

In this issue:

- ❑ Out-of-hours reminder for community pharmacists
- ❑ Renewal of ePharmacy digital certificates
- ❑ Christmas and New Year 2008-09 – Pharmacies Open
- ❑ New strands to the Public Health Service – stop smoking and sexual health
- ❑ Breastfeeding and the safe use of medicines
- ❑ Education, research and development update

Out-of-hours reminder for community pharmacists

Please use the Minor Ailments Service (eMAS) for advice or prescription and use CPUS for urgent supply of 'repeat' medication. There is never a need to refer patients to NHS 24.

You may choose to use the Lothian Unscheduled Care Service (LUCS) direct referral phone number if the patient's symptoms are serious enough to require emergency review by a GP, to query a prescription that has been written in the out-of-hours period, or to request a prescription for an item not covered in the Patient

Group Direction (PGD), such as the requirement of controlled drugs where arrangements can be made for the collection of the prescription.

Version 6 of the Unscheduled Care PGD was distributed to all community pharmacies in early November. Pharmacists have until the end of December 2008 to complete and fax back the Individual Authorisation sheet. If you do not sign and fax each new version and continue to use the CPUS forms, you will be acting illegally.

Renewal of ePharmacy digital certificates

It is now two years since the introduction of the Minor Ailment Service (eMAS). The ePharmacy digital certificates used to secure the transmission of ePharmacy messages will soon be due for renewal. Between now and the end of 2008, over 61 community pharmacies in Lothian must renew their certificates.

The ePharmacy Team are working with the IM&T Facilitator to ensure that sites are alerted in good time to download a new certificate before their current one expires.

Thanks to Louise Galloway, IM&T Facilitator.

Each affected site will receive a renewal package containing a letter advising the expiry date of their current certificate, a PIN number required to log on to the Certificate Management Tool (CMT) to download a new certificate and a quick reference guide.

The certificates are linked to an ePharmacy Point of Contact (ePOC) number for the sites and this ePOC number is required to log on to the CMT. For security reasons the ePOC number is not being distributed in the renewal package, but is available either from your IM&T facilitator Louise Galloway ☎ 0131 537 5917 or from the ePharmacy Support Team ☎ 01506 606375.



Christmas and New Year 2008-09 – Pharmacies Open



Following discussions with the Lothian Unscheduled Care Service, it has been agreed that the following pharmacies will be open as detailed here:

Pharmacy Name & Address	Christmas Day Opening Hours	New Year's Day Opening Hours
Boots UK Ltd, 46-48 Shandwick Place, Edinburgh, EH2 4SA	12 noon – 4pm	12 noon – 6pm
Dears Pharmacy, 92 – 96 Easter Road, Edinburgh, EH7 5RQ	12 noon – 4pm	12 noon – 6pm
Deans Pharmacy, 6 Main Street, Deans, Livingston, EH54 8DF	12 noon – 4pm	12 noon – 6pm
Ferguson Pharmacy, 66 High Street, North Berwick, East Lothian, EH39 4HF	<i>closed</i>	12 noon – 4pm
Boots UK Ltd, 17-19 High Street, Dalkeith, Midlothian, EH22 1JB	<i>closed</i>	12 noon – 4pm

New strands to the Public Health Service – stop smoking and sexual health

On 25th June, Scotland's Minister for Public Health, Shona Robison MSP, announced new services to be introduced in Scotland's community pharmacies. Three new services were introduced on 29th August 2008 - smoking cessation clinics, emergency hormonal contraception (EHC), and Chlamydia advice, testing and treatment. NHS Circular PCA(P)(2008)(17)¹ covers this announcement in detail.

The existing two-tier Public Health Services (PHS) section of the contract is replaced within a single tier comprising:

- ✓ Active advice and support to patients to promote healthy lifestyles
- ✓ Display leaflets as provided by the NHS 'participation in health promotion' campaigns (national ones compulsory, local optional)
- ✓ Provide a proactive smoking cessation service
- ✓ Provide a sexual health service - EHC, Chlamydia testing and treatment.

A contractor can opt out of providing EHC if they wish and should contact the Primary Care Contracts Department if doing so, but this does not include the provision of a Chlamydia test or treatment, which remain part of the main package. There is no mandatory training for providing these services, however NHS Lothian is offering additional support evenings to complement those available from NHS Education Scotland (NES). Pharmacists must ensure that they and their support staff are working within their competence. Premises must have an acceptable level of confidentiality.

