



Pharmacy Services

NHS Ayrshire & Arran

Community Pharmacy Script

Friday 11th April 2025.

No: 08

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Rachael Picken

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Meet the Team – Rachael Picken



What is your current role?

Pharmacy Support Worker

How long have you worked in
Pharmacy?

2 years

What's the best bit of your job?

The team I work with and being able to
travel to different work locations

What do you think about the future of Community pharmacy?

I believe it is a great step for community pharmacies now being able to offer more
services to assist the public

What do you like to do to relax outside of work?

Spend time with my friends/family, travelling and trying new places to eat.

Community Pharmacy Good News
Stories!



Good News Stories – Now even easier!

As you all know, we like to highlight Good News Stories in the Weekly Script to shine a spotlight on instances where one or more members of our Community Pharmacy teams have displayed high levels of patient care.

We appreciate that days are busy and such examples can come and go without particular focus. As a result, we've made the process of informing us of such occasions easier, by way of an MS form. Either scan the QR code, or follow the link [here](#) to provide some.

RECENT COMMUNICATIONS SUMMARY

Friday 28th Mar - ClincialPCT – Extension to SSP for Estradot Patches/Update Easter & May 2025 PH Opening Hours

Tuesday 1st Apr - aa.cpteam – Class 4 Medicines Defect information Sirdupla 25mcg/250mcg drug 150mg vial / Class 2 Medicines recall UNI Health Distribution Ltd Utrogestan vaginal 200mg caps

Thursday 3rd – aa.cpteam - Class 3 Drug Alert Rosemount Pharmaceuticals Ltd Urospir 50mg/5ml oral solution

Friday 4th - Clinical PCT – Directors Letter DL (2025) 05 Further Update on Standards on Healthcare Associated Infections

Wednesday 9th – ClincialPCT – Circulars PCA2025-(P)-04 and PCA2025-(P)-05

aa.cpteam – Class 2 Drug alert Reig Jofre Uk Synalar gel 30g and 60g/ Class 4 Drug Alert Renacet 475MG and 950MG tabs Calcium Acetate

This Weeks Key Messages

The most appropriate Proton Pump Inhibitor (PPI) for children less than 16 years old

New guidelines have been published providing information on the prescribing of protons pump inhibitors in children.

The guideline contains information on preferred choice of PPI, as well as dosage and administration advice.

For the majority of paediatric patients, orodispersible tablet and capsule formulations of omeprazole and lansoprazole have been used successfully with little need for alternatives. The guidance gives advice on administration including splitting doses.

NHS Ayrshire and Arran **recommend the use of Aclomep Oral Solution 20mg/5ml as 2nd line choice** for use in children who are unable to tolerate a solid oral dosage form and/or use of an oro-dispersible tablet via syringe. Aclomep is an unlicensed preparation, however as per the NHS Ayrshire and Arran guidance, blanket approval for use of the unlicensed preparation has been granted for the reasons stated below.

Licensed suspensions of oral omeprazole 10mg/5ml and 20mg/5ml are available from Rosemont Pharmaceuticals, however due to the mint flavouring used in these preparations they have been poorly tolerated in neonatal and paediatric patients. These preparations also contain 6.95mmol of potassium per 5ml dose. They are only licensed up to a dose of 1mg/kg once daily which limits dose escalation as the BNF for children recommends doses of 0.7-3mg/kg daily (dependant on age).

Therefore, within NHS Ayrshire and Arran the **licensed oral suspension/solutions are NOT recommended for use in paediatric patients in NHS Ayrshire and Arran.**

In some instances community pharmacies may require a signed confirmation of the requirement for use of an unlicensed medication. This can be provided by the prescribing practice if required.

New for 2025: Launch of NHS Education for Scotland eLearning Module on Menopause

NHS Education for Scotland have launched a new eLearning module on menopause, and it is available now on Turas Learn: [Menopause Module](#)

This resource is free to access and open to all practitioners in Scotland.

Community Pharmacy Protected Learning Time – CP PLT

Following on from the success of last year's first cycle of CP PLT, we are pleased to announce its return for 2025. We plan to run this much in the same way as last year with pharmacies given the choice of days in which to close for a morning or afternoon to undertake training or activities much in the same way as has been long established for GP surgeries. We will send out more detailed information in due course alongside feedback received from the network on their experiences and suggested activities to consider for this next cycle of CP PLT. For multiples, we will liaise with owners, area managers or superintendents in the first instance.

