

NHS Ayrshire & Arran Community Pharmacy Update

Please share this update with the wider pharmacy team including reliefs and locum pharmacists

LET'S FOCUS ON..

No Smoking Day Wednesday 11th March



ash
scotland

No Smoking Day

**Quit and Win
with your health**

Get **free** NHS support to stop
smoking with Quit Your Way

#NSD26

No Smoking Day

No Smoking Day is taking place on Wednesday 11 March 2026.

This year's theme is 'Quit and Win' and we are encouraging people who smoke to quit and win with their physical health, mental wellbeing and personal finances when they leave tobacco behind.

Physical health

- Health starts to improve within hours of stopping smoking.
- After 20 minutes, heart rate and blood pressure drops.
- After 12 hours, the level of carbon dioxide in blood returns to normal.
- After two weeks to three months, lung function and circulation improve.
- After nine months, coughs and shortness of breath decreases and lungs are recovering.
- After one year, risk of coronary heart disease is halved.
- After five years, risk of many types of cancer is reduced.

Personal finances

We've calculated how much you could save if you quit*

If you smoke the average amount of cigarettes a day (11.3) you could save:

- After one week: £52
- After one month: £225
- After six months: £1,351

* based on the cheapest packet of cigarettes

Smoking in Scotland

14% of the population in Scotland still smoke.
That's **650,000** people we want to encourage to quit.

Inequalities

Smoking rates in Scotland are exacerbated by social inequalities. 23% of adults in the most deprived quintile (SIMD1) smoke, compared to 7% in the least deprived quintile (SIMD5).

20% of people with a long-term physical or mental health conditions smoke, compared to 10% without.

Health

Smoking is responsible for almost 9,000 deaths each year, accounting for 21% of annual deaths in Scotland.

47% of all cancers diagnosed in Scotland are linked to smoking.

52% of people in Scotland who smoke say they would like to stop smoking.

35% of people who smoke have made one or two attempts, and 35% have made three or more attempts.

On average, people who smoke attempt to quit smoking 5-7 times before they quit for good.

Cessation Corner #23

I'm Kerry Ingram and I work for Quit Your Way (QYW) in Ayrshire. Over the next few issues, I'm going to be writing about all things smoking-related, with the purpose of helping you to better support your smoking cessation patients. If you have any questions, please contact me. My email address is Kerry.Ingram@aapct.scot.nhs.uk

Heat-not-burn (HNB) also known as Heated Tobacco Products (HTP)

Heated tobacco / HNB products work by warming processed tobacco sticks to release a nicotine-containing aerosol. They **do not burn** the tobacco (so no traditional smoke is produced), but they **still contain tobacco** and still deliver **nicotine**. Examples include **IQOS, glo,** and **Ploom**. They differ from vaping. Vapes heat a liquid, not tobacco.

Are HNB/Heated Tobacco Products Safe? Short answer: No — they are *not* safe. Evidence shows they contain **many toxic chemicals**. They still carry **cardiovascular risks** similar to cigarettes in short-term studies. **Long-term health effects are unknown** due to limited data.

UK Legislation: Are They Covered? Yes, under the [Tobacco and Related Products Regulations 2016](#) similar to cigarettes.

Who Produces HNB/Heated Tobacco Products? Major international manufacturers include **Philip Morris International (PMI)** products include:- IQOS, HEETS/TEREA. **British American Tobacco (BAT)** products include:- glo, neo. **Japan Tobacco International (JTI)** products include:- Ploom. These producers also make most cigarettes on the market.

Can community pharmacies in Scotland support people who use HNB/Heated Tobacco products?

Yes — but the support is provided as tobacco cessation, not for continuing HNB use.

Community pharmacy smoking cessation services in Scotland support anyone using tobacco products to quit — including cigarettes, roll-your-own, cigars, and heated tobacco.

Key points: Not risk-free: HNB products still produce harmful chemicals, just usually at **lower levels than cigarettes** but higher than vaping.



