

Pharmacy & Medicines Directorate Weekly Update



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Reminder: Power Resilience

Following the Power Resilience training held on 28th February and 2nd March, this is a final reminder that **ALL** pharmacies are required to complete the proformas as detailed within the update sent on Friday 3rd March.

- Power Resilience Template: CP
- Power Resilience Vaccination Template (only if provide vaccination services)

These should be completed by 12pm on Friday 17th March to helen.clark2@nhs.scot

Annual Contractor Pack Evening Tuesday 21st March

Pharmaceutical Care Services and Primary Care Contracts will be hosting an information evening prior to the release of the 2023/24 Grampian Pharmacy Contractor Pack, including details of the local service level agreements.

This session will be held on Microsoft Teams from 7-8pm: [click here](#) to join the meeting.

Smoking Cessation

Support to Stop Vaping

We have received a number of queries on the available support for patients who are looking to stop vaping.

Stopping smoking can have a large impact on improving someone's health, and vaping products have become a popular tool among those trying to stop or cut down tobacco use.

For support on vaping, patients can be sign posted to: *Quit Your Way Scotland* – Tel: 0800 84 84 84.

For more information please click [here](#).

Public Health Promotion

Seeking Public Health Champions

Thank you to those who have come forward so far. As mentioned before, we are looking for non-pharmacists to take on the role as Public Health Champions. This is a small role, acting as a point of contact for monthly campaigns. You can find more information [here](#) on our website health promotion page. Anybody interested can contact our Public Health Practitioners directly at the email addresses on the link. We're aiming to have a named person for each Pharmacy in NHS Grampian.

Public Health Scotland Poster Campaign

The current Public Health Service Poster campaign topic, *Womens Heart Health*, will run until further notice.

The poster campaign topic of Antimicrobial Resistance is no longer going ahead.

If there are any queries about receiving posters, please contact APS Group by emailing:

Stockorders.DPPAS@theapsgroup.com

Help Scotland Eliminate Hepatitis C

The Scottish Government has set a target to eliminate hepatitis C by 2024. Those most at risk of Hepatitis C are people who currently inject drugs or who have injected drugs in the past. Some may not consider themselves at risk. To achieve elimination, NHS Grampian will need to

use innovation to find and treat people. This includes use of self-testing kits which contain all of the equipment and instructions required to undertake a test in a stamped addressed pack for return to the liver service.

The following video guides through the process which we encourage you to share with all staff: [How to perform a dry blood spot self test for blood borne viruses - YouTube](#)

Level 1 of the pharmacy SLA for substance misuse includes an action to check testing status and promote uptake of testing. To support this, healthcare support workers from the liver service will be personally delivering testing kits and posters out to pharmacies and able to answer questions.

Please think of ways to encourage uptake whether this is promoting testing when dispensing methadone and buprenorphine, making available for self selection or having a "get tested" week where it is highlighted widely in the pharmacy. *You have the potential to achieve elimination!*

The Happy Place 😊



Walking at a brisk pace for just 11 minutes a day slashes the risk of a premature death by almost a quarter, according to new research.

The team led by researchers at the University of Cambridge showed how one in ten early deaths could be prevented if everyone managed to reach the threshold of 75 minutes per week of moderate-intensity physical activity.

The study demonstrated that this would be sufficient to lower the risk of heart disease and stroke—the leading causes of death globally—as well as a number of cancers. [More Info Here.](#)

“Like” our Facebook Page

This is a reminder that we now have a Facebook page:



“Community Pharmacies Delivering NHS Grampian Services”

Here share information from our update in case you missed it, education and training events and public holiday opening hours across the network.

MedWatch March Newsletter



Please [click here](#) to view the latest edition of the MedWatch newsletter. This edition contains information on MHRA drug safety newsletters, alerts, notices and shared learnings, hospital electronic prescribing and medicines administration (HEPMA), potassium permanganate and sustainable alternatives to plastic medicine pots.

If you are prompted to sign in to view the newsletter, please use your MS Teams login.

Community Pharmacy Scotland Newsletter Round-up



Dermatology Item for Consideration

Where scabies is being treated with permethrin by community pharmacy teams, please consider the quantity being supplied, and ensure that the appropriate quantity is given



Pholcodine Containing Medicines Recall

All pholcodine containing medicines are being recalled and withdrawn from the UK as a precaution.



Courier Collection

It's that time again, your next prescription collection date is Tuesday, March 21st. You should have your prescriptions counted, and in the Parcelforce bag along with your GP34 ready for the driver to collect.

Newsletter by,

The Pharmaceutical Care Services Team,

All weekly updates are uploaded to the [CP Grampian website](#).

Please note that due to known log-in issues, the password protection for the Grampian section of the website has been removed to resolve this.