

FIFE PHARMACY NEWS

ISSUE 72 - November 2021

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Keep on Testing! COVID-19 testing in Fife is still ongoing

Regular testing of asymptomatic healthcare workers remains a key intervention in reducing the risk of COVID-19 transmission in all healthcare settings including community pharmacies. It allows members of staff who test positive to self-isolate quickly and for contact tracing to begin.

Testing is a crucial part of slowing the spread of the virus, helping to identify those carrying COVID-19 and preventing the virus from being spread to others. Around one in three people who become infected with COVID-19 may not feel unwell, but can still spread the virus without knowing it. If people test positive and self isolate, it helps stop the virus spreading.



The Dear's Pharmacy Team (Dunfermline)



NHS Fife's COVID Testing Team

Colleagues in health and social care and those in certain workplaces regularly take part in home testing. Earlier this year the Scottish Government introduced free home test kits for **everyone**, with access to kits available free of charge from more than 90 collection sites across Fife – including testing sites and community pharmacies. Patients can find their nearest collection at: <https://maps.test-and-trace.nhs.uk/>, or can order directly to their homes by visiting: www.gov.uk/order-coronavirus-rapid-lateral-flow-tests.

All adults without symptoms are eligible to collect one box of lateral flow tests for each member of their household. Each box contains seven tests, allowing someone to test themselves twice weekly over three weeks. The tests are quick and simple to use, giving results in 30 minutes. Instructions on how to use the test and report the results are inside the box.

Patients with a positive result are required to self-isolate and arrange a further PCR test at a testing site to confirm. A range of welfare support is available including financial support, food and medication delivery, and help with some caring responsibilities. For more information on this support, patients can be directed to: www.fife.gov.uk/covidassistance. Further information and full details of current community testing sites and their opening times are available at www.nhsfife.org/communitytesting.

Thank you for your continued participation in the testing programme in order to keep you, your colleagues, and patients safe.

World Antimicrobial Awareness Week (WAAW)

WAAW is celebrated from 18 - 24 November every year. The 2021 theme, **Spread Awareness, Stop Resistance**, calls on stakeholders, policymakers, health care providers, and the general public to be Antimicrobial Resistance (AMR) Awareness Champions. To find out more about this year's campaign, visit <https://www.who.int/campaigns/world-antimicrobial-awareness-week/2021> for further information and a range of resources and ideas to help spread awareness.



Flu-Vaccination Programme Update

Community Pharmacy have delivered almost **8,300** vaccinations so far this year. This is a huge number of patients - your hard work involved in the management of this is very much appreciated by the COVID/Flu programme board.



Frontline workers drop in vaccination clinics

You can still book at appointment at a time and location that suits you by visiting: www.nhsinform.scot/hscwvaccination. Alternatively, you can attend a public drop-in clinic with no appointment necessary. Find your nearest public drop-in clinic visit: www.nhsfife.org/dropinclinics.

NEW! Pharmacy First Practice Updates

In an effort to improve our patients' journeys and ensure the most appropriate referrals into the Pharmacy First service, we've produced a set of new briefings for Primary Care teams, particularly aimed at general practice administrative staff.

The briefings include the information below which should prove handy to have at reception areas of community pharmacies and general practices with the aim of improving the referral process:

[Table of General Conditions](#) – A short A-Z list of the most common minor conditions that the pharmacy first service is designed to support.

[Table of National PGD Conditions and Exclusion Criteria Summaries](#) – A short list which easily references **why**

people should NOT be referred to community pharmacies for the Pharmacy First service, and lists why the national PGDs don't apply to everyone.

Briefings will be issued each week for 4 weeks, ending with a lunch time webinar and drop-in session on Wed 01 December (12-1pm), repeated on Thursday 02 December where practice staff can "Ask us anything... about Pharmacy First and Pharmacy First Plus".

Each issue is available on the [SHOW website](#). [Issue 1](#) is available now and describes the difference between Pharmacy First and Pharmacy First Plus Service.

[Issue 2](#) is out now and highlights the most common reasons that people are most likely to be inappropriately referred to community pharmacies – and where national PGDs do not apply.

Look out for Issue 3 which will discuss additional third sector resources and services that are available to support our patients.



Welcome to Alec Murray

We're delighted to welcome Alec Murray back to NHS Fife who re-joined the Pharmacy Services Team in October in a new role as Senior Pharmacist for Community Pharmacy Development. After spending the last four years at Healthcare Improvement Scotland (HIS) as an Improvement Advisor for the ihub Alec told us,



"Working in a national role was a great experience and I certainly learned a lot about quality improvement, data measurement, service design and health and social care integration. I'm so glad to be back in the Kingdom though and in pharmacy"

"Community pharmacy as a whole is under a tremendous amount of pressure right now but it's great to hear how well it is thought of by friends and colleagues in other sectors. I look forward to supporting community pharmacy services during these challenging times and NHS Fife's vision of being the best pharmacy services in the country".

