

# Pharmacy & Medicines Directorate Weekly Update



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## FSRH Statement: Ulipristal Acetate and Breastfeeding

Following a review of the current recommendation, which states that breast milk should be expressed and discarded for one week after Ulipristal Acetate, members of the Guideline Development Group for the FSRH Guideline Emergency Contraception have agreed a recommendation that there is no need to avoid breastfeeding after taking a single dose of UPA-EC.

This is in line with recommendations from the UK Drugs in Lactation Advisory Service, which are published on the Specialist Pharmacy Service website. Please find the attached document for more information.

## Gathering Views: Valproate Experience

Healthcare Improvement Scotland would like to talk to people about their experience taking Valproate. Medication that contains Valproate could include Belvo, Convulex, Depakote, Dyzantil, Epilim, Epilim Chrono or Chronosphere, Episenta, Epival, and Syonell.

They are looking to talk with people who are:

- Currently taking Valproate or have stopped taking Valproate since August 2023 and have done so while living in Scotland.
- Women and men able to become pregnant or get someone pregnant if not on contraception.
- Between 12 - 55 years old.
- Carers of people with the above characteristics.

This work will inform NHS Boards' plans for the safe use of Valproate. This will ensure person-centred, safe, and effective implementation of new measures.

If you would like to find out more or would like to take part, please email us at [his.engagementevidence@nhs.scot](mailto:his.engagementevidence@nhs.scot) or scan the QR Code on the attached flyers.

## Save the Date: Training Events

<b>Pharmacist Independent Prescribing – Getting Started in Community Pharmacy</b>	Wednesday 5 <sup>th</sup> March 2025, 7pm - 8.30pm.	This webinar is designed to support community pharmacist independent prescribers in the early stages of their prescribing journey, from service set up to expanding scope of practice and ongoing peer support. It will provide practical information to attendees on the process for registering with the GPhC as an IP and setting
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		up the Pharmacy First Plus service in practice. <a href="#">Book your IP webinar place.</a>
<b>Pharmacy in Practice 2025 Conference</b>	Wednesday 12 <sup>th</sup> March 2025, Novotel Edinburgh Park	<a href="#">Click here</a> for more details and registration.
<b>Physical Assessment Skills Training Opportunity</b>	Friday 28 <sup>th</sup> March 2025. Forrest Grove House, Aberdeen	<a href="#">Click here</a> for more details and registration.
<b>NES Annual Virtual Conference</b>	Thursday 24 <sup>th</sup> and Friday 25 <sup>th</sup> April 2025	Building on the growing success of previous events, this year's theme is Learning for Change: Tackling Health Inequity through Education and Workplace Learning. For more information visit the <a href="#">NES Annual Conference 2025 website</a> .

## Smoking Cessation Update

### Missed Submission Late Payments

From 1<sup>st</sup> April 2025, you will no longer be paid for any submissions which are out with the PCR submission window. Data capture remains very important and so please email [gram.pharmaceuticalcareservices@nhs.scot](mailto:gram.pharmaceuticalcareservices@nhs.scot) if you have a patient who has an undocumented successful quit, thank you.

### No Smoking Day - 12<sup>th</sup> March 2025

With only one week to go, we trust you are all promoting No Smoking Day within your pharmacies. Whether it be a small window display or larger table display, everyone has space to do something! Remember you can access resources free of charge here: [HPAC](#).

We'd love to see your displays, please email your pictures to us!

If you have a social media platform, please share the posts as they are shown on our page [Facebook](#) or directly from NHSG Public Health page.

A great idea is to utilise the day to opportunistically use the Very Brief Advice model to identify patients who'd like support. The algorithm was attached in last week's newsletter.

## NES Pharmacy Update – March 2025

[Click here](#) to view the NES Pharmacy March update. This edition includes NES annual conference, preparing for changes to the Foundation Training Year 2025/26, substance use resources, NES programmes and events.

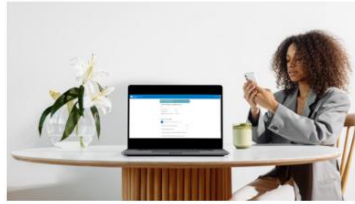
## Community Pharmacy Scotland Round-Up



04/03/2025 • Scottish Government

### PCA(P)(2025)02 - Serious Shortage Protocol for Estradot Patches

This Circular advises community pharmacy contractors that the Serious Shortage Protocol for Estradot® (Estradiol) 50 micrograms / 24 hours transdermal patch, a hormone replacement therapy product has been extended.



03/03/2025 • Graham Le Tissier

### Medicines Care and Review (MCR) Ready Reckoner: 3rd March 2025

This week's MCR Ready Reckoner has been updated and is now available to download or you can view it via the App.



03/03/2025 • Adam Osprey

### National Insurance Contributions For Community Pharmacy - House of Lords Vote

We are pleased to see that the House of Lords recently held a debate which used community pharmacy as a central talking point, eventually voting overwhelmingly in favour of granting an exemption to this rise in business costs.



28/02/2025 • Graham Le Tissier

### NHS Pharmacy First Approved List Update

The approved list of products for the NHS Pharmacy First Scotland Service has been updated from the 1st March 2025.

## The Happy Place 😊

Today, is Shrove Tuesday aka Pancake Day! As we indulge in this tasty tradition, let's also remember that tomorrow marks the beginning of Lent with Ash Wednesday. It's a time for reflection, renewal, and growth.



***Please remember 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](mailto: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](#)*