Smoking cessation

The smoking cessation service is now in place within NHS Lothian. Part of the service specification is that pharmacists must be proactive and actively seek quitters. Premises must have an acceptable level of confidentiality, and the key activities are:

- ✓ Collection of a standard minimum data set
- ✓ Carrying out follow up at four weeks
- ✓ Recording a carbon monoxide (CO) reading at one month.

The 12-week and one-year follow up is carried out by NHS Lothian Health Promotion. The recording of the minimum data set and timely return of this data is essential to the success of this service. Each NHS Board has a challenging target to meet in terms of number quitters at four weeks using specialist services. The pharmacy service is seen as a specialist stop smoking service in NHS Lothian, and the more quitters that can be recruited and entered into the national database the better. NHS Lothian needs to help over 400 people a month to stop smoking and this is an opportunity for pharmacy to demonstrate that community pharmacy is accessible and convenient to many. The payment structure means that the more clients you have the larger your share of the capitation pot, and to kick start the service during the first six months an incentive payment will be attached to the return of the dataset form within two weeks of follow up and for taking and recording a CO reading. If you require advice please contact Pam Lorimer pamela.lorimer@nhs.net who will be happy to help.

Paperwork - helpful hints

- ✗ Do not send any forms in until all sections A-D are complete, i.e. after four-week follow up
- ✓ Check ALL questions and details are recorded and send in ASAP after four-week follow up
- ✓ The four-week follow up can be done in week 5 or 6
- ✓ Forms must be submitted within two weeks of follow up being completed
- ✓ Remember to fax both sides
- ✓ There is no minimum time delay before a new attempt can be started.

Emergency Hormonal Contraception

This service was implemented during November and the national PGD for supply of levonorgestrel was circulated to all pharmacies. All pharmacists providing the service should sign the PGD and return a copy to Aleisha Hunter at Primary Care Contracts. The service is for clients aged 13 years and over, with no upper age limit, and pharmacy premises must have an acceptable level of confidentiality. Pharmacists should be aware of child protection issues for those under 16 and be aware of local policies and contacts. There is no capitation payment if the supply of EHC is not made.

It is anticipated that only pharmacies where the main pharmacist has a religious or ethical objection would the pharmacy opt out from the service, but this does not include the provision of a Chlamydia test or treatment, which remain part of the main package. It would be useful however, where there is an individual pharmacist (locum for example) who wishes to opt out for moral or religious reasons, that Primary Care Contracts are informed of this.

Chlamydia Screening

The full implementation of this service in NHS Lothian is likely to occur in early 2009. Several issues require to be addressed before the service is put into place. Firstly the choice and availability of the testing kits themselves. The best choice in terms of processing the test may be postal, but there is also an issue relating to the updated SIGN guideline due out early next year, which will recommend which tests to use. It is important that the testing and treatment service fits in with the local sexual health services, and therefore the mechanism of reporting results, treatment and partner tracing requires to be co-ordinated and this will require discussion. There is a QIS target relating to the testing of Chlamydia and therefore the service is targeted for clients 15 to 24 years but available for all over 12 years. A national PGD for treatment will be provided for supply of azithromycin. While there is a payment for availability for service, an additional payment will be made for treatment of the client, not the testing.

Consultation Area Premises Development 2009-10 and 2010-11

For pharmacies unable to provide sufficient confidentiality to provide these services, funding has been allocated for 2009-10 and 2010-11 by the Scottish Government to help incorporate a Consultation Area or Room.

NHS Circular PCA(P)(2007)28² outlined the arrangements for the contract preparation payments for community pharmacy through the development of an action plan for premises. NHS Circular PCA(P)(2008)21³ outlines funding at the Board's discretion to complete such projects. NHS Lothian has applied for a substantial

sum of money for community pharmacy and subject to Scottish Government approval it is likely that funding will be available for allocation through a bidding process. Please give some thought now to any bids you may like to submit and gather supporting information which may be required as part of the application. As with many of these initiatives it is possible that there will be a short timescale for the submission of bids once the funding has been confirmed.

