From the Editors
As we are now into March, the daffodils are about to bloom and the sun might even try and shine! This issue is packed with information on Medicine Changes and Formulary information, No Smoking Day 2017, labelling advice, Easter waste campaign and an update on specials. If there is anything you would like added to future issues please contact Fiona or Natalie on 01383 565375 or on fionaforsyth@nhs.net or Natalie.bate@nhs.net.

Medicines Changes Campaign

With the launch of the new Fife Formulary in December, many patients will now be aware their medicines are changing, or will be changing. The new formulary contains prescribing points with key messages to ensure appropriate and cost effective prescribing. A campaign to highlight this ran in January on buses and at train stations, with leaflets and posters in GP surgeries and pharmacies. The campaign is continuing with social media stating specific drug changes, and can be seen on the NHS Fife Twitter and Facebook feed.

If a patient you are caring for has any questions please be ready to offer the following reassurance:

NHS Fife is reviewing patients’ medicine to check that:

- The medicines are still suitable
- Patients are not having side effects
- The medicines are still value for money for the NHS because prices can change over time

Patients who require specific information about their new medicine or who are concerned about side effects they are experiencing should be advised to speak to their pharmacist or contact our helpline in the first instance

Helpline no.: 0800 22 44 88

If you need further supplies of leaflets or credit cards, please contact Natalie or Fiona on 01383 565375.

Examples of the social media campaign
No Smoking Day - 08 March 2017

This year, NHS Fife aims to increase the longevity of the stop smoking message past the traditional “one day” focus.

“Meet the New Me - I’m Quitting” looks to celebrate the changes that take place when a person chooses to stop smoking. The campaign’s colourful design reflects the vibrancy a person will feel as a non smoker - brighter, happier and healthier (not to mention richer).

If you or anyone you work with would like FREE support (including a Fitness Pass) to quit, please make an online referral, or freephone 0800 025 300 to find out where to find support locally. You can also visit www.nhsfife.org and search for “Stop Smoking Support” to find clinic listings.

There are three posters which highlight the message, one for general support, also support from the specialist and pharmacy stop smoking service and a poster aimed at helping to quit whilst pregnant.

The posters will be displayed throughout pharmacies, GP surgeries and community venues and are also available to download.

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UTI Advice and/or Treatment Now Available in 10 Fife Pharmacies

A roll out of the new Community Pharmacy service for uncomplicated UTIs was launched in December 2016, and the service is now available in ten pharmacies across Fife, see below for the pharmacies taking part in this pilot:

- Asda Pharmacy, Dunfermline, KY11 4LP
- Asda Pharmacy, Kirkcaldy, KY1 3NG
- Wm Morrison Pharmacy, St Andrews, KY16 8PJ
- Wm Morrison Pharmacy, Cowdenbeath, KY4 8PB
- TW Buchanan, Leven, KY8 4LD
- Boots The Chemist, Dunfermline, KY12 7QU
- Boots The Chemist, Lyon Square, Glenrothes, KY7 5NR
- Boots The Chemist, Fife Retail Park, Kirkcaldy, KY2 6QL
- Boots The Chemist, High Street, Kirkcaldy, KY1 1NQ
- Boots The Chemist, St Andrews, KY16 9PE
Stay 'Health-Wise' this Easter

Fifers are being encouraged to put a “spring” in their step this Easter by preparing ahead for the holiday period.

The NHS Scotland Be Ready for Easter campaign is advising people to take a few simple steps to look after their health. By making sure they have a supply of over the counter medicines, knowing when their GP surgery is open and checking their repeat prescriptions, they can ensure they make the most of the Easter holiday weekend.

This year many GP surgeries across Scotland will close for four days from Good Friday (April 14th) to Easter Monday (April 17th), before re-opening on Tuesday 18th April.

Andrea Smith, Lead Pharmacist Pharmacy Services at NHS Fife said “Make sure you have enough medicines to cover you, and stock up your medicine cabinet. However, also make sure you only order what you need, and speak to your pharmacist if you no longer need or take a medicine. NHS Fife is encouraging members of the public to help reduce the amount of medicines waste.”

