign.

See inside for more on the campaign!

NOTE FROM THE EDITORS

Welcome to the 42nd edition of the Fife Pharmacy News. As we welcome autumn, we feature our recently launched Medicines Waste campaign (see left and inside).

As well as the latest information, current news and events, look out for information on the current Detect Cancer Early campaign, and the latest on training near you.

Remember, its your newsletter so please be sure to feed back your comments with any issues or features you would like to see in future editions. We hope you all enjoy reading this issue!

Natalie Bate,
Communications Specialist
Fiona Forsyth,
Communications Specialist



The campaign launched at Boots Pharmacy, Fife Central Retail Park, Kirkcaldy



Healthy Working Lives

Do you want a safer and healthier working environment?

The Healthy Working Lives Team is here to provide specialist free and confidential services to all employers, employees and workers by supporting them improve health, safety and wellbeing in the workplace.

What are the Benefits of a Safer and Healthier Workplace?

- Improved morale and motivation
- Improved productive workforce
- Reduced absence and staff turnover rates
- Reduced risk of accidents and ill health
- Improved employee relationships
- Staff feel valued by a good employer
- Accessible and practical support for staff to improve their own health

Healthy Working Lives can offer FREE:

- Health and safety needs assessment visits
- Health improvement information, resources, awareness sessions and training
- Health and wellbeing needs assessment
- Guidance on developing health and wellbeing policies
- Healthy Working Lives Award programme
- Health checks (SME only*)
- Access to Activity Works – half price
- membership for Fife Sport and Leisure Trust venues for 2 months

As a Worker or Employer The Healthy Working Lives **Adviceline** provides you one to one free and confidential advice and support on any occupational health, safety or wellbeing issue. It can be accessed by telephone on **0800 019 2211** or visit the website www.healthyworkinglives.com The Adviceline provides one to one confidential services from occupational health and safety and mental health professionals

As a Worker of a small organisation Working Health Services is a free fast track self referral to occupational health service which provides free counselling and physiotherapy services. To access this service call **0800 019 2211** to make an appointment.

Contact Healthy Working Lives Fife on 01592 226486 or email hwfife@nhs.net



Memories and Milestones

Farewell to Sandy Kopyto, Principal Pharmacist at the Victoria Hospital who recently retired. Sandy (pictured with wife, Avril) had been an integral part of the pharmacy team for a number of years and will be missed by many. We wish him well for the future.

Congratulations to Margaret Vass, Senior Pharmacy Technician who celebrated her 50th birthday. Margaret (centre), was joined by some of the pharmacy services team members to celebrate her special day in Edinburgh.



Farewell to Alan Mentiplay, who recently retired from NHS Fife. He was a non-Exec member of NHS Fife Board, and was the chair of the Area Clinical Forum..

Congratulations to.....

Julie Nicholson, Pharmacy Technician, VHK and **Linda Lightfoot**, Pharmacy Technician, QMH on the successful completion of their HNC Pharmacy Services Development and Management qualification.

Changes to ACT Re-Accreditation

Buttercups Accredited Checking Technicians (ACT) re-accreditation package will be changing from **1st September 2012**.

If you are re-accrediting from 1st September 2012 onwards the ACT re-accreditation pack is available to download from the buttercups website www.buttercups.co.uk/Website/Website.nsf/lookupcontent/index.html?opendocument

If you need any further information on re-accreditation contact Susan Menzies at susan.menzies@nhs.net.

NHS Fife Medicines Waste Campaign - the launch!

After many months of planning, the NHS Fife Medicines Waste campaign was officially launched at Fife Central Retail Park Kirkcaldy on 10 September.

Members of the Pharmacy Services team were joined by Evelyn McPhail, Director of Pharmacy, Andrea Smith, Lead Pharmacist Pharmacy Services, John Wilson, CEO NHS Fife, MSPs Claire Baker and David Torrance, alongside the pharmacist at Boots Retail Park, Kirkcaldy, Rachel Payne, from the Care Sector, Fiona Eastop, pharmacist and Harry Blythe, Non-Executive member of the Board.

An 8 tonne skip was hired to show that it is filled with the equivalent of returned medicines every 8 weeks in Fife - and attracted lots of attention from local shoppers!

If you have yet to display your posters and leaflets in the pharmacy, please can you do so—its important that this campaign is as visible as possible.

Equally, if you have run out of any leaflets, posters or flyers to insert into prescription bags, please contact **Natalie Bate** or **Fiona Forsyth**, Communications Officers on 01383 565375 for further supplies.



Non-Exec member of the Board Harry Blyth joins MSPs Claire Baker and David Torrance



The 8 tonne skip!



