

Pharmacy & Medicines Directorate Weekly Update



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Updated Procedure: NHS Grampian Patient Group Direction (PGD) Submissions

From 21st April 2026, we will no longer require a paper copy of a signed PGD (including date signed) or an emailed copy from your pharmacy – the Microsoft Form on the webpage linked below must be completed. Please note that paper and emailed copies following this date, will no longer be accepted.

Find the form and 'How To' guide on the attached link: [Patient Group Directions \(PGDs\) – NHS Grampian](#).

The information gathered from this form will allow NHS Grampian to fulfil its responsibilities to keep a list of all pharmacists operating in its area who have signed the PGDs currently operating within the Board. We request all pharmacists and locums working within NHS Grampian to complete the form by 1st September 2026.

Please note by completing this form and noting you have signed for the PGD below you are agreeing you have completed the appropriate training to professional standards enabling you to administer under each PGD. You agree to not act beyond your professional competence, nor out with the recommendations of each direction. A PGD does not remove professional obligations and accountability. It is the responsibility of each professional to practice within the bounds of their own competence and in accordance with the General Pharmaceutical Council Standards for Pharmacy Professionals.

This authorisation sheet should be retained in the pharmacy to serve as a record of those practitioners authorised to work under the PGD. We may request a paper copy at short notice as part of auditing exercises.

When a new or revised PGD is added to the list, all boxes must be re-ticked. This is to ensure that an accurate and up-to-date record is maintained

Smoking Cessation Update

Smoking Cessation Data for Oct-Dec 2025 (Quarter 3)

The most recent data is shown in the table below:

2025 – 2026 DATA

	OCT-DEC 2024	JAN-MAR 2025	APRIL-JUNE 2025	JULY-SEPT 2025	OCT-DEC 2025
TOTAL NUMBER OF SIGN UPS	739	1009	835	822	905
MISSED SUBMISSIONS AT 4 WEEKS AND FINANCIAL LOSS	176 (23.8%) £2640	215 (21.3%) £3225	210 (25%) £3150	226 (27%) £3390	248 (27.4%) £3720
TOTAL NUMBER OF SUCCESSFUL QUITS	157 (21% of all sign ups)	220 (22% of all sign ups)	182 (21.7%)	161 (19.5%)	199 (22%)

Things of note are:

- Sign-ups have increased compared to the same quarter last year.
- Missed submissions at 4 weeks unfortunately remain unusually high at 27.4%. Remember **ALL** sign ups require 4 week submissions.
- Successful quits have risen to 22%, better than last quarter and in line with National data.

You can watch a short video about PCR submissions here: [Smoking Cessation Support Tool Webcast - YouTube](#).

Your Public Health Practitioner will send each pharmacy their own data over the next few weeks, please keep an eye out for this important email and take steps to address any issues.

Smoking and Mental Health IMPACT Training – For Staff Working in Mental Health Support Settings

Sign up to our free training: Smoking & Mental Health – Understanding the Impact, for staff working in mental health support settings.

Smoking rates are significantly higher among people with mental health challenges and can worsen symptoms, reduce medication effectiveness, and affect recovery.

Please see attached guidance for access to training that will support your understanding of the links between smoking and mental health, helping you to provide more informed, compassionate support, improve quit outcomes, and ensure practice aligns with best practice and national guidance.

Ketamine Use

Ketamine Use Recent discussions within Aberdeen City have highlighted the importance of getting some additional information out to practices in relation to Ketamine, to help raise awareness with GPs & practice teams.

The Aberdeen City Health and Social Care Partnership hosted a Ketamine use webinar in October 2024, please see link here: [Ketamine Use Webinar 31/10/2024](#).

In addition, we have attached a leaflet on Ketamine Bladder (Ketamine Urinary Tract Syndrome) from the British Association of Urological Surgeons. (Appendix 1).

ICON: Supporting Parents Through Challenging Infant Crying

Pharmacy teams play an important role in supporting parents during periods of increased infant crying. ICON reinforces key messages to help reduce parental stress and prevent harm:

- **Infant crying is normal** for babies, particularly in the early weeks.
- **Comforting techniques** such as holding, soothing, and routine can help, and it's okay if they don't work straight away.
- It's **OK to take a break**: putting the baby somewhere **safe** and stepping away briefly can help parents cope when things feel overwhelming.
- **Never shake a baby** shaking can cause serious, lifelong injury or death.

By sharing reassurance, practical advice, and signposting to local (health visiting, family nursing, midwifery, GP) and national support (ICON website: [Home - ICON: Babies cry, you can cope](#)), community pharmacy staff can help parents feel supported, reduce anxiety, and promote safer coping strategies during difficult moments.

Migraine Training for Pharmacy Teams

Pharmacists and pharmacy teams across NHS Grampian are invited to join a focused live migraine training session on MS Teams.

This session will strengthen your skills in recognising migraine, understanding treatment options, and applying this in day-to-day practice in pharmacy teams.

Wednesday 22 April 2026, 19:00 – 20:30 on MS Teams. Register [here](#). More migraine training and resources are also available [here](#).

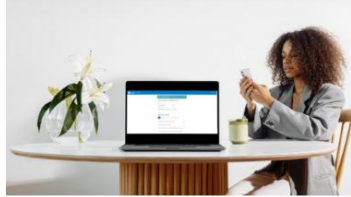
Community Pharmacy Scotland Round-Up



20/04/2026 • Matt Barclay

CEO Insights - MyCare.scot

MyCare.scot: a small start that could mean big change for patients - and for community pharmacy



20/04/2026 • 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.



17/04/2026 • Graham Le Tissier

Sponsorship Opportunities At The CPS Charity Golf Day

Sponsor the CPS 12th Annual Charity Golf Day at Mar Hall on 4 September 2026. Support Blood Bikes Scotland. Packages from £150.



16/04/2026 • Scottish Government

PCA(P)(2026)06 - Extension to Serious Shortage Protocols for Estradot® Patches and Creon® Gastro-Resistant Capsules

UK-wide Serious Shortage Protocols for Estradot® patches and Creon® capsules extended to 10 July 2026. Guidance for community pharmacies.

The Happy Place 😊

The Grampian Wellbeing Festival is back this May! 🌿

The Wellbeing Festival Programme is packed with free and low-cost activities taking place throughout May. From getting active and creative, to slowing down, learning something new, and connecting with others, there's something for everyone.

You can also download free wellbeing resources, inspired by the Five Ways to Wellbeing, to help you make small, positive changes during the festival and beyond.

View the full programme and resources here: [Grampian Wellbeing Festival](#)



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](#)