NHS Fife Pharmacy’s Strategy Launch

Events took place at VHK, Lynebank, QMH and St Andrews Community Hospital across September and October to launch the new 5 year plan for Pharmacy in Fife. “Helping the people of Fife to live long and healthy lives by enabling the best outcomes from their medicines, whilst avoiding harm and waste” is the main aim of the strategy, with the values of the strategy focussing on:

- Person Centred Care
- Professional/Clinical Excellence
- Exemplar Employer/Pharmacy Services
- Sustainable and Consistent

The Senior Management Team attended and answered questions on how this strategy will help achieve the aims of NHS Fife, now and in the future. Action plans are being developed and will be discussed, monitored and reviewed by the CSMT and ASMT.

From the Editors...

Welcome to the Autumn edition of Fife Pharmacy News, including the launch of the new Fife Pharmacy Strategy for the next 5 years, a new video on managing repeat prescriptions, a roll out of Bringing Patient’s Own Medicines into Hospital, as well as events at Fresher’s Weeks across Fife Colleges and talks to various voluntary groups.

If you have any news or stories you would like to share in future editions, please don’t hesitate to contact Fiona or Natalie, our details are below:

fionaforsyth@nhs.net
Natalie.bate@nhs.net or call 01383 565375.

Congratulations to...

Fiona Eastop, Deputy Lead Pharmacist and her team (right) on their winning poster Respiratory Prescribing Support Nurses in NHS Fife - A Novel Approach to Improving Respiratory Formulary Prescribing in NHS Fife at the National Respiratory MCN Learning Forum in September.

Maxine East, Mental Health Clinical Pharmacy Technician was recently invited to Birmingham to speak at the first ever psychiatric pharmacy technician conference run by the College of Mental Health Pharmacy (CMHP).

The day was run by technicians for technicians with the theme of the day ‘inspirational working practice’. Maxine was able to share all the development work that is going on at Stratheden Hospital and also hear about other developments from across the UK.

"it was a fantastic opportunity to meet fellow pharmacy technicians who work in the same specialist role".

Patient’s Own Medicines

The Bring Your Own Medicines Into Hospital campaign is being re-launched across NHS Fife in October. It is now available in all wards (with some exceptions within Mental Health and Community Hospitals where it may not be appropriate).

Promotional posters will be displayed within hospitals, GP surgeries, Community Pharmacies and on NHS Fife delivery vans in October.

Stickers are also available for prescription bags to further promote the campaign.

Banners will be at VHK and QMH revolving doors at Reception throughout October and at St Andrews Community Hospital.

The campaign aims to help encourage patients and carers to bring their own medicines into hospital to aid the discharge process, patient flow through the hospitals and safe prescribing at the interface, plus reducing unnecessary prescribing and wasted medicines.

Please contact Natalie or Fiona if you need any more supplies of promotional posters or stickers.

Maxine East from left at the Conference
As time goes on, it seems everything can now be done online - your weekly food shop, last minute gift buying, banking, reading newspapers... The list goes on. But will patients be confident speaking to a pharmacist online and getting their prescriptions in the post, will online pharmacies overtake local pharmacies?

Currently any pharmacy dispensing prescriptions online are based in England, and therefore charge the full prescription cost to patients, even if the items are delivered to a Scottish address.

Do you know of any patients who use online pharmacies, and have you heard of any feedback - positive or negative - from anyone who uses them?

Please contact Natalie or Fiona with any news or case studies.

Fife Pharmacy Stop Smoking Service

Varenicline
The National PGD for the supply of varenicline 500 micrograms & 1mg tablets (Champix®) by community pharmacists in NHS Fife has now been updated and sent to all pharmacies. The changes to this PGD now reflect the improved safety picture for varenicline, which include that it is no longer a black triangle drug.

http://www.communitypharmacy.scot-nhs.uk/documents/069_b33a_f33c230d8e_PGD_213_Varenicline_Issue_2_September_2017.pdf

Whilst varenicline remains as second choice behind NRT at present in the Fife Joint Formulary, it offers an alternative that all CPS have to use to avoid the Community Pharmacy Stop Smoking Service. At present only just over half of our CPS have used varenicline at least once; this is a figure we need to improve upon.

After completing the relevant NES Smoking Cessation e-learning module you should then read and sign the authorization page of this PGD before returning it to Pentland House. Please note if you have already completed MCQ1 and MCQ2 of the previous NES Smoking Cessation e-learning modules you will only have to complete the updated “Varenicline supply under PGD (MCQ2)” module.

For pharmacists who have yet to complete MCQ1 and MCQ2, both should be completed before signing off this PGD.

