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| Icon  Description automatically generated |  | GGC CPIP Notebook |  |
| **No 4: Autumn 2022** |  | Supporting Community Pharmacy Independent Prescribers (CPIPs) across GGC to work and learn together.  |
|  Pharmacy First Plus is 2!!GGC Teach & Treat Hub Update Dates for the Burnside Hub with AlasdairWinter is coming: What can you do to prepare? Clinical ConundrumPeer Support Upcoming dates/topics  |  | **Pharmacy First Plus is 2!!** By Pamela Macintyre |

Since Aug 2020 Community Pharmacist Independent Prescribers (CPIPs) have been able to provide advice and where appropriate, treat a wider range of common clinical conditions using an NHS prescription pad. In GGC we have seen the number of active CPIPs rise dramatically to around 60 as of Oct 2022, who are currently writing around 300 prescriptions a month. Looking at the range of preparations that are being prescribed, patients are being treated for a variety of conditions including infections and pain- with antibiotics and analgesics consistently being the most prescribed items.

We hope to use this data to help inform our potential PGD and training needs, as we support our pharmacists to navigate the changing role, alongside the increase in prescribers in a community setting who are leading the way for Pharmacy Services in GGC. ***“I am delighted and proud, in equal measure at the way the GGC CPIPs have embraced this new way of working to deliver excellent care for their patients. As well as allowing Pharmacists to deliver care at the top of their license, it is ensuring that patients get easy access to care, in their own communities without the need to enter GP, OOH's or ED services. These are exciting times for IP's in Community and it is great to see individuals grasp the opportunity with both hands***" Alan Harrison (Lead Pharmacist Community Care)



**Tis the season…..for coughs, colds, sore throats and Christmas –** Lorna Brown

Although it might feel that the past few years have been all about coughs, colds and sore throats, with vaccine roll out, communities are learning to live with Covid as a component of winter illness. Hopefully, the message that Covid was a virus and did not require antibiotics will help with patient expectations when they experience a sore throat in the future.

You may already be familiar with completing throat examinations or you may be reaching for your tongue depressors for the first time. If undertaking oral examinations is new or you want to refresh, check out [Oral Cavity Examination - OSCE Guide | Geeky Medics](https://geekymedics.com/oral-cavity-examination-osce-guide/) . It has a useful guide and downloadable transcript that you can tweak to your own delivery style and use to form part of your consultation aide memoire. There are also some online guides advising on how best to photograph a sore throat which you can direct patients to if required.

NES Pharmacy have launched a **Sore Throat Module** for the whole pharmacy team to complete together. Bishopton Pharmacy staff were involved in testing the format with myself and NES colleagues.

Alison – Technician *“the session was great and a good team building exercise, everyone was able to input to the discussion. It was very informative and an easy-to-use format, we would be keen to do other sessions in this way”*

Megan – 3rd year Pharmacy Student *“It was a great insight into what the pharmacist does behind the door of the consultation room. I had not realized that the pharmacists use scoring tools to help with diagnosis of patients”*.

Nicola – Pharmacist “*it was a perfect environment for staff to ask questions, to show what we do and how they can support us to care for our patients”. “The scoring systems can be used in a positive way with patients, when you show them their score you can say “and the good news is, you don’t need antibiotics but let’s see what you can do to help your symptoms and give a timeline for improvement”*

Kate – Pharmacist owner “*The first interaction a patient has with a member of staff can be crucial in setting the tone and expectations of the pharmacist-patient consultation that follows. If all staff are aware of the treatment options and what we examine, this will really help. Moving forward they may be able to help in a clinical support role by perhaps checking temperature and blood pressure and collecting initial patient information to support the pharmacist*”

