

Note from the Editor

Welcome to the latest edition of Fife Pharmacy News. I hope everyone had a great Easter. It's been a busy time for Pharmacy Services during the past few months with many events and developments taking place. Last month, Fife Pharmacy were part of the Coronary Heart Disease Conference at the Vine Church in Dunfermline. Sandy Kopyto, Senior Pharmacist with an interest in CHD was also there to represent NHS Fife, where he ran workshops sessions for delegates.

Earlier in March, Fife Pharmacy was represented by Andrea Smith, Development Pharmacist during a visit by Mark Simmonds, Shadow Health Minister and Member of Parliament for Boston and Skegness, to Lochgelly Surgery. Mr Simmonds visited the surgery on a fact finding mission to learn more about developments within Pharmacy in Fife in a bid to promote collaboration between Doctors and Pharmacists.

With the new Public Health Service campaigns for 2009/10 underway there will be lots to focus on for the months ahead. Thankfully, the weather is changing and as summer approaches it's time to be thinking about summer health again when we launch our Summer Health Campaign, "Let the Sun Shine" – I hope it does!

Fiona Forsyth, Communications Officer



Mark Simmonds, MP (right) chats with patients and Bernadette Brown (standing), Practice Pharmacist at Lochgelly GP Surgery



Andrea Smith helps delegates at the CHD Conference

Code of Ethics – Mandatory CPD

01 March 2009 has been set as the start date for the mandatory recording of CPD by the RPSGB. From this date, registered pharmacists and technicians will be required to make a minimum of nine CPD records per annum. For full details, please see the RPSGB website, www.rpsgb.org.

An end to Prescriptions Charges by 2011

One of the new public health campaigns running between March and May 2009 focuses on the decrease and potential abolition of prescription charges and pre payment certificates over the next few years

This process has already begun and an analysis of the impact of the reduction in charges over the last six months shows that throughout Scotland, almost double the numbers of Pre-Payment Certificates (PPC's) were purchased following the 51% price cut introduced by the Scottish Government in April 2008.

Pre-Payment Certificates can be purchased for either a 4 or 12 month period. The cost of all NHS prescriptions required during that time is covered. These have proved to be of benefit to patients requiring large amounts of medications and to those where cost is an issue.

NHS Scotland data shows that between April and September 2008

- 148,123 four month PPC's were purchased.
- 48,673 annual PPC's were purchased.
- 4.93 million items were dispensed to patients who were not exempt from paying prescriptions charges.

In comparison, data from the same period in 2007 shows that

- 74,054 four month PPC's were purchased.
- 21,028 annual PPC's were purchased.
- 4.77 million items were dispensed to patients who were not exempt from paying prescription charges.

In December 2007, the Scottish Government announced the decision to abolish prescription charges for all patients in Scotland from April 2011. The reduction in charges began in 2008 with the phasing out of charges planned as follows

2008/09	£5.00	4 month - £17 12 month - £48
2009/10	£4.00	4 month - £13 12 month - £38
2010/11	£3.00	4 month - £10 12 month - £28
2011/12	nil	nil

Figures sourced from NHS management data.

Fife Pharmacies Fight Obesity with Counterweight

The link between obesity, a risk factor for a number of chronic diseases, and socio-economic status is long established. Obesity and obesity-linked diabetes are rapidly growing public health problems and major Scottish Government priorities.

Obesity is a public health concern throughout the UK, particularly in Scotland. 26% of women and over 22% of men are now termed as "obese". Scotland is catching up to obesity levels seen within the USA which now totals over 33% of women and 31% of men. Obesity can cause problems through related disease and impaired quality of life as well as severe implications for the health service with an increase in prescribing costs, now and in years to come. Evidence shows that obese patients who receive no intervention e.g. provision of lifestyle advice on exercise, healthy eating etc. will steadily gain weight over time.

However, research shows that a weight loss of between 5 and 10% of initial body weight will result in multiple health benefits such as reducing cardiovascular problems as well as lessening the rate of progression in conditions such as diabetes, hypertension, lower back pain and asthma.

