

Pharmacy & Medicines Directorate Weekly Update



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Steroid Sick Day Rules

As a result of a Significant Event Analysis done locally, it was felt that there should be an increased awareness of steroid sick day rules. Steroid sick day rules are relevant to all patients taking 5mg prednisolone daily (or equivalent - all routes count!) for over 4 weeks and for 12 months after stopping oral steroids, and also patients who have taken 3 or more short courses of high dose glucocorticoids within the last 12 months and for 12 months after stopping (see information in attached documents for further scenarios and how to manage common illness).

Please ensure that steroid cards are dispensed with all relevant prescriptions, and check relevant patients have the Steroid Emergency Card and the Society of Endocrinology UK sick day rules leaflet (this is also linked from a QR code on the attached Steroid Emergency Card).

Please see the following resources to increase knowledge and awareness around this issue:

- TURAS Module - Adrenal Crisis and Steroids
- [Adrenal crisis | Society for Endocrinology](#) (patient leaflet downloadable from this page).

HIV Pre Exposure Prohylaxis

HIV PrEP (Pre Exposure Prohylaxis) is a medicine that stops you getting HIV. PrEP is available to people who are most at risk of getting HIV.

The people most at risk are: - black African women and men - gay, bisexual men and men who have sex with men- people who inject drugs - one partner is HIV positive, the other is negative- people who exchange sex for payment- trans and non-binary people.

We are gathering feedback to help improve access to HIV prevention and sexual health services across Grampian. This short, anonymous survey asks about awareness and experiences of PrEP, as well as any barriers faced when seeking information, testing, or support. Responses will help NHS Grampian understand what is working well and where services could be made easier to use.

The survey is live on the Sexual Health services website [Grampian Sexual Health Services | Sexual Health Advice and Information](#) or may be accessed via the link below- please share widely with all relevant partners

[PrEP Survey](#)

Smoking Cessation Update

A big shout out to GOLD award, Summerhill Pharmacy who are doing a brilliant job in the run-up to No Smoking Day by posting a few times a week on their Facebook page, covering all different aspects of giving up smoking and promoting their service. Keep it up, very well done!

Please all push promotion in the lead up to No Smoking day on Wednesday 11th March 2026.

Save the Date: Training Sessions

Pain Concern Education Events	Find the attached link for upcoming dates.	Please click here to register, and view more details.
Trauma-Informed Approaches for Community Pharmacy Teams	<p style="color: red;">POSTPONED to Spring 2026 - NEW DATES COMING SOON. Please register for the waiting list if you are interested in this course and you will be contacted when the event becomes live.</p>	This course is ideal for community pharmacists and pharmacy teams wishing to enhance compassionate practice and ensure a safe, supportive and trauma aware environment for everyone. Please click here to register, and view more details. Flyer with QR code also attached.
ICON Programme Webinar	Tuesday 17 th March 2026, 10:00 – 11:00.	ICON is an evidenced based programme to help parents and carers cope with a crying baby and prevent Abusive Head Trauma (AHT). This webinar is an opportunity to share and reflect on experiences of introducing ICON to families across Grampian. Find the attached flyer for more information.

Community Pharmacy Scotland Round-Up



23/02/2026 • Robbie Collins

Community Pharmacy Representation at Scottish Party Conferences

Last Friday, the Community Pharmacy Scotland (CPS) Policy team attended both the Scottish Conservative and Scottish Liberal Democrat party conferences.



23/02/2026 • Graham Le Tissier

Medicines Care and Review (MCR) Ready Reckoner

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



19/02/2026 • Robbie Collins

Gordon Winter Talks Co-Codamol on BBC Radio Scotland

Check out our Policy & Development Officer, Gordon Winter, speaking to BBC Radio Scotland yesterday about the shortage of **prescription-strength co-codamol**.



19/02/2026 • Gordon Winter

Raising Awareness of the "Nip It In The Bud" Campaign

Learn how the Nip It In The Bud campaign supports early cancer detection in farming and rural communities through awareness and community pharmacy support.

The Happy Place 😊

February is National Heart Month, find below some heart health tips:

- Aim for 150 minutes of physical activity each week.
- Reduce salt to help lower blood pressure.
- Choose a diet rich in fruit, vegetables, whole grains & lean proteins.
- Stop smoking — one of the best things you can do for your heart.
- Know your health numbers: blood pressure, cholesterol, blood sugar.



[Heart Month February 2026 | HEART UK](#)

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](#)