Over-ordering medicines on repeat prescriptions or continuing to order medicines which are no longer taken costs over £2 million per year. That’s the equivalent of around 110 community nurses, 80 community midwives or 54 community dentists.

Remember not to order medicines “just in case” and please check your prescription when it is collected - once medicines leave the pharmacy they cannot be returned and must be disposed of, even if unopened or unused. Pharmacies receive deliveries of medicines every day, so there should be no major delays in receiving more medicines when you need them. Stockpiling medicines at home is a safety risk.

General advice and information on how to stay healthy this Easter can be found at www.nhsinform.co.uk or contact NHS inform on 0800 22 44 88.

Liquid Preparations and How Best to Label Them

Following a recent patient safety incident in NHS Fife, can we please remind all pharmacists that they must label liquid medicines clearly with the VOLUME to be given, and that they must provide an appropriately sized oral syringe if the dose cannot be measured in 5ml spoonfuls.

It is never acceptable to label medicines with the dose prescribed and expect the patient or care giver to calculate the correct volume themselves.

Labelling Medicines for Care Homes

RPS Medicines, Practice & Ethics Guide Dispensing Advice (Edition 40 - July 2016)
Section 3.3.7 on page 46, states the following:

OUTER CONTAINER -

Whilst it is lawful to label the outer container, we advise that the labelling recommendations of the National Patient Safety Agency are followed. These guidelines raise the issue that the outer container may be discarded and, therefore, the labelling information could be lost, so the actual container (e.g. inhaler or tube of cream) should be labelled rather than the outer container.

A recent audit of a special school in Fife which looked at medicines storage and systems highlighted some issues with the way medicines, mostly liquid paracetamol, from community pharmacies were labelled. Some had the bottle labelled while others had the carton labelled.

Please try to ensure that the bottle/inhaler etc is labelled rather than the outer carton.
Patients’ Own Medicines

A new poster has been designed to help support patients who are newly prescribed Warfarin.

The poster shows a checklist with prompts on how to take the medicine, and any signs and symptoms to look out for, and also has a QR code to scan which takes the patient and doctor/health professional directly to the SPSP Warfarin video on YouTube.

It is hoped this poster is very helpful to patients to help them monitor their warfarin, and understand how and when to take it, and what to do if they experience side effects or miss a dose.

For further copies of the poster, please contact Fiona or Natalie on 01383 565375.

NHS Fife is encouraging patients to bring their own medicines into hospital before they arrive.

When preparing to come into hospital, patients are asked to bring all their medicines with them. On arrival at hospital, their medicines should be handed over to a member of nursing/medical staff and if they are transferred to another ward, their medicines will go with them.

Patients will be less likely to miss any doses, and staff will be able to know which medicines are taken and how they should be prescribed. This means that the hospital pharmacy often won’t need to dispense more of the same medicines for patients.

The campaign was promoted to NHS Fife staff in VHK, QMH and St Andrews last year and is linked to the NHS Fife Medicine Waste campaign.

Special bags have been introduced into a small number of wards at VHK and so far the feedback has been overwhelmingly positive, with staff stating the bags make it much easier for them to carry out medicines reconciliation, with less need to re-prescribe medicines the patient already has, and speeds up the discharge process.

Bags will be introduced in every ward, Ambulance and Out of Hours locations by June 2017.
NHS Fife Pharmacy Champions support community pharmacists and their staff in defined geographical areas. They regularly visit a number of pharmacies in their area to help support staff.

Meet the New Champions
We would like to offer a warm welcome to two new Pharmacy Champions in Fife - Naseem Sadiq (left) and Alex Stuart (right).

See below for contact details and an update on the areas covered by each Champion.

Your Local Pharmacy Champion is Listed Below
If you have any questions or feedback on the services provided in your pharmacy, call or drop them an email.