All NES e-learning modules are now hosted on TURAS LEARN; this can either be accessed via the link on page 3 of the PGD or via the NES Pharmacy link below then click on the TURAS link (sign in required).

http://www.nes.scot.nhs.uk/education-and-training/by-discipline/pharmacy

Dispensing valproate for girls and women of child-bearing age

The RPS Medicines, Ethics and Practice Guidance – section 3.3.13 (July 2017) highlight the advice that pharmacists should give when dispensing valproate to females of child-baring age. This advice includes;

- Whenever a medicine containing valproate is dispensed. Issue a Patient Alert Card unless patient already has one.
- Women of child-bearing age who are using valproate medicines should be advised on the use of effective contraception.
- Ask if they have received a Valproate Patient Guide (booklet), and provide a copy if they have not received this or no longer have it in their possession.


Please see section 3.3.13 of RPS Medicines, Ethics and Practice Guidance for full advice. There is also a MHRA YouTube video on this subject that may be of interest too - https://www.youtube.com/watch?v=MNv-BGKpOZ0.

Online pharmacies ... the future?

As time goes on, it seems everything can now be done online - your weekly food shop, last minute gift buying, banking, reading newspapers... The list goes on. But will patients be confident speaking to a pharmacist online and getting their prescriptions in the post, will online pharmacies overtake local pharmacies?

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Fresher’s Week

Fife College Carnegie

Student Susan Quits with Pharmacy

Susan Johnston, student at Fife College St Brycedale campus has successfully stopped smoking using her local community pharmacy, and was encouraging all of her classmates who smoke to use the service too as it was so successful!

She really appreciated the convenient appointment times and support from all of the staff, and is really proud of her achievement becoming a non smoker!

Giveaways including plasters and tissues helped to promote the services available from Fife Pharmacies, and encourage students to look after their health, and know where to go if they need any help from NHS Fife.

Public Health News
Managed Repeats - New Video!

Alex Stuart Pharmacy Champion, kindly agreed to star in our latest Pharmacy video on managing repeat prescriptions. The video highlights how patients need to contact their local pharmacy before more repeat prescriptions will be ordered.

Click here to view the video: https://youtu.be/

• Make sure you have seven days supply left when you place the order.
• Allow 2-3 days for your prescription to be processed.
• Allow extra time around public holidays.

“Lights, Camera, Action!” …calling all pharmacy video stars

We are looking for pharmacists, pharmacy assistants and technicians to star in future videos on the following subjects:
- A day in the life of a Pharmacy—Community
- A day in the life of a Pharmacy—Hospital
- Just in Case Boxes
- Bringing Patients Own Medicines into Hospital
- Managing Sharps

If you are keen to be involved in any of these - they can be filmed in only 30 minutes and we can provide a script and some hints and tips on how to present a video (if you need them!). It would also be great to video some pharmacies giving consultations and advice, as videos are fast becoming a useful and accessible way of getting messages across to staff and members of the public on how important a role a Pharmacy is within NHS Fife.

Please email Natalie or Fiona at Natalie.bate@nhs.net or Fionaforsyth@nhs.net if you would like to be involved...
And even feel a little bit famous!

Pharmacy Sharps Service Reminder

Prescribed sharps are required by anyone who uses a needle to inject prescribed medication or who self test, e.g. For blood sugar levels. The pharmacy sharps service enables safe and easy access to the appropriate plastic sharps containers which are given directly to patients by the pharmacy to store used sharps in the patients’ home before returning them for safe disposal.

The service has already been successful in:
- Providing patients with a safe and convenient route for the disposal of sharps.
- Reducing the amount of sharps stored in patients’ homes by providing a convenient route for disposal, thus reducing the risk of accidental needlestick injuries.
- Reducing the environmental damage caused by inappropriate disposal methods for sharps.

More information, patient leaflets and posters on the pharmacy prescribed sharps service are available from: fionaforsyth@nhs.net or natalie.bate@nhs.net

Pharmacy First - Impetigo and UTI Roll Out

We have just had the exciting news of confirmed national funding for the roll out of two Pharmacy First services across all 85 community pharmacies in NHS Fife. These services will provide free access to treatment for uncomplicated UTIs (in women) and impetigo via PGD.

Can pharmacies please ensure all of their staff are trained to provide this service, including locum staff employed. An e-learning module on Pharmacy First is available here: https://learn.nes.scot.

We have a planned start date for these services in all Fife community pharmacies by Monday 27 November 2017. To support these new services there is a NES Pharmacy evening at VHK on 24 October 2017 from 7pm, which representatives from all community pharmacies are requested to attend.

