

Pharmacy & Medicines Directorate Weekly Update



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Unused Medicines Campaign Launch

Medicines prescribed by GPs or given through Pharmacy First cost NHS Grampian over £121 million during the last financial year. This is in addition to those prescribed or supplied in hospitals.

An NHS Grampian Facebook survey around prescribed medicines was carried out earlier this year. This attracted 2800 responses from members of the public across Grampian, with opinions and concerns about the financial and environmental impacts of unused medicines. Six public focus groups, along with input from professionals, were used to develop our new NHS Grampian public campaign to raise awareness regarding these issues.

The key message of this campaign is: ***'When it comes to prescriptions... Please only order what you need'***, with the aim to reduce unavoidable waste having positive financial and environmental impacts. The campaign increases awareness on avoiding waste, but also on the safe disposal of unused medicines and encourages individuals to consider purchasing over the counter medicines for minor conditions.

We would like to encourage Community Pharmacies to support this campaign by linking to campaign materials on practice/pharmacy webpages. Please find the below YouTube video links:

- [Unused Medicines \(Video One\) \(youtube.com\)](#)
- [Unused Medicines \(Video Two\) \(youtube.com\)](#)
- [Unused Medicines \(Video Three\) \(youtube.com\)](#)
- [Unused Medicines \(Video Four\) \(youtube.com\)](#)

NHS Grampian Unused Medicines Web pages have been produced to support this campaign with additional facts and information available [here](#), which we encourage you to consider adding to your pharmacy web pages. Please also check NHS Grampian Facebook pages for links to the launch which you may wish to like and share.

If you have any feedback, please email: gram.medicinesmanagement@nhs.scot.

Care Home Waste

Please be reminded of the following points regarding accepting medication waste from care homes in NHS Grampian:

- Accepting and processing medication returns (from any patient/setting) remains a contractual requirement for all pharmacies within NHS Grampian.
- The NHS Grampian Care Home Waste SLA is no longer active, meaning that the *additional* activities relating to care home waste within the SLA are no longer a requirement.

Smoking Cessation

Tobacco and Vapes Bill Update

In last week's King's Speech the Government announced that reintroduction of the Tobacco and Vapes Bill was an early priority for the Government in the forthcoming session.

Deborah Arnott, Chief Executive of Action on Smoking and Health, said: "Today's announcement puts us in pole position to be the first country (UK wide) in the world to end smoking. Smoking puts pressure on our NHS and social care system, but the greatest financial impact is the damage to our economy due to lost productivity. The measures announced today will play a major role in helping government achieve its ambition to halve the difference in healthy life expectancy between the richest and poorest regions, and deliver productivity growth in every part of the country."

Phasing out the sale of tobacco is supported by more than two thirds of adults (69%) and 11-15 year olds (67%) who will be the first generation to whom the sale of tobacco will forever be banned. The majority of the population in every constituency in Great Britain supports the legislation.

Public Health Update

World Hepatitis Day – 28th July 2024

World Hepatitis day takes place on 28th July and it is a great opportunity to raise awareness of viral hepatitis. We'd love pharmacies to get involved in promotion and stocking the BBV kits! Lots of downloadable resources available:

- [World Hepatitis Day 2024 \(who.int\)](https://www.who.int/world-hepatitis-day)
- [Campaign Resources 2024 - World Hepatitis Day.](#)

Viral hepatitis is a global health crisis, causing over a million deaths worldwide each year, yet we have the means to prevent and treat these diseases. It is estimated that around 39,000 people across Scotland are chronically affected by hepatitis C – with just under half not yet aware of their infection, and available data shows that hepatitis B affects approximately 9000 people in Scotland, with more than half unaware of their infection. In Grampian our aim is to find and treat people who are affected by viral hepatitis, and to spread the word about how to prevent infection.

All blood borne viruses are treatable, but if left untreated can lead to serious illness and death. Hepatitis C can be treated and cured with a short course of tablets and Hepatitis B can be treated to ensure the person affected can stay healthy. There is also a vaccine that can prevent Hep B. Testing for and treating blood borne viruses also prevents others becoming infected.

For information about Hepatitis C, [click here](#).

Community Pharmacy Scotland Round-Up

Sore Throats: Before You Refer!

Not every presenting sore throat is a throat infection and therefore, not every sore throat needs an antibiotic.

[Read More](#)



For Information: Early Prisoner Release Scheme

The Scottish Government have enacted an early release from prison scheme for low-risk offenders in a bid to ease overcrowding.

[Read More](#)

The Happy Place 😊

Unused Medicines Campaign Launch

Have you heard NHS Grampian's Director of Pharmacy, David Pflieger, and Baird's Pharmacist and Area Manager, Anna Marsay, on the radio yet? Please all get on board and promote 'When it comes to prescriptions... Please only order what you need' within your communities.

Director of Pharmacy, David Pflieger explains: "Even small changes to help reduce unused medicines will have a significant impact. This can be as simple as checking what supplies you still have before ordering new and only ordering repeat prescriptions when you are down to your last two weeks' supply.

"If there are any medicines on your repeat list you are no longer taking, it's really important you let us know. Please check your bag before you leave the pharmacy, as they can't legally re-use medicines once they have left the shop. Have a conversation with your pharmacist about anything you no longer need or don't require at that time. But please, don't stop taking medicines without checking with a healthcare professional first."

The estimated cost of providing over-the-counter medicines such as paracetamol through Pharmacy First or via prescription is up to £35. This isn't just the cost of the medicine but the cost of the time of the doctor, pharmacist, nurse and administration staff.

Unused medicines should always be returned to pharmacies to be destroyed safely. Please do not flush them down the toilet or add them to household waste as they can be harmful to the environment.

For more information, visit: www.nhsgrampian.org/unusedmedicines



We would like to continue this section as an opportunity for reward, recognition and good news stories of the teams who read this! Please submit any items for inclusion to:
gram.pharmaceuticalcareservices@nhs.scot

All weekly updates are uploaded to the [CP Grampian website](#).

Remember to like our Facebook page for regular updates: [Community Pharmacy Grampian – NHSG](#)