CEO John Wilson joins the MSPs in highlighting the scale of the issue.



Evelyn McPhail explaining to Claire Baker MSP the importance of the campaign, and joint working with GPs, Pharmacies, Care Homes and the Acute sector, all working together to help reduce the waste.

Awareness and Coverage of the Medicines Waste Campaign

The waste campaign was on the front page of the NHS Fife Intranet and the SHOW site



Pharmacists Niall Dewar and Fiona Eastop were the faces of the campaign!

Online Advertising...



The launch was mentioned on NHS Fife's Facebook page, alongside Fife Council's page



NHS Fife @nhsfife

RT @nhsfce: At the @nhsfife Medicines Waste Management Campaign in Kirkcaldy with @ClaireBakerMSP & David Torrance MSP pic.twitter.com/S9QHDNFs



Interviews with a pharmacist, discussions and adverts on Medicine Waste were on both hospital radio networks before the campaign launched, along with a news item on Kingdom FM

Outdoor Advertising...

Advertising on the back and inside of buses across Fife, posters at the platforms of Kirkcaldy and Inverkeithing Train station, to help raise awareness of the campaign



Advertising on NHS Fife delivery vans

Events at shopping centres across Fife to gather awareness level of event and distribute flyers and leaflets to the general public.



Pharmacies Help to Support National Breast Cancer Awareness Campaign

Posters and leaflets have been distributed to community pharmacies as part of a ground-breaking Breast Cancer campaign launched recently in Scotland.

A new Scottish Government Detect Breast Cancer Early programme has been launched which aims to improve cancer survival rates by increasing the proportion of Scots diagnosed in the earliest stages of the disease, when a better range of treatment can be made available to patients.

Frontline healthcare workers are key to this campaign by clarifying and educating patients on the symptoms of breast cancer, as research has indicated that many women are not aware that lumps are not the only sign of breast cancer. This all helps to 'normalise' the discussion around breast cancer in away that gives women confidence to acknowledge, discuss and seek help about their concerns. It's hoped the campaign will give women the confidence to talk about cancer by providing them with facts, figures and knowledge on how to spot signs and symptoms.



NHS Scotland, leading clinicians and Scottish charities are all supporting the campaign. Healthcare professionals across Scotland are also being urged to promote the importance of detecting cancer in its early stages. To find out more about cancer and the signs of breast cancer, contact NHS Inform by phoning 0800 22 44 88 or log on to www.nhsinform.co.uk

MERCAPTOPURINE SUPPLY PROBLEMS

There is currently a problem obtaining supplies of mercaptopurine for both hospital and community pharmacies. Supplies are being managed through Movianto and an order form is available from them for use by hospital and community pharmacies. An order form can be obtained by telephoning 01234 248631, or faxing 01234 248705. They can also be contacted by email: orders.uk@movianto.com Once an order is approved it will be dispatched within 48 hours. It is not known when supplies will be back to normal.

2012 - 2013 Health Improvement Training Programme

The full list of training courses running between September 2012 and March 2013 is now available. Courses are free of charge and are open to all workers and volunteers throughout Fife.

The Health Improvement Training Programme provides workers with the opportunity to develop the skills, knowledge and confidence to improve the health and wellbeing of local people, and to reduce health inequalities. It aims to support work set out in Fife's Health and Wellbeing Plan to create more equal health and wellbeing across all communities in Fife.



In this edition there are several new courses including alcohol brief intervention with young people; women, physical activity and self esteem; introduction to blood borne viruses and oral health for people with physical and learning disabilities.

The training programme is managed by Health Promotion Fife and is delivered in partnership with NHS Fife, Fife Council and voluntary sector organisations and services.

For a copy of the 2012 - 2013 Health Improvement Training Programme, please contact Karen Stirling at karenstirling@nhs.net or 01592 226488 or view the courses and apply online at www.healthyfife.net

Welfare Reform - Staff Briefing

The UK Government is making changes to the welfare benefits system which will affect about one in six working-age people in Fife. It's changing how benefits are claimed, what they're called and who's eligible for what. The changes are intended to:

- to make the system simpler;
- reduce dependency on benefits;
- and get more people working.

The introduction of these changes to the benefits system has already started and will continue over the next five years.

This briefing is intended as an introduction to the changes and to prompt staff to find out more – this will be a difficult time for many customers and we want to support them by providing advice and information and signposting them to relevant Council services and partner agencies.

