

Pharmacy & Medicines Directorate Weekly Update



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NHS Pharmacy First Scotland Approved List – V24, 1st August 2023

Please find the attached updated version of the Approved List which has been published. The 4 new PGD hay fever products have been added into this version and a circular communicating the addition of the PGDs to Pharmacy First will be issued imminently.

The Approved List is now also published on the SHOW website [here](#), replacing the previous version.

North of Scotland Gluten Free Food Service (GFFS) Formulary

Please find attached the updated North of Scotland Gluten Free Food Service (GFFS) Formulary. Please note there are now 2 versions, a pharmacy / dietician copy and a patient copy. The patient version is expected to be uploaded to NHS Inform from 7th August, following website maintenance which is currently taking place.

Nomination of Members to the Area Pharmaceutical Committee (APC) for the Period of 1st September 2023 – 31st August 2026

NHS Grampian's Area Pharmaceutical Committee (APC) provides advice to the Grampian Health Board. A key objective of the Committee is to ensure engagement of the pharmacy profession in clinical and service development. This forum enables practising frontline pharmacists and technicians to influence the contribution of the pharmacy profession and to work with other professionals to provide safe, effective and integrated healthcare to the people of Grampian.

We require an active Committee with members from across Grampian, with a wide variety of experience who can provide appropriate information and advice to NHS Grampian's Board. Committee members represent their peers/colleagues and as such have a responsibility to actively communicate with their peers/colleagues to seek opinion and disseminate information as appropriate. The commitment is to attend 6 meetings per year for a 3 year period. The meetings will be via Microsoft Teams, with the option to hold an annual face-to-face meeting. Expenses are paid to contractors/ contractor employees to cover locum fees where back fill is required.

Please find attached the APC Election Flyer and Nomination Form for more information. All nominations for election must be submitted no later than **12pm on Friday 11th August 2023**.

Substance Use Service Update

Potential Increase in Harm Relating to Substance Use

Over the weekend, the Substance Use Service team received a high volume of reports on people experiencing serious harm which may be related to the substances they have taken. At present the SUS team do not have enough information to know if these are linked or co-incidental or relate to the same substance. Until more information is identified, the SUS team request for your support in discussing harm reduction messages with people you are in contact with who use substances or are prescribed medication for substance use.

Key messages to discuss:

TEST	If you are planning on using substances, please use a smaller amount than you would normally so you can assess how it affects you.
DON'T MIX	Wherever possible, stick to one substance. Mixing substances increases the risk. This includes alcohol.
HAVE SOMEONE WHO CAN HELP	Wherever possible, do not use substances alone or tell somebody that you are planning on using substances.
USE NALOXONE	Check they have naloxone, keep it with them and know how to use it *** make a supply if not ***.
CHECK ON PEOPLE	Check on people around you, do not leave them to "sleep it off" – snoring can be a sign that the person is overdosing.
CALL AN AMBULANCE	Call 999 and ask for an ambulance as soon as you suspect someone is overdosing.
SHARE	Please share these messages with anyone you know who uses substances and encourage patients to share the message wider with others they know.

If you are speaking to people who report experiencing unexpected effects or harm, the attached form provides information on the type of questions that are helpful in developing intelligence. These can be fed into Public Health Scotland's RADAR team using the following form, [RADAR Reporting Form \(publichealthscotland.scot\)](#) or emailed locally to gram.substancemisusealert@nhs.scot.

Smoking Cessation Update

Using Text Messaging within Smoking Cessation Services

Following a text trial pilot some months ago using a small amount of pharmacies, it's been shown that text messaging may be a valuable tool in some instances for keeping communication channels open within the smoking cessation programme.

Face to face consultations are always desirable but, as not everyone is able to come into the pharmacy on a weekly basis, the goal is to keep communication channels open for the full 12 weeks by any means that works for your patient. If you think texting may be a valuable tool in retaining patients, then please do use that method as a further tool of communication.

Please note that the use of WhatsApp should NOT be used for internal NHS business or communication with patients.

The pharmacy training pack has been updated and can be found on the CP Grampian website [here](#).

Vaping Support

A reminder that the community pharmacy smoking cessation programme is for **tobacco smokers only**. The service specification does not permit you to treat vapers at this current time.

You may be aware that Quickmist® is licensed for vapers. If vapers want a product to help them stop vaping, they can purchase Quickmist® but you should not be prescribing this product or any other NRT product (no other NRT product has been licensed for vaping) for the purpose of ceasing vaping.

New Government guidance is due to come out in Autumn this year and we will update you with any changes to vaping guidance. We are well aware of the scale of vaping in Grampian and working groups are already in place to tackle the problem.

