

Pharmacy & Medicines Directorate Weekly Update



Contents

01: Rabies Status Change Timor-Leste for Post Exposure Rabies Assessment Consideration

04: Public Health Update: Stress Awareness Month

02: Topical Emollients: Avoid Contact with Eyes - Risk of Irritation/Damage

05: Community Pharmacy Scotland Round-Up

03: Smoking Cessation Update:

06: The Happy Place 😊

- Smoking Cessation Updated Standards
- Smoking Cessation PCR Changes
- Smoking Cessation Service Commitment

Rabies Status Change Timor-Leste for Post Exposure Rabies Assessment Consideration

The rabies status of the Timor-Leste has been changed by WHO to high risk following a report of the first ever confirmed, fatal case of rabies in a 19 year old female; reported by Timor-Leste to WHO on 22nd March 2024.

WHO have assessed the national risk level in Timor-Leste (East Timor) as high risk based on:

1. The country having reported its first human case.
2. That East Nusa Tenggara province is endemic for both dog and human rabies.
3. Timor-Leste has a significant population of stray and unvaccinated dogs including in the areas bordering Indonesia.
4. There are insufficient stock of human rabies vaccines in the government health facilities.
5. That control measures to limit movement of animals, including unvaccinated dogs, across the border shared between Timor-Leste and East Nusa Tenggara province are challenging.

UKHSA have updated the relevant protocols for Rabies and Immunoglobulin Service and out of hours service to account for this change with respect to post-exposure assessment.

Recommendation

- In line with UKHSA advice, please consider Timor-Leste (East Timor) as a high risk country for terrestrial rabies and **not** a low risk country as stated on the [terrestrial rabies page](#) taking note of the information above and that in the [public domain](#).
- UKHSA will update their terrestrial rabies risk page once WHO make an official announcement on this. Travel advice on TRAVAX and fitfortravel will also be updated in due course.

If you have any queries, please contact the Travel and International Health team: pms.travelteam@pms.scot.

Topical Emollients: Avoid Contact with Eyes – Risk of Irritation/Damage

Please ensure patients are aware that topical emollients should not be allowed to come in contact with the eyes. If accidental contact does occur the eye(s) should be rinsed well immediately and advice sought.

A field safety notice was issued by Aspire in 2023 (attached) following a number of incidents in relation to their products Epimax Ointment, Epimax Paraffin Free Ointment and Epimax Cream.

The position of Epimax ointment, Epimax Paraffin Free Ointment and Epimax cream is currently under review by NHS Grampian Area Formulary. Other emollient products are available e.g. AproDerm Cream and Zeroderm Ointment. More information is available on the Grampian Formulary page linked [here](#).

Smoking Cessation Update

Smoking Cessation Updated Standards

We have uploaded and updated some of the smoking standards from The National Centre for Smoking Cessation and Training (NCSCT) on our Community Pharmacy Grampian website, please [click here](#) for more information. Much of the information refers to England but all the information is also relevant for use in Scotland.

Direct links for The National Centre for Smoking Cessation and Training (NCSCT):

- Standard Treatment Programme (generic): [click here](#).
- Standard Treatment Programme for patients transferring from hospital to community pharmacy: [click here](#).

Smoking Cessation PCR Changes

The Smoking Cessation Support Assessment Tool in the Pharmacy Care Record (PCR) has undergone a refresh to improve the user experience. We hope some of these changes will avoid common errors made.

Please contact your Public Health Practitioner if you miss a submission, or have any issues with any aspect of the smoking cessation programme.

You will find more information and all the changes on CPS website at the link [here](#).

Smoking Cessation Service Commitment

We often get queries asking if you should enforce a “commitment” lapse-of-time for a patient enquiring about smoking cessation to actually commencing the 12 week programme.

According to the NCSCT, the well-known model of behaviour change known as “Stages of Change” or “Transtheoretical” model incorrectly states that people have to move through a stage of “contemplation” before they get to a quit attempt. Evidence actually shows that even people who were not intending to stop smoking will accept the offer of help and can go on to succeed.

The desire to stop can happen at any time, usually brought on by either health or financial reasons, and therefore patients presenting for support should ideally be offered support and signed up to the programme immediately if time within the pharmacy allows.

Public Health Update

Stress Awareness Month

In the UK, 79% of adults experience stress at least once a month, with 74% feeling overwhelmed or unable to cope at some point in the past year. This month, the Stress Management Society are looking at combatting stress in an age of information overload by launching the #LittleByLittle campaign, highlighting the power of small, everyday actions in combating stress and improving mental well-being.

We urge you all to look at your own stress levels within your workplace, at home and to take steps for improvement. Please find the attached up to date list of support services, more information can also be found [here](#).

Community Pharmacy Scotland Round-Up

Consultation Outcome: The Use Of PGDs by Pharmacy Technicians

We are delighted to hear the recent joint consultation led by the Department of Health and Social Care (DHSC) and the Department of Health Northern Ireland (DHNI), has been approved. This will enable pharmacy technicians to supply and administer medicines using Patient Group Directions (PGDs) once the Human Medicines Regulations 2012 have been amended.

[Read More](#)



April 2024 Drug Tariff Annual Reset

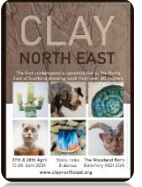
The annual reset of the Drug Tariff has now been undertaken by Public Health Scotland. This is where they balance the value of the tariff by modulating molecules up or down with a view to delivering the same overall value against volume and having outlier prices brought in line as part of the process.

[Read More](#)

The Happy Place 😊

This week we wish to highlight the Clay North East Fair which has been organised by Clay North East and our NHS Grampian colleague, Caroline Gault, NHS Grampian ePharmacy Facilitator.

“Since January, I have been spending my spare time getting a Contemporary Ceramics Fair up and running in the North East. It's exciting, stressful and my field of dreams. It's the first of its kind in Aberdeenshire and we hope to host it on yearly. Over 40 Ceramic artists living and working in Scotland will be showing their work, running demonstrations and workshops at The Barn, Banchory on 27th and 28th April.”



More details can be found here: [Fair & Market : Clay North East - Craft Scotland](#).

We would like to continue this section as an opportunity for reward, recognition and good news stories of the teams who read this! Please submit any items for inclusion to:
gram.pharmaceuticalcareservices@nhs.scot

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

Remember to like our Facebook page for regular updates: [Community Pharmacy Grampian – NHSG](#)