Counterweight is a weight management programme which has been developed over five years as an obesity management tool applied within healthcare services. Through the use of specialist dieticians in obesity management or Weight Management Advisors (WMAs), it is anticipated that each trained service area could potentially treat around 50 patients each year.

In Scotland, within community pharmacies, the Counterweight programme is available in Lanarkshire, Lothian and Tayside. As a new service within Fife, nine pharmacies have currently engaged with the service, with more to follow. Pharmacy support staff will undertake specialist training delivered by Counterweight together with a programme of mentoring for pharmacy staff in order to ensure both pharmacy staff and patients receive the vital support required to succeed. The service will offer patients a combination of drop-in and appointments within local pharmacies on a regular basis over a given period of time in order to have their weight and waist measurement monitored and to receive support and advice on developing and maintaining a healthy lifestyle.

Funding and support for Fife to implement the Counterweight programme has been secured from the Scottish Government via the Keep Well Programme.

The benefits of the programme are clear – moderate weight loss will bring significant health benefits to patients and with 26% of total prescribing costs attributed to weight gain and obesity it is estimated that in one year alone, 10% of the cost of the programme could be offset through prescribing savings.



Health Improvement Support Services Launch New Initiative Brief Advice in Smoking Cessation

This course is ideal for front line Pharmacy staff that have the opportunity to explore the smoking status of customers/clients and if appropriate encourage their engagement with a stop smoking service.

Objectives

By the end of the course participants will have:

- Increased knowledge and understanding of smoking issues
- Learned about the health effects and other consequences of tobacco smoking
- Explore factors that affect behaviour change
- Understand how to encourage and facilitate behaviour change

The training will be facilitated by Kay Samson, Tobacco Issues Co-ordinator Health Promotion Fife.

*****Numbers are Limited*****

Application forms and backfill funding currently available for 13th May 2009, from Pharmacy Services, Lynebank Hospital. Contact Lou Alexander / Susan Menzies 01383 565342

Dates and Venues:

13th May	The Gilvenbank Hotel, Glenrothes
26th August	Vine, Dunfermline
30th September	Cluny Clays, Kirkcaldy

Events and Developments

Diaries have been full over the last few months with good attendance at the following events:

PRESCRIBING PEER REVIEW

This took place in February at the Victoria hospital and provided an update on independent prescribing as well as exploring ways to implement independent prescribing by pharmacists.



Prescribing Peer Review

SMOKING CESSATION SERVICE – UPDATE EVENT

This session took place at the Victoria Hospital and aimed to review the provision of the pharmacy “Stop Smoking Service”. An interactive evening session involved an appraisal of current paperwork and data collection tools, ideas to identify areas of innovation and Improvement, and an opportunity to share best practice.



Smoking Cessation Service Update

INTRODUCTION TO SEXUAL HEALTH

Spread over three dates in March, covering three locations, Pharmacists received information on the national sexual health service for EHC and Chlamydia testing and treatment. Participants also learned how to implement these services into normal working practice.

PALLIATIVE CARE PEER REVIEWS

The aim of the review was to update pharmacists on the current management of palliative care whilst exploring ways to develop further the pharmaceutical care within a community setting. The session enabled participants to improve their knowledge of the control of symptoms associated with palliative care, define the current therapeutic management of palliative care patients and identify pharmaceutical issues and appropriate management solutions.

All events were well received with good feedback. Look out for details of forthcoming events soon!



Prescribing Peer Review



Smoking Cessation Service Update

Stop Smoking Service Naming Competition – And the Winner is.....

Many thanks to everyone who entered our competition. The judges had a hard decision to make but finally decided that the new name for the Fife Pharmacy Stop Smoking service will be, **“NO BUTTS – ASK YOUR PHARMACIST”**

Our winner is John Thompson from Lindsay and Gilmour Pharmacy in Inverkeithing. John wins a dinner for two at the luxury Balbirnie Country Hotel in Markinch. Well done John!