What community pharmacy *can* do for HNB/Heated Tobacco Products users:

- Provide **Very Brief Advice (VBA)** and encourage a quit attempt.
- Offer **behavioural support**, monitoring, and follow-up as part of Quit Your Way.
- Supply **evidence-based pharmacotherapy (NRT)** through the national smoking cessation service.
- Discuss **risks of HNB products** and explain that while lower-emission than cigarettes, they still expose users to toxicants and are **not safe**.
- Help the person switch from HNB to **complete tobacco abstinence**, supported by NRT.

INFORMATION: Behavioural Change in Healthcare

Behavioural Change in Healthcare Webinar

This webinar will explore how behaviour-change approaches can strengthen pharmacy practice across Scotland. With the growing emphasis on person-centred care, pharmacy teams are increasingly supporting patients to make meaningful lifestyle changes that improve health and wellbeing. This session introduces the NHS Education for Scotland MAP of Behaviour Change model and key Behaviour Change Techniques (BCTs), helping pharmacy professionals recognise opportunities for behaviour-change conversations and embed practical, evidence-based strategies into everyday consultations.

Join us for an engaging and practical webinar on **Wednesday 18 March from 7pm to 8.30pm** and book your place using the following link: [Behavioural Change in Healthcare Webinar](#)



INFORMATION: West of Scotland Formulary – Changes to Inhaler Products

Due to the West of Scotland formulary review, there will be changes to inhaler products being recommended locally.

The most noticeable change will be a move from Fostair MDI to Proxor MDI (identical ingredients and inhaler technique).

The primary care pharmacy team will be working on this switch in the coming months, starting in April once the new formulary is published. Updated local guidelines for asthma will be shared in due course.

Primary care teams will liaise with their local Community Pharmacies to understand the Fostair stock levels before switching any patients.

Information from Previous Communications

ACTION REQUIRED: HRT Unopposed Oestrogens Project

All community pharmacies should have received the HRT Unopposed Oestrogen patient information cards by 16th January 2026.

If you have not received these, please email the CP team: aa.cpteam@aapct.scot.nhs.uk

Pharmacy teams were asked to watch the video on HRT and engage in conversations with patients who fall into this category, using the patient safety cards to aid patient discussions. This should help to provide enhanced support for patients, highlighting the importance of taking progestogen alongside oestrogen HRT – where clinically indicated – to reduce the risk of endometrial hyperplasia and its potential progression to endometrial cancer.

You can find the video by attached to the homepage of the [NHS A&A Community Pharmacy Website](#).

Step into Spring Safely

The weather is getting warmer and Spring is on its way... here are some tips to keep germs at bay...

NHS Ayrshire & Arran's Health Protection Team



If visiting an animal park or farm and feeding or petting animals it is very important to **wash your hands** thoroughly when finished.



Potential risks

Contact with animals increases the risk of Gastrointestinal infections such as Cryptosporidium or Ecoli



Prevention

- Wash hands thoroughly with soap and running water after petting or feeding animals
- Supervise children washing their hands
- Wash hands before eating
- Use designated cafes or picnic areas
- Avoid the use of alcohol gel

Symptoms to look out for

- Watery diarrhoea
- Stomach pains
- Nausea and vomiting
- Temperature 37.8°C or above



What to do if you are worried

Speak to your GP regarding your symptoms (Monday – Friday)

Call NHS 24 on 111 (out of hours)

Did you know?

That alcohol gel is less effective than soap and water at removing certain kinds of germs like Cryptosporidium or Norovirus.



RECENT COMMUNICATIONS SUMMARY

Tuesday 24th February–

aa.cpteam - Class 2 Drug Alert No 9 2026 - Medicines Recall - Action Within 5 Days – Sterling Pharmaceuticals Ltd (Specials Manufacturer Ms32515) Kidnaps (Melatonin) 1mg In 1ml Oral Solution

aa.cpteam – Class 4 Drug Alert No 10 2026 - Medicines Defect Information – Caution In Use – Rayner Pharmaceuticals Ltd – Dropodex 0.1%W/V Eye Drops Solution

Wednesday 25th February – ClinicalPCT - Convatec: Esteembody 46054 One-Piece Intestinal Ostomy Bag

Thursday 5th March - Typo error on PCR website

KEY COMMUNITY PHARMACY CONTACTS

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PRIMARY CARE CONTACTS

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GENERAL ENQUIRIES EMAIL: aa.cpteam@aapct.scot.nhs.uk

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