Simulation sessions for Community Pharmacy IP's

As our simulation sessions continue to be beneficial for those who have attended we have planned dates for 2025.

The aim of our sessions is to create a supportive learning opportunity in an entirely safe and confidential space to enhance our legacy community pharmacy prescribers' confidence and skills in delivering Pharmacy First Plus. The added bonus is a network opportunity to get to know other community pharmacy prescribers within A&A!

There are 2 sessions planned. The dates are as follows:

- **Monday 28th April**
- **Wednesday 18th June**

Each session will run from 0900 - 1300 hours.

The venue for this will be in the Education Centre at Crosshouse Hospital.

Sessions will be limited to a maximum of 4 people per session.

If you are interested in attending, please email aacpteam@aapct.scot.nhs.uk.

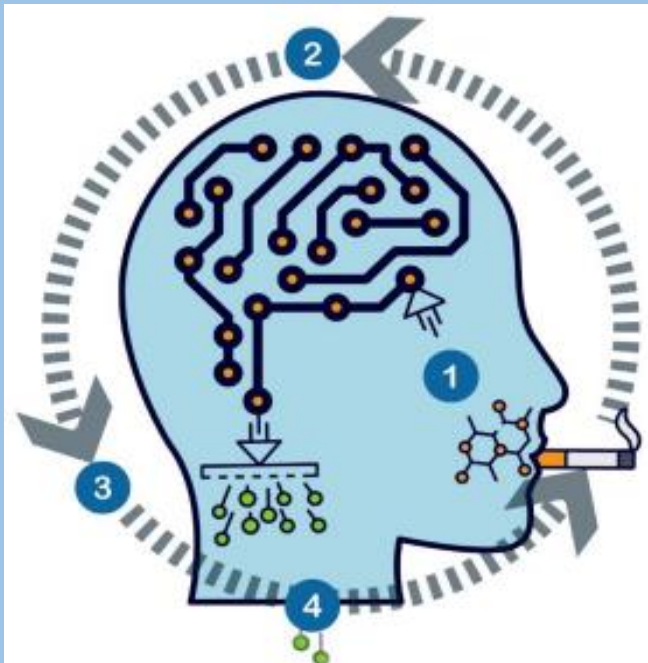
Cessation Corner - #1

I'm Kerry Ingram and I work for Quit Your Way in Ayrshire. Over the next 12 issues, I'm going to be writing about all things smoking-related, with the purpose of helping you to better support your smoking cessation clients. If you have any additional questions, my email address is Kerry.ingram@aapct.scot.nhs.uk

Smoking & the Cycle of Dependency

Nicotine is the clear, highly addictive, naturally occurring chemical found in tobacco plants and is the primary substance responsible for the addictive nature of tobacco products and also vapes/ e-cigarettes. This is shown in the figure below.

Tar is the brown, sticky residue formed when plant material (e.g. tobacco leaf) is burned. It contains numerous harmful chemicals including carcinogens which can lead to cancers and breathing issues like COPD. In fact, 9 out of 10 cases of COPD are caused by smoking. Tar is the cause of stained teeth and fingers in smokers, not nicotine.



1. Nicotine, from smoking, is delivered to the brain.
2. Nicotine receptors cause the release of dopamine.
3. Dopamine releases leading to feelings of calm and reward.
4. Dopamine levels reduce, leading to withdrawal symptoms of stress & anxiety which trigger the want for another cigarette.

This is why smoking can be so difficult to stop.

In 2024, **16.1%** of **North Ayrshire** adults smoked; **13.4%** of **East Ayrshire** adults smoked and **10.4%** of **South Ayrshire** adults smoked.

Stopping smoking remains the leading cause of preventable disease and premature death in Scotland. In 2024, in North Ayrshire, there were 280 deaths attributable to smoking and 1,308 people were hospitalised because of it. In East Ayrshire, there were 233 deaths attributable to smoking and 1,117 people were hospitalised because of it and in South Ayrshire, there were 193 deaths attributable to smoking and 1,038 people were hospitalised because of it.

With behavioural support and the use of NRT, people are up to 4 times more likely to successfully stop smoking and the sooner they can do so, the less likely they are to have smoke-related health issues and to save £s.

KEY COMMUNITY PHARMACY CONTACTS

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Information contained in this communication is issued on the understanding that it is the best available from the resources at our disposal and the opinions expressed are those of the authors and do not necessarily reflect Ayrshire & Arran Patient Services' policy.

