**Key Messages 01/05/2020**

Dear Colleagues,

Hello everyone. Today’s messages have been sent by Public Health and from Alan Harrison, Lead Pharmacist for Community Care.

**PUBLIC HEALTH - VITAMIN D: ADVICE FOR ALL AGES**

Scottish Government is currently advising people to stay at home. For most people, this will mean being indoors for much of the day and not getting enough vitamin D from sunshine exposure.  The following advice is being shared on behalf of NHSGGC Public Health, Health Improvement Team:

* **All ages:** Since it's difficult for people to get enough vitamin D from food alone, everyone (including children and pregnant and breastfeeding women) should consider taking a daily supplement containing 10 micrograms of vitamin D. This advice is especially important for people who are indoors all of the time.

The current guidance on sun exposure should be followed: 10 to 15 minutes of unprotected Scottish sun exposure is safe for all. Once sunscreen is correctly applied, vitamin D synthesis is blocked. Staying in the sun for prolonged periods without the protection of sunscreen increases the risk of skin cancer.

* **Babies and young children:** We recommend that:
  + breastfed babies from birth to 1 year of age should be given a daily supplement containing 8.5 to 10 micrograms of vitamin D to make sure they get enough
  + formula-fed babies shouldn't be given a vitamin D supplement until they're having less than 500ml (about a pint) of infant formula a day, as infant formula is fortified with vitamin D
  + children aged 1 to 4 years old should be given a daily supplement containing 10 micrograms of vitamin D
  + For children under 5 Healthy Start Vitamin Drops would provide the correct amount of vitamin. These are available to children entitled to the Best Start Food Scheme on Universal Claim Framework (UCF).

Patients and members of the public can buy vitamin D supplements or vitamin drops containing vitamin D (for under 5s) at most pharmacies and supermarkets. Please don’t buy more than you need.

* **Pregnant women:** Healthy Start vitamins which contain Vitamin D, are available free to all pregnant women in Scotland. Ask your midwife or health visitor for further information. Women and children who qualify for the Best Start Foods scheme in Scotland can get free supplements containing the recommended amounts of vitamin D. Please contact your health visitor for more information.

Too much vitamin D may be harmful. Unless the doctor has advised differently, daily supplements at the recommended amounts will be enough for requirements.  In particular, avoid daily high dose vitamin D supplements containing more than 100 micrograms for adults and children from age 11, more than 50 micrograms for children age 1-10 years, and more than 25 micrograms for infants under 12 months.

**From Alan Harrison:**

**RESILIENCE HUB INFORMATION**

There will be information circulated to you on the resilience hub delivery service that each HSCP has to put in place to help and support those patients in our communities who are shielding or are vulnerable. Renfrewshire are already up and running with others working to a lesser extent. The guidance that we will supply will be the basis that each HSCP will build their service on; however there might be small tweaks within each HSCP relevant to local practices.

**BANK HOLIDAY MONDAY 4TH MAY**

There has been an excellent response to the request by Scottish Government to open pharmacies on Monday 4th of May (Public Holiday) with 150 pharmacies indicating that they will be open varying degrees of hours across the day. My thanks to those who have supported this request and are offering pharmaceutical care to the patients in their communities. Watch out for the same request coming out for Monday 25th of May which will be our next Bank Holiday and was part of the latest Scottish Government request.

**LEARNING FROM THE PANDEMIC**

While things are still fresh in our memories I would like to ask for feedback on “what has gone well”, “what was tricky” and “what could be done better” throughout the pandemic and this feedback should be on all levels of delivery of service. I would also like to ask what you would like to see as the pharmacy service of the future as we come out of the pandemic. The Contractors Committee, myself, Gail Caldwell (Director of Pharmacy for NHS GGC) and other colleagues from the HB will be discussing this on a conference call next Thursday so any thoughts that you have would be gratefully appreciated before then. Please email this feedback to the following email address:  [NewPharmacy.Applications@ggc.scot.nhs.uk](mailto:NewPharmacy.Applications@ggc.scot.nhs.uk)

Regards

Elaine

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