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Let's focus on . . .

Scabies

The scabies rash usually spreads across the whole body, apart from the head and neck. It often affects skin between the fingers, around the wrists, under the arms, and around the waist, groin and bottom.

However, older people and young children may develop a rash on their head, neck, palms and soles of their feet.

People with a weakened immune system can sometimes get a rare and very contagious type of scabies called crusted scabies. The main symptom is a crusted, flaky rash that often affects the elbows, knees, hands and feet.

Scabies is very infectious, but it can take up to 8 weeks for the rash to appear.

Scabies needs to be treated with permethrin cream which should be applied over the whole body, including the scalp and face (apart from the area around the eyes). Treatment will need repeated 7 days later – no requirement to do another treatment before the 7 days.

Do

- ✓ wash all bedding and clothing in the house at 60C or higher, and if possible in a hot dryer, on the first day of treatment
- ✓ put clothing that cannot be washed in a sealed bag for at least 3 days until the mites die

Don't

- ✗ do not have sex or close physical contact until you have completed the full course of treatment
- ✗ do not share bedding, clothing or towels with someone with scabies



Tiny mites lay eggs in the skin, leaving lines with a dot at one end.



The rash can appear anywhere, but is common between the fingers.

NES Webinar: Cancer Care for Pharmacy Teams - Tuesday 28 October

Our colleagues at NES are running a webinar looking at Cancer Care for Pharmacy Teams on Tuesday 28th October at 19:30 to 21:00.

The webinar is intended for all pharmacy team members, especially those in primary care and community pharmacy.

Booking is available via TURAS Learn: [Cancer Care for Pharmacy Teams | Turas | Learn](#)

Course Overview

This webinar is for all pharmacy professionals, offering a comprehensive overview of the pharmacy team's role in cancer care. From prevention and early detection to treatment and managing side effects, this session will equip you with the knowledge and confidence to support patients across the cancer care pathway.

Learning aims:

To enhance the knowledge and confidence of pharmacy teams in supporting people with or at risk of cancer; from prevention and early detection to cancer treatment. The session is intended to promote the role of pharmacy teams in all sectors of care and to identify ways for working more collaboratively.

Sexual Health Services – C-card recap

Following on from our service spotlight featured in the 6th June community pharmacy script which focused on the C-card for condom distribution, all Community Pharmacies should have received via email, the C-card training presentation.

If training has not been received please email the CP team clinical mailbox:
aa.cpteam@aapct.scot.nhs.uk.

- Please ensure staff complete this training and email the sexual health services clinical mailbox to be added to the c-card account: aa-uhb.shbbv@aapct.scot.nhs.uk
- Condom supplies can then be ordered direct from Pasante: sales@pasantehealthcare.com
- If anyone would like some further information or staff training, this can be arranged through NHS AA Sexual Health Services: aa-uhb.shbbv@aapct.scot.nhs.uk

Updated pre-approved list

The pre-approved list for unlicensed specials has been updated and is now ready to use. It is available on the website - [Specials – NHS Ayrshire & Arran](#)

Cessation Corner #14

I'm Kerry Ingram and I work for Quit Your Way (QYW) in Ayrshire. QYW Helpline 0800 783 9132. Over the next few issues, I'll be writing about all things smoking-related, with the aim of helping you to better support your smoking cessation patients. If you have any questions, please contact me directly: Kerry.Ingram@aapct.scot.nhs.uk

Common smoking relapse triggers & what to suggest

1. Daily Routines & Habits

Trigger: Coffee, meals, driving, breaks

What to suggest:

- Switch routines (e.g. tea instead of coffee,
- Keep hands/mouth busy (gum, toothpick)
- Avoid smoking-related places

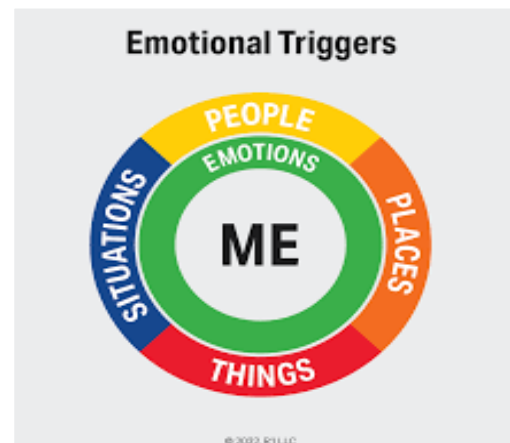


2. Emotional Triggers

Trigger: Stress, sadness, boredom, happiness

What to suggest:

- Practice deep breathing or mindfulness
- Talk to a friend or support group
- Use physical activity to boost mood



3. Social Situations

Trigger: Being around smokers, alcohol at events

What to suggest:

- Let friends know you're quitting
- Avoid alcohol early in your quit journey
- Plan how to say "no" to cigarettes



4. Nicotine Withdrawal Symptoms

Symptoms: Cravings, irritability, restlessness, sleep issues, appetite, poor concentration

What to suggest:

- Use NRT or prescribed medications
- Stay active - exercise helps
- Eat healthy snacks, drink water



5. Environmental Cues

Trigger: Cigarettes, lighters, ashtrays, familiar smoking spots

What to suggest:

- Remove tobacco items from home, car, work
- Take new routes to avoid cigarette shops
- Create a smoke-free environment



6. Overconfidence or “Just One” Thinking

Trigger: Believing one cigarette won't hurt

What to suggest:

- Remind your patient why they quit
- Get your patient to reflect on how one cigarette can restart addiction
- Ask your patient to reward themselves for staying smoke-free



If there are specific topics, you'd like me to cover in future issues, please drop me an email at Kerry.Ingram@aapct.scot.nhs.uk Thanks.

RECENT COMMUNICATIONS SUMMARY

Wednesday 1st October – ClinicalPCT – PR406 - Integra Neuroscience Ltd - MediHoney Wound and Burn Products

Friday 3rd October – ClinicalPCT –

PCA2025-(P)-21 Extension to serious shortage protocols for Cefalexin Oral Suspension Sugar Free products

PCA2025-(P)-22 Extension to serious shortage protocols for Estradot® (Estradiol) patches

Tuesday 7th October – Clinical PCT - Mouth Cancer Action Month – November 2025

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.