Further information will follow on these new services in the weeks ahead.

Events and Presentations to Local Groups

Fife Pharmacy are presenting in October to People First (Fife), promoting the services and advice available in all community pharmacies in Fife. The group is part of People First (Scotland), the independent collective self-advocacy organisation, run by and for adults with learning difficulties aged 16 and over. The organisation is based on clear values of independence, involvement and peer support. Self-advocacy can change lives and the way people feel about themselves. People First (Fife) has local member led groups across the region. Members support each other to learn and understand about their rights and to speak up about issues that are important to them, such as Adult Protection, Welfare Reform, Health and Personal Safety. Members also work towards changing attitudes for the better.

Further information on People First is available here: http://peoplefirstscotland.org/
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.

Welcome to our new Pharmacy Champion

Joe Grady

Joe is based in Leuchars Pharmacy and will be covering approximately 12 pharmacies in the North East Fife Locality. Joe joins our other Pharmacy Champions Amanda, Colin, Alex, Allan and Naseem in promoting key messages to their allocated pharmacies, and providing support in new and long-running pharmacy services.

Please note there are still two vacancies for Pharmacy Champion roles in NHS Fife; in the Levenmouth Locality and in part of the North East Fife Locality.

Are you a Community Pharmacist that would be interested in such a role? If so contact William John for further details - William.John@nhs.net

Scottish Government Launches Achieving Excellence Pharmaceutical Care Strategy

On 21 August, the Scottish Government launched their new Pharmaceutical Care strategy. Their vision is for pharmacy as an integral and enhanced part of a modern NHS in Scotland. This strategy aligns what is being done in pharmacy with the Scottish Government’s strategic approach to planning for, and delivering of, healthcare services and the direction of policy now set out in the Health and Social Care Delivery Plan, the National Clinical Strategy, Pulling Together, the Modern Outpatient Collaborative, Realistic Medicine, the Mental Health Strategy, and the six essential actions to improve unscheduled care.

Achieving Excellence in Pharmaceutical Care describes how pharmaceutical care will evolve in Scotland and the crucial contribution of pharmacists and pharmacy technicians, working together with other health and social care practitioners, to improve the health of the population and impact on health outcomes, especially for those with multiple long term and complex conditions.

Two main priorities are identified: Improving NHS Pharmaceutical Care and Enabling NHS Pharmaceutical Care Transformation. These priorities are supported by 9 commitments and 29 actions which focus on integrating and enhancing the role of pharmacy across all areas of pharmacy practice, increasing capacity, and offering the best person-centred care.

Click here to access the document: http://www.gov.scot/Resource/0052/00523589.pdf

Willow and the Robot

Willow Pharmacy Dunfermline has added an amazing new refit and robot to its premises, as well as an overhaul of its dispensary, a brand new consultation room and enhanced retail space.

Kathryn Willis, Pharmacist, bought the pharmacy (formerly known as Fishers) back in 2014, but after delays in planning and with builders, wasn’t able to start the refit until February 2017. While she was unsuccessful in gaining any grants to improve the pharmacy, Kathryn went ahead and knew the pharmacy needed the upgrade in order to cope with the number of prescriptions they manage. The refit includes a substantial extension at the back of the pharmacy, increasing space for nomads and processing prescriptions, a brand new consultation room and a much-anticipated robot!

Kathryn said “This pharmacy is so busy, we simply couldn’t continue to dispense prescriptions and manage our customers’ expectations, as well as providing services , as we were tripping all over each other and struggling to find space for all of the stock we needed. I decided to invest in the pharmacy to provide a modern, efficient, clean and welcoming environment for both patients and my staff.

The Consis robot gives me peace of mind for dispensing as it is accurate and so quick. All of my staff have undergone training on how to use it, but to be honest it’s so easy to use it’s been the easiest part of the refit to deal with! It means we can focus on spending time with our patients rather than filling prescriptions”.

The robot holds 80% of the stock, and over 600 lines of medicines. It allows staff to concentrate on speaking to customers and offering services, rather than spending time dispensing and being hidden behind a counter.

Amazingly, while the refit took just over 4 months, the pharmacy managed to remain open the whole time, but was “challenging”! Seeing the finished pharmacy its clear lots of hard work has gone into making sure the pharmacy is now unrecognizable, but I don’t think Kathryn misses the long hours spent dealing with builders, sometimes from 7am to 11pm!

Kathryn said: “The pharmacy looks amazing with its bright lights, clean surfaces, and drawers that hide any clutter, and gives the environment a lovely calm, clean feel. Staff have said how much nicer it to work in the pharmacy.”