If your pharmacy requires a consultation space to provide these additional services, please refer to the letter from the Primary Care Contracts, distributed on the 21st November 2008.

References

1. Additional Pharmaceutical Services. Minor Ailment Service & Public Health Service Directions, Service Specifications and Payment Arrangements. NHS Circular:PCA(P)(2008)17. The Scottish Government. 22 August 2008. [www.sehd.scot.nhs.uk/pca/PCA2008\(P\)17.pdf](http://www.sehd.scot.nhs.uk/pca/PCA2008(P)17.pdf)
2. Pharmaceutical Services Remuneration Arrangements for 2007-2008: Contract Preparation Payments, Premises Guidance and Assessment Tools. NHS Circular PCA(P)(2007)28. The Scottish Government. 9 September 2007. [www.sehd.scot.nhs.uk/pca/PCA2007\(P\)28.pdf](http://www.sehd.scot.nhs.uk/pca/PCA2007(P)28.pdf)
3. Community Pharmacy Premises Development Programme 2009-10 and 2010-11. NHS Circular PCA(P)(2008)21. The Scottish Government. 17 September 2008. [www.sehd.scot.nhs.uk/pca/PCA2008\(P\)21.pdf](http://www.sehd.scot.nhs.uk/pca/PCA2008(P)21.pdf)

*Thanks to Aileen Muir, Associate Director of Pharmacy, Pharmaceutical Public Health,
Anne Lorimer, Pharmacy Locality Group Coordinator and Aleisha Hunter, Contractor Support Officer.*

Breastfeeding and the safe use of medicines

Improving breastfeeding

Improving breastfeeding is one the Scottish Government's core health targets. Pharmacists, along with other health professionals, are expected to encourage breastfeeding. At the Royal Infirmary of Edinburgh there is a walk-in breastfeeding clinic every Tuesday afternoon (12noon to 4pm) for any mother and baby with a feeding problem, and self-referral is an option. A similar breastfeeding clinic is now available on Wednesday afternoons (2pm to 4pm) at St John's Hospital, Livingston.

'Breastfeeding in Lothian' support leaflet

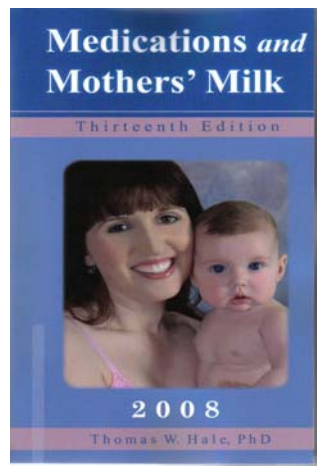
A regularly updated leaflet is available, providing helpful information on breastfeeding support across Lothian, with details on more than 35 local breastfeeding groups and four national breastfeeding helplines, as well as the two Lothian breastfeeding clinics. If you would like a copy of this leaflet, please contact Gillian Muir, Clerical Assistant to the Infant Feeding Advisors (Edinburgh City) at Pennywell Resource Centre, 31-33 Pennywell Road, Edinburgh EH4 4PJ. ☎ 0131 537 4263.

Record advice in patient-held case notes

All pregnant women in Lothian carry their own case notes during pregnancy, so it is vital wherever possible to document your advice in the case notes. This information can be shared, thereby avoiding duplication or conflicting advice, and ensuring consistent delivery of care.

Safety of medicines in breastfeeding

Pharmacists' advice is often sought on the safety of medicines in breastfeeding. A local in-house survey at the Simpson's Centre for Reproductive Health found that



10 per cent of women had been given conflicting advice, even on a well-established medicine such as paracetamol. For the past five years, we have standardised our reference source to Thomas W Hale's book 'Medications and Mothers' Milk' in order to improve this situation. It provides well evaluated and referenced information on the safety (risk categorised from L1-5) of medicines in breastfeeding. Medicines of

L1 risk category are considered safe whilst L5 is contra-indicated. For medication where data is limited or contentious and a clear-cut answer cannot easily be given, referral to Medicine Information (☎ 0131 242 2920) would be appropriate. 'Medications and Mothers' Milk' is an American textbook so the range of medicines and names may differ from that of the UK. This textbook is now available to buy online for about £100 per annum (corporate subscription may be possible) or the 13th edition can be purchased as a paperback for around £25.