In the meantime, anyone wishing to quit vaping should be referred to Quit Your Way Services (QYW) on 0800 84 84 84.

Public Health Update

Try Dry App Launch!

Try Dry is a Lifestyle App, similar to counting your steps or sleep Apps, which is now available for daily use in Grampian – *not just for dry January!*

The Try Dry App can help you record and increase alcohol free days and as a result sleep better, improve mood, save money and reduce calories. It is great for wellbeing and can be used in social prescribing and in lots of health and social care settings or you can download the App to use yourself. Please share on your own social media platforms.



Scottish Fire and Rescue Services Leaflets/HFSV Postcards

A small number of postcards have now been distributed to *Aberdeenshire* and *Moray* community pharmacies to be used selectively and attached, preferably stapled the on outside, of prescription bags. The postcards are intended to provide information and contact details to *elderly (60+) and vulnerable people* within your communities, so that SFRS can provide valuable home safety information and possible home visits across Aberdeenshire and Moray areas. Home fire safety visits are a valuable initiative aimed at promoting fire prevention, risk reduction, and community safety, by engaging residents and providing them with fire and home safety awareness.

If you have not yet received the HFSV postcards, these may still be on the way to you. Please find an electronic version of the Leaflet/HFSV Postcard attached for information.

Skin Creams: ALERT

Do you use a skin cream, ointment, lotion, gel, spray, bath oil or soap substitute? It is important to be aware of the potential danger and know how to keep safe when using emollients, particularly staying away from naked flames and heat sources when using these products. Emollients can transfer from your skin onto clothing, bedding and bandages, increasing their flammability. Please find the attached leaflet for further information.

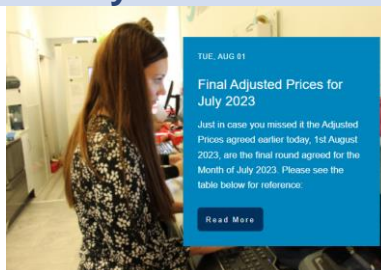
Community Pharmacy Scotland Newsletter Round-Up



Cancer and Early Diagnosis Event

Our colleagues at the Cancer and Early Diagnosis Team have sent the following information regarding an upcoming event

[Read More](#)



Final Adjusted Prices for July 2023

Just in case you missed it the Adjusted Prices agreed earlier today, 1st August 2023, are the final round agreed for the Month of July 2023. Please see the table below for reference.

[Read More](#)

Designated Prescribing Practitioner (DPP) Webinar - 23rd August 7pm - 8.15pm

Thinking about becoming a DPP or about to start the role? Join us on Wednesday 23rd August from 7pm to 8.15pm

when we will be hosting a DPP webinar in collaboration with the Universities, Community

[Read More](#)



The Happy Place 😊

This week, we are delighted to share an empowering Good News Story sent in to us by Galen Will, from Wills Pharmacy; where the power of a question during an appointment encouraged a patient to make a very important lifestyle change. This is a perfect example of Making Every Opportunity Count (MeOC). Well done! 😊

A lady attended for an appointment with myself, Pharmacist, for help with using her inhalers. Her friend had made the appointment on her behalf and she was clearly unhappy about attending. I introduced myself then listened to the patient's story. She said she smoked, not interested in stopping, and then spoke at length about her inhalers, how she uses them, how they didn't work, how she played with the doses until she felt them working better. She used her fostair three times daily and didn't use her salbutamol because it made her cough. She described non-usual dose regimes. She described dissatisfaction with her healthcare providers - how one nurse told her to lose weight which she took great offence at. She struggled throughout covid to speak to a GP for help with her breathing. She had a cough, breathlessness, hoarse voice over months and possibly years.

I let her finish talking, and simply asked "what do you like about smoking?" The patient said that she likes it, stress relief, doesn't want to stop and has tried before and never managed a day without a cigarette. I then asked "why did you try stopping before?"

These two questions led to the patient talking herself into a quit attempt. I provided NRT and encouragement, and as of today, the patient is 2 weeks clear of smoking - more days without cigarettes since she started 40 years ago. Just 2 weeks in, her voice hoarseness has stopped, her breathing is better, cough is gone, fostair used at prescribed dose (BD) and never felt a need for salbutamol. She feels amazing.

Allowing the patient to talk, listening, showing compassion, and two very carefully placed questions empowered this patient to make a hugely positive lifestyle change.

If you would like to use this section to say thanks to one of your team, do contact us!

Newsletter by,

The Pharmaceutical Care Services Team,

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

Please like our Facebook page for regular updates and information:

[Community Pharmacies Delivering NHS Grampian Services](#)



We are happy to receive all feedback and comments to improve our communications to you, please don't hesitate to get in touch on gram.pharmaceuticalcareservices@nhs.scot