**As you can see from above, there is no ‘I’ in team - why not start your winter preparations by completing the session with your team? Include it in your induction for new members of staff or as a refresher for everyone. The module can be accessed on Turas** [Common Clinical Conditions : Sore throats | Turas | Learn (nhs.scot)](https://eur01.safelinks.protection.outlook.com/?url=https%3A%2F%2Flearn.nes.nhs.scot%2F64647%2Fpharmacy%2Fcpd-resources%2Fcommon-clinical-conditions%2Fcommon-clinical-conditions-sore-throats&data=05%7C01%7Clorna.brown7%40nhs.scot%7Cce2e1131e7ba41953e8708dab1d77df6%7C10efe0bda0304bca809cb5e6745e499a%7C0%7C0%7C638017836623038251%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=CkULwxrL0CFAtkTI6rT%2FMNRYzxUjAR0wKlDuy3Iedrk%3D&reserved=0)

If you have ideas for other topics that would work well in this learning format then please contact Vicky Park, Senior Specialist Tutor at NHS Education Scotland vicky.park@nhs.scot

**Following on from our series of webinars for CPIPs in 2021/22 we have planned a series of autumn/winter sessions:**

**Wednesday 2nd of November**

**Winter is coming…..** – Common presentations and what you can do or who you can send them to **(All CPs) –**

Dr Kerri Neylon (GP and Deputy Medical Director for Primary Care NHSGGC)

**Jan 2023 – date TBC**

**Prescribing in Pregnancy and Breastfeeding**

Roisin McCabe – Specialist Clinical Pharmacist, The Princess Royal Maternity Unit, Glasgow

**Late Feb 2023 – Date TBC**

**It’s almost itchy eye time again…….**

Willis Wilkie – Optometrist Independent Prescriber

**\*Webinars will be recorded and available on the CPDT webpages**

**If you have any ideas for webinar topics, then please let us know and we can try and organise them or advise if a national webinar has been organized. Contact** **lorna.brown8@nhs.scot**

**STAY INFORMED!**

If you are interested in hearing about new developments including training and webinars, then why not sign up for the **NES Mailchimp**.  Just click the link below and complete the form.

[https://us2.list-manage.com/subscribe?u=5391ceba312d6f81e0430a42b&id=2cdaaf4d30](https://eur01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fus2.list-manage.com%2Fsubscribe%3Fu%3D5391ceba312d6f81e0430a42b%26id%3D2cdaaf4d30&data=05%7C01%7Clorna.brown7%40nhs.scot%7Ca4bada9765d44eda4ce308da37e847f6%7C10efe0bda0304bca809cb5e6745e499a%7C0%7C0%7C637883768013305933%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=wH64d0foPKHrLAeGG5uitYooiNueIInGdLHDMdzToD4%3D&reserved=0)

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| **GGC CPIP Rx Notebook** |  |  |
| Dates released for Burnside Pharmacy Teach & Treat HubFollowing successful delivery of 13 hub sessions at Parkhead Pharmacy, the first set of dates for Burnside Pharmacy with Alasdair Macintosh, have been shared via email and GGC CPIP WhatsApp. More dates will be released for early 2023.The sessions are part of the NES funded pilot to support 27 ‘historically established’ CPIPS to attend a Common Clinical Conditions Teach and Treat Training Hub. Historically. Attendees will be able to apply to attend via the Community Pharmacy Development Team and there is a £100 payment available paid via your contractor code to promote attendance. Steven and Daryoush have both recently attended sessions at Parkhead:*‘I recently attended the Teach & Treat hub at Parkhead Health Centre.  The chance to work alongside Maxine was hugely beneficial to myself in both developing my own clinic but also to have to chance to work alongside a fellow prescriber.  I found the opportunity to discuss various cases in real-time with another prescriber very useful. I would highly recommend taking advantage of the opportunity to attend a hub’*. **Steven Guidi** |  | ‘*I found it very useful to see how my confidence in prescribing varied while working in Alison’s practice. It was very useful to get another prescribers view on my hesitation to prescribe in certain circumstances and to talk through some of these hesitations and how to manage them in the future’* **Daryoush Safavi** **Dates Available:** **Thursday 10th Nov PM****Wednesday 16th Nov PM****Thursday 17th Nov PM****Wednesday 23rd Nov PM****Thursday 24th Nov PM** **If you would like to attend a T&T CCC Hub then check out the self-assessment in the link below, contact** **michelle.cooper@ggc.scot.nhs.uk** **and get booked in for a session.** [https://learn.nes.nhs.scot/46668/pharmacy/teach-and-treat-for-common-clinical-conditions](https://eur01.safelinks.protection.outlook.com/?url=https%3A%2F%2Flearn.nes.nhs.scot%2F46668%2Fpharmacy%2Fteach-and-treat-for-common-clinical-conditions&data=04%7C01%7Clorna.brown7%40nhs.scot%7C51388b0902dd47b9e1a008d9aae7e4bd%7C10efe0bda0304bca809cb5e6745e499a%7C0%7C0%7C637728735209766015%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000&sdata=dVLOgJsfTt5mKoSDr4JMAevuIP%2Bj1DK1eqJwAZLE%2F7I%3D&reserved=0)  |
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#  Consultation Conundrums