Once again, many thanks to all who entered for your hard work and participation in the competition.

Medical Students “Exposed” to Community Pharmacy!

For the past four years a small team of pharmacists have been delivering a session on Community Pharmacy to second year students on the Medical Science course at Bute Medical School, St. Andrews University. The second year “Community Attachment Programme” aims to give medical students a taste of Primary Care and they experience sessions with GP practices, Community Nurses, Public Health Nurses, Occupational Therapists, Addiction Services, etc.

The Community Pharmacy Theme is a great opportunity to inform the students – many of whom have had very little contact with

pharmacy- of the breadth of work that fills a typical day in a community pharmacy; of what we do do, and what we could do for the public and our patients.

Due to the logistical problem of distributing 160 students around pharmacies in Fife the course has been run by the traditional presentation and workshop format. The time has come, however, to have a good look at the session and develop it further. If you have an interest in education and training and would like to be involved with the development and delivery of the Community Pharmacy Theme, please contact Liz Hutchings on 01383 565346 or 07754 016074.

Focus on Dawn Balfour

Dawn's 3 Decades with NHS Fife

Dawn Balfour, Community Pharmacy IT Facilitator recently celebrated 30 years service working with the NHS in Fife.

"I started working in Primary Care on 15th January 1979 at the GP Branch, Dunnikier Road in Kirkcaldy under the leadership of Mr Jack Abel and Mr Brian Smyth, whom some of you may remember. I have, in the main, worked with GP practices starting out as a Clerical Officer in the registration department in the days before computers! I then progressed to Higher Clerical Officer, supervising one of the sections within the registration department, when computers were installed and the Community Health Index (CHI) was introduced to us.

I remember we had two very large, very orange, dumb terminals and we had to book a time to get on them. At least that allowed us to say goodbye to the thousands and thousands of index cards we had for every patient in Fife!

I then went on to manage the registration department for nine years until 1999 when the work of this department transferred to Practitioner Services Division in Edinburgh.

I was then given the opportunity to remain in Primary Care with

a new role as Development Officer. Over the years my role evolved and changed. I was latterly involved in the implementation of the new GMS contract and trained as a Quality and Outcomes Framework Reviewer, along with some of my colleagues.

I then moved on to Pharmacy and took up my current role as Community Pharmacy IT Facilitator on 25 April 2006. I can't believe that I am now three years into this role and still learning. The new Pharmacy Contract has seen challenges for us all and I hope together we are overcoming some of these. We will soon be starting with the fourth and final core service in the new contract – Chronic Medication Service (CMS) which will, I am sure, bring a new set of challenges.

Over the years I have seen many changes, and many faces, in the NHS and I am sure that will continue over the coming years."

Dawn Balfour, Community Pharmacy IT Facilitator



Congratulations to

Liz Hutchings (Specialist Pharmacist in Substance Abuse) and Jim Lynch (Clinical Pharmacist – Learning Disabilities) recently celebrated their 50th Birthdays. Liz and Jim celebrated their milestone with some coffee and cake alongside pharmacy and hospital colleagues as well as some of the Lynebank learning disability residents. A great time was had by all!

Congratulations to Ishtiaq Mohammed who recently took up his new post as Clinical Effectiveness Pharmacist for NHS Fife. Ishtiaq has worked with NHS Fife for over 16 years in various roles within Pharmacy. In this new role, Ishtiaq will oversee the activities of the Area Drug and Therapeutic Committee, working closely with GPs. He will also become a member of the The Scottish Antimicrobial Prescribing Group management team and Medication Safety Group. We wish Ishtiaq well for his new challenge.

Pamela Simpson will continue in her role as Clinical Pharmacy Technician – Learning Disabilities on a permanent basis from 01 April 2009. Congratulations Pamela!

Congratulations to Shirley Davison (Co-op Elliot Street) and Katrina Anderson (Vantage St Andrews) on successful completion of their Buttercups ACT qualification.