Alec's role will include supporting the delivery of the core community pharmacy contract in NHS Fife, evaluating and re-designing existing services as well as the rollout of new ones; like Pharmacy First Plus. You can contact Alec at - alec.murray@nhs.scot but we're sure you'll see an e-mail or two from him in the coming weeks!



NHS Fife Pharmacy Champions support community pharmacists and their staff in defined geographical areas. They regularly visit pharmacies in their area to offer support. Our current Champions and the areas they cover are listed below.



Dee Herbert
Cowdenbeath
dee.herbert@nhs.scot
01383 732341 / 07725589837



Vikki Laing
Kirkcaldy
vikki.laing@nhs.scot
01592 263781 / 07525723647



Allan Shields
Glenrothes
allan.shields@nhs.scot
01333 423133 / 079777469251



Colin Cossar
South West Fife
colin.cossar@nhs.scot
01383 843617 / 07771855658



Debbie Vine
Pharmacy Technician Champion
deborah.vine@nhs.scot
07986897060



Amanda Dellar
Dunfermline
amanda.dellar@nhs.scot
07807646624



Catherine Aglen
North East Fife
catherine.aglen2@nhs.scot
07802598193



Amanda Moir
Pharmacy Technician Champion
amanda.moir@nhs.scot
01337 830425 / 07471826850



David Sands
Levenmouth
david.sands@nhs.scot
01383 830212 / 07980840870

Bridging Contraception

NEW Community Pharmacy Service

All community pharmacies in Scotland are now able to provide a three-month supply of desogestrel as bridging contraception to patients, either following an emergency hormonal contraception consultation or as a standalone temporary supply until a patient has seen their GP or sexual health service for a longer-term solution.

The launch of the service follows a successful pilot programme undertaken in several community pharmacies across the UK and has been added to the public health service section of the community pharmacy contract.

A national PGD (available [here](#)) has been developed for pharmacists to supply desogestrel under this service, with contractors receiving £30 per consultation undertaken. All payment verification and counter-fraud checks will be determined as appropriate by National Services Scotland (NSS).

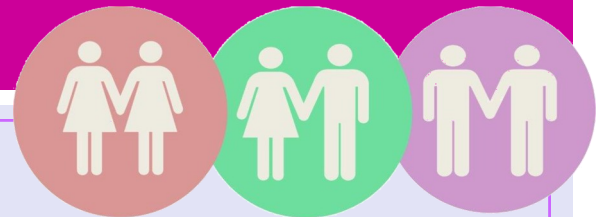
The bridging service and contraception supply is free for patients, and aims to increase access to contraception, reducing the incidence of unplanned pregnancy.

The assessment form and GP notification paperwork can be found [here](#) and will help you to become more familiar with the requirements of the service.



We hope you will be confident and willing to provide this service to those who are eligible.

A NES webinar to support the service took place in October - a recording can be found [here](#). Please see below for more information on further CPD on sexual health training and events available from NHS Fife. There are two key sessions on contraception which you might find especially useful with the launch of the service. All training is free and will be delivered virtually through Microsoft Teams. To register for the events, please email amy.ross8@nhs.scot with your name, your role and place of work, the events you wish to attend and anything you hope to be covered in the session.



Sexual Health Training Sessions

Tues 23.11.21
12pm - 2pm

HIV

Awareness/testing/management/late diagnosis: Update on testing and management of HIV and the problem of late diagnosis and what is being implemented. Update on Post Exposure Prophylaxis - what is it and when to refer.

Thurs 18.11.21
10am - 12pm

Sexual Health

Sexual history taking, special considerations (young people, at risk groups), routine STI screening, when to refer, Pre Exposure Prophylaxis (PrEP).

Wed 24.11.21
10am - 12pm

Sexually Transmitted Infections

Update on common sexually transmitted infections; presentations, investigations, management, patient education and when to refer.

Tues 30.11.21
1pm - 3pm

Domestic Abuse and Sexual Violence

Recognising and responding to domestic abuse and sexual violence (DASV). What are the common and less common signs of DASV, how to respond to a disclosure and what steps to take in safeguarding and care of the abused person.

Tue 14.12.21
10am - 12pm

Menopause

Overview of menopause and management options, including treatments in primary care and when to refer.

Fri 17.12.21
10am - 12pm

Contraception: Foundation

Comprehensive review of all contraception methods; effectiveness, how to use, assessing suitability, risks and benefits of each method, when to refer.

Fri 17.12.21
1pm - 3pm

Contraception: Advanced*

Emergency contraception, contraception in specific populations (e.g. Post pregnancy, perimenopause, women with specific health conditions), managing side effects. What's new in contraception.

**This session will not go into detail about the topics covered in 'Contraception: Foundation' and therefore it is recommended that those attending the 'Contraception: Advanced' session have either attended the Contraception Foundation session or are already contraception providers.*