Female, 30years, 3-day history of sore throat. Worsening pain & disturbing sleep, managing soft foods & fluids. No cough/coryza. Feeling lethargic - still able to attend appt. No rash, talking in clear sentences. Temp 36, Pulse 62. Oral exam - swollen glands, bilateral inflammation of tonsils with exudate visible on right tonsil. No quinsy, no trismus. **Fever pain 4**. No allergies. Not pregnant or breastfeeding

**CPIP 1** - Prescription issued for Phenoxymethylpenicillin 250mg tabs x 40 2 QDS for 5 days as per GGC antibiotic guidelines. Benzydamine oral spray 0.15%. Also advised regular on paracetamol and/or Ibuprofen can be used (patient had at home)

**CPIP 2 -** Given FeverPain score of 4, I’d discuss use of antibiotics including risks and benefits, particularly as disturbing sleep, lethargy & pain worsening. Offer pen V 500mg QDS for 5/7 with worsening advice given also. Could give delayed Rx if patient willing to see how things go over the next 24hrs. I would also suggest regular analgesia (ibuprofen in particular to reduce inflammation) and possibly Benzydamine throat spray for symptomatic relief. Would also suggest a lateral flow test.

**GP**  - Pen V 500mg QDS for 5 days with worsening statement

**Additional information:** Do you have copies of Self Care leaflets for patients to take home? Have you thought about using a laminated QR code for patients to scan the link directly to their own mobile phone?

**Counselling points to consider**: Most sore throats get better by themselves. The key is to know when to prescribe and when not to prescribe. It is important to be aware of this and to reassure patients that almost all sore throats get better by themselves - so antibiotics should only be used for severe symptom relief. Remember - they only reduce symptoms by a short amount of time (<24hrs).



**Remember to watch out for unusual presentations…. Some are included in**

[Common Clinical Conditions : Sore throats | Turas | Learn (nhs.scot)](https://eur01.safelinks.protection.outlook.com/?url=https%3A%2F%2Flearn.nes.nhs.scot%2F64647%2Fpharmacy%2Fcpd-resources%2Fcommon-clinical-conditions%2Fcommon-clinical-conditions-sore-throats&data=05%7C01%7Clorna.brown7%40nhs.scot%7Cce2e1131e7ba41953e8708dab1d77df6%7C10efe0bda0304bca809cb5e6745e499a%7C0%7C0%7C638017836623038251%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=CkULwxrL0CFAtkTI6rT%2FMNRYzxUjAR0wKlDuy3Iedrk%3D&reserved=0)

[Quinsy | Peritonsillar Abscess | Overview | Geeky Medics](https://geekymedics.com/peritonsillar-abscess-quinsy/)

**If you ha ve any ideas for clinical conundrums? Please send them to** **lorna.brown8@nhs.scot**