

Pharmacy & Medicines Directorate Weekly Update



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Migraine Management in Pharmacy Training Events

Thanks to all who have attended the Migraine Management for the Pharmacy Team training events to date. So far, there have been 33 attendees with great feedback. There are two more sessions running via MS Teams on 19th & 20th September. These sessions are delivered by two headache experts, Dr Callum Duncan (Consultant Neurologist) and Dr David Watson (GP with Special Interest) and cover migraine diagnosis, common myths and misconceptions and migraine management in line with the soon to be launched National Headache Pathway. If you are interested in attending, or wish to have access to a recording of the training, please contact: gram.transformationteam@nhs.scot

Pharmacy Technician Fitness to Practise and Professionalism Webinar

Pharmacy Technician Fitness to Practise and Professionalism Webinar A myth-busting webinar on Fitness to Practise and Professionalism, with focus on Pharmacy Technicians and Pre-registration Technicians, is being hosted on Zoom by GPhC and APTUK on Tuesday 26th September from 7-8pm. If you wish to attend the webinar, please [click here](#) to register.

Smoking Cessation Update

Vaping Update

Did anybody watch the BBC Panorama episode “Teenage Vaping, What’s The Harm”? It was very informative and worth a watch on BBC iPlayer. The general consensus remains that vaping is MUCH better than tobacco smoking. The Department of Health, backed by medical doctors at the Royal College of Physicians, regularly tell smokers that they’d be far better off if they vaped, and that vaping is **95% less harmful** than smoking. Remember to remind patients that vaping is a better alternative to tobacco smoking and if they can vape instead of smoking, they are classed as a smoking quit.

Young people, who have never smoked, taking up vaping remains a big issue and there are new Governments directives in the pipeline to combat this problem.

Anyone who wants to quit smoking using a vape can access Healthpoint on 08085 20 20 30 and those who want to quit vaping completely should be advised to call Quit Your Way on 0800 84 84 84.

Public Health Update

September is Blood Cancer Awareness Month

Over 40,000 people are diagnosed with a blood cancer each year in the UK, and over 250,000 people are currently living with blood cancer. Did you know there were so many different types of blood cancers?

The attached link can provide more information for both you and your patients: [Blood cancer - what is it, symptoms and treatment | Blood Cancer UK](#)



Period Poverty Update

Aberdeen City

Community Initiatives North East (CFINE) [CFINE - Period Poverty - NACWG \(generationequal.scot\)](https://www.generationequal.scot) can provide free sanitary products to all pharmacies within Aberdeen City. If you'd like to stock free products, please contact CFINE. They will deliver the products straight to the pharmacy and you can subsequently order on-demand or set up an automatic repeat delivery system. Please note the contact email address specifically for period product orders: fsp@cfine.org

Moray

An email was sent out to all Moray pharmacies on 23rd August 2023 with an attached order form where you can request sanitary products, free of charge, to stock in your pharmacy. If you missed this, please contact the Public Health Practitioner for Moray, denise.stirling@nhs.scot, who can send out a copy of the order form as required.

Aberdeenshire

As yet, there are no provisions in place for the Aberdeenshire pharmacies but please contact your Public Health Practitioner if you are interested in stocking free sanitary products.



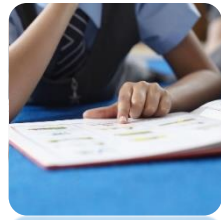
Community Pharmacy Scotland Newsletter Round-Up

	<h4>Healthcare Worker Respect Toolkit</h4> <p>This toolkit has been produced, by the Scottish Government, to help reduce levels of violent and abusive behaviour being experienced by health and social care workers ...</p> <p>Read More</p>			<h4>PCA(P)(2023)33 - SSP for Estradot®</h4> <p>This Circular advises community pharmacy contractors that the UK-wide Serious Shortage Protocol (SSP) for Estradot® (estradiol hemihydrate) 100 microgram patches, a hormone replacement therapy (HRT)...</p> <p>Read More</p>
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The Happy Place 😊

New Recycling Scheme Trades Broken Plastic Toys for Books

Old plastic toys can be swapped for books through a new recycling scheme, Recycle to Read. Running from 4th September until 4th December, the green initiative organised by toy company Hasbro and environmental education company, Wastebuster, encourages families to recycle their broken, hard plastic toys via recycling bins placed in Tesco stores. Each child will be rewarded with a book when they make a donation. The first of its kind, broken toys will be cleaned and turned into plastic pellets, before being used to create new items.



Katy Newnham, founder of Wastebuster said: "Recycle to Read supports families in learning about the environmental benefits of toy rehoming and recycling, while rewarding them with books for taking part.

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