<table>
<thead>
<tr>
<th>Champion</th>
<th>Contact Email</th>
<th>Contact Number</th>
<th>Areas Covered</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kenny Bell</td>
<td><a href="mailto:kennybell@nhs.net">kennybell@nhs.net</a></td>
<td>01592 644139</td>
<td>Burntisland, Dysart, Kinghorn, Kirkcaldy</td>
</tr>
<tr>
<td>Colin Cossar</td>
<td><a href="mailto:colincossar@nhs.net">colincossar@nhs.net</a></td>
<td>01383 843617</td>
<td>Aberdour, Charlestown, Dalgety Bay, Dunfermline (ASDA only), High Valleyfield, Inverkeithing, Kincardine, Oakley, Rosyth</td>
</tr>
<tr>
<td>Amanda Dellar</td>
<td><a href="mailto:amanda.dellar@nhs.net">amanda.dellar@nhs.net</a></td>
<td>07807 646 624</td>
<td>Cowdenbeath (Boots only), Crossford, Dunfermline</td>
</tr>
<tr>
<td>Alec Murray</td>
<td><a href="mailto:alec.murray@nhs.net">alec.murray@nhs.net</a></td>
<td>07826 555 069</td>
<td>Anstruther, Auchtermuchty, Crail, Cupar, Elie, Falkland, Ladybank, Leuchars, Newburgh, Newport on Tay, Pittenweem, St Andrews, Tayport</td>
</tr>
<tr>
<td>Naseem Sadiq</td>
<td><a href="mailto:naseemsadiq@nhs.net">naseemsadiq@nhs.net</a></td>
<td>01592 772797</td>
<td>Ballingry, Cardenden, Cowdenbeath, Crossgates, Glenrothes (Dears only), Kelty, Lochgelly</td>
</tr>
<tr>
<td>Allan Shields</td>
<td><a href="mailto:allanshields@nhs.net">allanshields@nhs.net</a></td>
<td>07977 469 251</td>
<td>Glenrothes, Kinglassie, Leslie, Leven, (TW Buchanan only), Markinch, Thornton</td>
</tr>
<tr>
<td>Alex Stuart</td>
<td><a href="mailto:alexandrastuart@nhs.net">alexandrastuart@nhs.net</a></td>
<td>01592 652209</td>
<td>Buckhaven, East Wemyss, Kennoway, Leven, Methil, Kirkcaldy (St Clair Street only)</td>
</tr>
</tbody>
</table>
Some of the most common Specials prescribed in NHS Fife that must be endorsed in this way include:

- Diltiazem 2% Cream/Ointment
- Levomepromazine 6mg Tablets
- Liothyronine 5mcg Tablets
- Metolazone 2mg & 5mg Tablets
- Melatonin 3mg MR Capsules
- Specially made Solutions & Suspensions

Although receiving prescriptions for these items can be a common occurrence, it’s important to remember that Health Board authorisation must be sought for each patient and that the prescription must be endorsed with the authorised price every time.

A copy of the invoice should also be attached to the prescription in support of payment when submitted to PSD. This process must also be followed for UK licensed products where UK stock cannot be obtained, an example of this being Sucralfate (Antepsin).

As well as reimbursement for the product, contractors are also entitled to claim a £30 fixed handling fee for each Special prescription dispensed. This should be claimed using the endorsement “HC” followed by the price in pence format, i.e. “HC 3000”.

Further guidance on the electronic and paper endorsing of Specials can be found on the Community Pharmacy Scotland Website (http://www.communitypharmacy.scot.nhs.uk/) or contact the Prescribing Support Team on 01383 565 397.

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**Safe and Secure Use of Medicines Policy and Procedures Launch**

The new "Safe and Secure Use of Medicines - Policy and Procedures" will launch in early March and will replace the Code of Practice - Medicines. The new version is a single document, which will be available as a PDF with hyperlinks to ease access and hopefully encourage better utilisation.

There is some new material and a lot has been moved around and clarified, therefore, it would be best to treat it as a new document, and not assume that things are the same. Please familiarise yourself with the content. Should you require further help, a series of learning events for anyone who handles medicines at various locations across Fife will be available over the next two months. These sessions are multidisciplinary to encourage everyone to appreciate their colleagues’ roles in making the new policy work. Further more in-depth sessions will be held within pharmacy to ensure confidence when answering questions from hospital wards.

Further information will follow in due course.

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**New SIGN Guidelines for Steroid Inhalers**

The inhaled corticosteroid section of the BNF states that with high doses, a steroid card should be provided. The relevant SIGN guidelines for both adults and children, highlighting which steroid inhalers are actually "High Dose" and warrant a steroid card are shown below:


In addition, the Fife Formulary appendices all have a red * next to the inhalers that are considered high strength.