Thanks to Sherry Wright, Specialist Clinical Pharmacist and Karla Napier, Infant Feeding Advisor, Simpson's Centre for Reproductive Health and Sheila Noble, Pharmacist, Medicine Information, Royal Infirmary of Edinburgh.

A new national pharmacy education and training group has been set up under NHS Education Scotland (NES) Pharmacy. This is in response to changes that have occurred in the NHS over recent years, such as the new community pharmacy contract and Agenda for Change Knowledge and Skill framework, expansion of the NES remit to include continuing professional development for pre-registration pharmacists and support staff, and the introduction of single system working in the NHS. As part of this, two new seconded posts based with NHS Lothian Pharmacy Education, Research and Development (ERD) Team will support the pre-registration pharmacist scheme and non-medical prescribing for pharmacists in Lothian, Fife and Borders.

Pre-registration Pharmacist Scheme (PRPS)

Eileen Peebles has taken up the post of Principal Pharmacist on a one-year secondment with responsibility for local delivery of training and support for the pre-registration trainees and their tutors. Eileen has experience in hospital, community and primary care pharmacy and is the local NES Postgraduate Tutor for Forth Valley. She will visit community pharmacies where the trainees are based, to find out the sort of support the tutors or trainees would find helpful, and will be organising some of the training courses over the year. Eileen is based at the Western General Hospital, email eileen.peebles@luht.scot.nhs.uk or eileen.peebles@nhs.net ☎ 0131 537 1450, Mobile 07761 145 710.

Non-medical prescribing for pharmacists

Fiona Reid has been seconded for two days a week to support training, development and implementation of pharmacist non-medical prescribing (NMP) in both primary and secondary care for the next two years. Her objectives include benchmarking pharmacist prescribing, standardising systems for pharmacist NMP, supporting pharmacists during both training and implementation of NMP and marketing pharmacist prescribing. In addition to meeting national objectives, Fiona will be working with pharmacists and the wider NMP teams to identify and address local issues and feed these into the regional and national perspective.

Please contact Fiona if you have any local concerns or would like any further information on fiona.reid@lothian.scot.nhs.uk or ☎ 0131 537 1450.

Thanks to Pauline Westwood, Principal Pharmacist, Teaching and Research, Lothian Pharmacy Practice Unit, Western General Hospital.

Optimising secondary prevention of stroke – identifying patients' concerns with their medicines

Previous service development work led to the design of a standardised pharmaceutical care plan for the acute management of stroke. This helps to ensure that patients presenting with stroke are prescribed appropriate medicines in line with national guidelines. The stroke pharmaceutical care plan is now in use in acute hospitals across NHS Lothian. The quality of prescribing in both the acute and primary care setting has been evaluated using a criterion-based approach with reference to national guidelines. Areas for improvement of prescribing have been identified.



Patient adherence to medication for long-term conditions is about 50 per cent, and may restrict the optimisation of national strategies for secondary prevention of stroke. One of the most important factors affecting adherence is beliefs and concerns about medication. Funding from the NHS Lothian Health Services Research programme has allowed further research to be undertaken. Caroline Souter, Research Fellow & Member of the ERD Team, is currently working on the next phase of the pharmacy stroke strategy in NHS Lothian, 'Optimisation of secondary prevention of stroke – identification of patients concerns and difficulties with their medicines'. This involves exploring patients' and carers' beliefs and problems with their medicines through patient interviews.

The results will be used in combination with those from the previous quality of prescribing studies to develop a checklist and educational pack to support community pharmacists in their care of stroke patients when delivering the chronic medication service.

Thanks to Caroline Souter, Research Fellow & Member of the ERD Team.

If you have any comments on Pharmacy News, or wish to contribute to a future issue, please email:
anne.gilchrist@nhslothian.scot.nhs.uk

Deadline for submitting articles for next issue: end January 2009.

Read Pharmacy News on the Community Pharmacy website at
www.communitypharmacy.scot.nhs.uk/HealthBoards/lothian.html

and on the NHS Lothian intranet at

http://intranet.lothian.scot.nhs.uk/nhslothian/healthcare/clinical_governance_in_nhs_lot/quality_improvement_teams/qit_directory/pharmacy.aspx