The main changes include:

- Replacing the patchwork of benefits and credits with a Universal Credit to make working more worthwhile than a dependence on benefits.
- An expectation that the majority of claims will be made online.
- Introducing a cap, linked to average weekly earnings, which limits the amount of benefits a household can get.
- Changing Housing Benefit, including its reassessment based on the number of bedrooms that the UK Government think that households need.
- Introducing a work capability assessment to check whether those on Incapacity Benefit are fit for work.
- Making benefits conditional to help prevent the system being abused or defrauded.
- Introducing a new Personal Independence Payment for people with a disability or health condition.
- The introduction of a national 'Work Programme'.

The DWP have also begun communicating with benefit recipients about how the changes will affect them.

For more details on any of the changes, including a timeline and list of support agencies, go to www.dwp.gov.uk or www.fifedirect.org.uk/welfarereform.

WHEN ALAN MET NICOLA

Cabinet Secretary for Health and Wellbeing, Nicola Sturgeon has officially opened the new wing at Victoria Hospital.

During her visit Ms Sturgeon toured the Intensive Care Unit, Special Care Baby Unit and Maternity Delivery areas, and met with staff and patients.

Professor Jim McGoldrick, Chairman of NHS Fife, said: "The new wing provides excellent facilities for our staff to continue to deliver the very best services and care for the people of Fife. Thousands of patients have already benefited from acute and specialist departments' closer proximity to each other, which has further enhanced working relationships, new state-of-the-art equipment, and an improved environment in which to recover.

"I would like to pay tribute to our staff, who were actively involved in the planning and design of the facilities right from the very start. The transfer of services to the new wing from three different sites was a huge undertaking, and one which was completed efficiently thanks to their hard work and commitment."

Ms Sturgeon said: "It is fantastic to see the new wing of the Victoria Hospital open and treating patients in their local community, and to meet some of the patients who are benefiting from the new facilities. This is a prime example of how continued investment in our NHS is benefiting patients, by providing them with quality care as close to home as possible.



Alan Timmins meets Cabinet Secretary for Health and Wellbeing, Nicola Sturgeon

"Having the right facilities in the right place is important to people across Scotland and that is why we are determined to ensure both staff and patients the length and breadth of the country can work and be treated in the best possible surroundings."

Services transferred to the new wing in three separate phases, beginning with the transfer of several services based on the Victoria site in December 2011. Services from Forth Park Hospital, Kirkcaldy, moved in January 2012, with a number of services from Queen Margaret Hospital also transferring that month.

A wide range of Departments are based in the new wing including A&E, Intensive Care, Maternity, Children's Services, Special Care Baby Unit, Cardiology, Endoscopy, Haematology and Oncology, Renal and Pharmacy.

Fife Pharmacy Training & CPD Events – Save the Dates

General Pharmaceutical Council have announced that their “call and review” period for CPD will run from November to May each year. NHS Fife Pharmacy will again be running some local events to support. NHS Education Scotland (NES) Pharmacy will continue to run their national events and also offer a CPD webinar.

NES Pharmacy local courses – these are the ideal way to boost your CPD recording – NHS Fife are hosting the following events:

All these events are book-able via the NES portal or by contacting your local NES tutor(s) – Pharmacist & Pharmacy Technician events Niketa Platt niketaplatt@nhs.net or Pharmacy Technician events Susan Menzies susan.menzies@nhs.net



October 2012

22 October 2012	Fife Pharmacy - CMS Event	Victoria Hospital	6.30pm
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November 2012

07 November 2012	NES Event - Patient Centred Consultation Skills (taster session for Community Pharmacists) (Pharmacists & Pharmacy Technicians)	Victoria Hospital	6.00pm
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13 November 2012	Fife Pharmacy - Keep Well Event	Victoria Hospital	6.00pm
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22 November 2012	Fife Pharmacy - CMS Event	Queen Margaret Hospital	6.30pm
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26 November 2012	Fife Pharmacy - CMS Event	St Andrews Hospital	6.30pm
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27 November 2012	NES Event - The Prevention of Falls & Fragility Fractures in Older People (Pharmacy Technicians)	Victoria Hospital	6.30pm
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December 2012

05 December 2012	NES Event - Emergency Contraception (Pharmacists & Pharmacy Technicians)	Victoria Hospital	6.30pm
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January 2013

17 January 2013	NES Event - No More Tears! (Pharmacists & Pharmacy Technicians)	Victoria Hospital	6.30pm
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29 January 2013	NES Event - Adult Basic Life Support & Anaphylaxis (Pharmacy Technicians)	Victoria Hospital	6.30pm
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February 2013

13 February 2013	NES Event - Reducing Harm from Medicines (Pharmacists & Pharmacy Technicians)	Victoria Hospital	6.30pm
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26 February 2013	NES Event - Stroke (Pharmacy Technicians)	Victoria Hospital	6.30pm
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If you require this newsletter in alternative formats, please call 01383 565375