Gluten Free Foods Service

Following a review of the prescribable products available on the Gluten-Free Food Service (GFFS), the NHS Fife SHOW web site has been updated to include the GFFS Formulary List (December 2016) for use within the Community Pharmacy Service.


Three items have been added to the Formulary List:
- Juvela G/F Harvest White Mix 500g - (PIP Code 247-7875)
- Glutafin Select G/F Fibre Bread Mix 500g - (PIP Code 297-9912)
- Juvela Lasagne sheets 250g - (PIP Code: 280-7972)

The following products have been removed from the Formulary List:
- Livwell Ciabatta Rolls – Square Dinner Rolls (2 pack)160g - (PIP Code 351-8552)
- Ener-G Wheat free Pizza Base (3 pack) 372g - (PIP Code: 295-5896)
- Glutafin–Gluten & Wheat Free Lasagne 250g - (PIP Code: 215-5091)

We are also in the process of updating the letters that are sent to GPs following the GFFS Annual Health Check; once this is complete we will inform you of this change.

Pharmacy Quality Roadshow

Tuesday 21st March 2017
7pm to 9pm

For your convenience, the event will be hosted via video conference from the regular VC sites:
- Education Centre, Victoria Hospital (VHK), Kirkcaldy
- Education Centre, Queen Margaret Hospital (QMH), Dunfermline
- Seminar Room 2, St Andrews Community Hospital (StACH)

This event is for both hospital and community pharmacy teams and is a collaboration with national stakeholders - Healthcare Improvement Scotland, Yellow Card Centre Scotland, The Scottish Government, Community Pharmacy Scotland, The Royal Pharmaceutical Society, Alliance - Health and Social Care Alliance Scotland, NHS Scotland and NHS Education for Scotland.

For convenience, the event will be hosted via video conference from the regular VC sites:
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- Seminar Room 2, St Andrews Community Hospital (StACH)

The roadshow will address the imminent changes in legislation in relation to inadvertent dispensing errors as well as compliment the e-learning modules and facilitate completion of the “Safety Climate Survey” set out in the NHS PCA (P) Quality Improvement Circular (2016) 15.

You may also wish to reference the RPS Professional Standards for reporting, learning, sharing and taking action in support of patient safety, 2016, prior to the event.

To register your place please email sheila.dall@nhs.net with your name, pharmacy and choice of venue. Alternatively call 01383 565351 or fax details to 01383 741395.
Congratulations and Farewells
Welcome to ...

New additions to the team are:
Heather Paterson, Senior Practice Pharmacist (h.paterson1@nhs.net - 01383 565211)
Jennifer Laing, Senior Pharmacy Technician (j.laing1@nhs.net - 01383 565211)
Clare King, Practice Pharmacist (c.king11@nhs.net - 01383 565211)
Elaine Masterton, Accuracy Checking Technician (elainemasterton@nhs.net - 07966 884101),
Martin Jackson, Pharmacist (martin.jackson6@nhs.net - 07966 884108)

Farewell to ...
Sandra Notman, Practice Pharmacist
Lorna Caldwell, Prescribing Support Technician.

Good Luck and Best Wishes!!

Dates for your Diary

Pharmacy Quality Roadshow (see page 7)
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Hosted via video conference from the regular VC sites:
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- Seminar Room 2, St Andrews Community Hospital (StACH)

Woundcare Conference/Formulary Update
- 2017 NHS Fife Formulary, Wound Management,
- Simple Dressings and Accessories
- Catheters and Accessories

Find out more about formularies and new products available
Tuesday 07 March 2017, Education Centre, VHK (2.00pm - 4.00pm)
Tuesday 14 March 2017, Seminar Rooms 2 & 3, St Andrews Hospital (2.00pm - 4.00pm)

For further information and to book a place, please contact -
Senior Prescribing Support Nurses: Fife-UHB.Fifeprescribingsupportnurse@nhs.net or phone 22073 stating your name, area you work in and which event you wish to attend

Telephone: 01383 565375 or email: natalie.bate@nhs.net or fionaforsyth@nhs.net.

If you would like this newsletter in an alternative format such as large print or Braille, please phone 01383 565375