

Pharmacy & Medicines Directorate Weekly Update



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Drug Safety Update – Nasal Decongestant Sprays and Drops Containing Xylometazoline Hydrochloride / Oxymetazoline Hydrochloride

The Medicines and Healthcare products Regulatory Agency (MHRA) has published a drug safety update on nasal decongestant sprays and drops containing xylometazoline hydrochloride / oxymetazoline hydrochloride. Patients and caregivers should be informed not to exceed the recommended dose and not to use for more than 5 consecutive days. Continuous use of these medicines for more than 5 days can lead to an increased risk of side effects. Further information and advice for healthcare professionals can be found on the MHRA website.

Further information, advice and details of the affected batch can be found on the attached document and the [MHRA website](#).

Alert of Drug Harms

There is an ongoing, heightened concern about a number of drug-related deaths linked to Aberdeen city postcodes AB16/AB15 6 (particularly AB16 6) during April. There doesn't appear at this stage to be a single common factor linking all the cases such as a particular substance etc. but more information is being prepared. All of the people had risk factors such as other health conditions, mental health conditions, previous seizures, previous overdoses and poly substance use.

Community pharmacies remain uniquely placed to provide quick access to naloxone due both to being located in the heart of communities and weekend opening hours. As always it is vitally important that pharmacies hold a stock of naloxone that is in date. Refer to the naloxone [guidance](#) for more information.

Please proactively discuss and offer supply of naloxone to any person at risk or likely to witness and overdose.

In addition, standard harm reduction messages as below can be shared opportunistically with people **receiving opiate replacement therapy** or **accessing injecting equipment**.

All people using drugs, but particularly heroin, should be advised to take extra precautions:

- Do not use drugs alone – Have someone with you who can help in an emergency. .
- Avoid mixing substances – combining drugs (including alcohol and prescription medication) increases the risk of overdose. If you do mix, use much less than you would normally.

- Know the signs of overdose – symptoms include: - Sudden collapse - No response to stimulation - Blue or pale skin - Snoring, gurgling, or raspy breathing - Seizures or fits
- Carry naloxone – if you or someone you know uses drugs, having naloxone could save a life. You may need more than one dose and multiple kits
- Call 999 immediately if someone overdoses – stay with them and provide first aid until help arrives - If you do mix, use much less than you would normally. -
- Check what you are taking. WEDINOS is a postal service which will check what substances your drugs actually contain -www.wedinos.org -
- Share this information with others.

More information will be shared as it becomes available. Please also refer to Public Health Scotland RADAR reports for further information:

[About this release - Rapid Action Drug Alerts and Response \(RADAR\) quarterly report - April 2026 - Rapid Action Drug Alerts and Response \(RADAR\) quarterly report - Publications - Public Health Scotland](#)

Thank you for your support with this.

*Specialist Pharmacists in Substance Misuse
NHS Grampian*

NHS Grampian Sexual Health Advice Queries

Urgent and non-urgent details were shared with community pharmacies via the weekly update which was sent by email on 5th May 2026. These contact details will not be shared on the Community Pharmacy website as these are for professionals only and NOT for patients.

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

This is a reminder that following the launch of NHS Grampian’s Patient Group Direction (PGD) Submissions Microsoft Form on 21st April, paper/emailed copies are no longer accepted, and the form on the webpage linked below must be completed.

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 PGD’s currently operating within the Board. We request all pharmacists and locums working within NHS Grampian to complete the form by **1st September 2026**.

Smoking Cessation Update

Top Performing Pharmacies for Quarter 3 Oct-Dec 2025

Last week we highlighted the SCS data for Q3, this week we celebrate and highlight success!



- **Torry Pharmacy** had 8 sign-ups and an amazing 7 successful quits, that’s 87.5%! Very well done to Carolyn and the team who were also our top performer last quarter.
- **Kemnay Pharmacy** had 11 sign-ups with an impressive 9 successful quits – 82%! Well done team Kemnay!
- **Dickies Kingswells** had 9 sign ups and 6 successful quits – 66%
- **Cullen Pharmacy** had 9 sign-ups and 5 successful quits – 56%
- **Taylor’s Pharmacy** had an impressive 16 sign-ups with 6 successful quits – 37.5%

Well done everyone, your efforts do not go unnoticed!

Payments for SUCCESSFUL 12-Week Smoking Cessation Patients Who Have Missed the PCR Window

- Pharmacies will not be able to seek back-payment for 4-week submissions (£15) which have not been claimed in the allocated time frame on their PCR system, even if the patient has been successful to date.
- Pharmacies who missed the opportunity to claim money at 4-weeks but have successfully guided their patient to a 12-week quit can seek back-payment (£35) if it's within **4 weeks** of the submission window.
- Pharmacies who have marked the PCR entry wrongly at 4-weeks forcing the file to close will be unable to submit 12-week submissions via the PCR but can seek back-payment if the patient has a **successful** 12-week quit.
- To seek payment for the conditions noted above, pharmacies should send an email FOA Public Health Practitioner to: gram.pharmaceuticalcareservices@nhs.scot.

Public Health Update

New Government Poster Campaign – Lyme Disease

May is Lyme Disease Awareness Month. You should all be receiving posters to put up in a prominent place within your pharmacy, ideally your window.

Key facts about tick bites and Lyme disease and the important role pharmacy teams can play in prevention advice, early recognition and prompt referral can be found at the link here: [Be Tick Aware: Tick Bites and Lyme Disease | Community Pharmacy Scotland](#)

PSD Scotland Pharmacy Update – May 2026

Please [click here](#) to view the May 2026 PSD Scotland Pharmacy Update. This issue includes: Shaping the Future of Health and Care – PSD Scotland, Opportunity to Support Delivery of the National Pharmacy FTY Curriculum in 2026-27, Events, Recourses and NES Programmes.

Save the Date: Training Sessions

FAST Education	<p><i>New dates have been added, as detailed below:</i></p> <ul style="list-style-type: none"> • Wednesday 6th May, 15:00 • Tuesday 19th May, 09:00 • Wednesday 3rd June, 15:00 • Thursday 25th June, 10:00 	<p>Chest Heart and Stroke Scotland are running an education session in partnership with the Scottish Government, aiming to improve stroke recognition.</p> <p>To sign up for the 30 minute online sessions, please find the QR code on the attached flyer.</p>
Introduction to Sexual Health Course	<p>Friday 8th May 2026 from 09:00 - 12:00 on MS Teams.</p>	<p>Please find the attached flyer to register for the upcoming Introduction to Sexual Health course. Any enquires should be directed to: gram.srhtesting@nhs.scot.</p>
Innovative, Collaborative & Person-Centred: Expanding Perspectives and Exploring Different Pathways in Opioid Analgesic Dependence Care	<p>Wednesday 20th May 2025, from 18:00 – 20:00 on Zoom.</p>	<p>Camurus is pleased to invite you to this upcoming webinar that continues a series on Opioid Analgesic Dependence, exploring different perspectives on addressing the challenges and advancing care pathways for patients. Please find the attached flyer for more details.</p>
Trauma-Informed Approaches for Community Pharmacy Teams	<ul style="list-style-type: none"> • Wednesday 27th May 2026 • Wednesday 3rd June 2026 <p>From 18:45 –20.15 at Dunbarney House, Dr Grays Elgin.</p>	<p>Sign up early to secure your pharmacy's place and help shape the future of trauma-informed community pharmacy support here.</p>
Sexual Health Update Hybrid Event	<p>Friday 5th June 2026, from 09:00 – 12:00 at Aberdeen Health Village, or via MS Teams.</p>	<p>Please find the attached flyer with information to register. Any enquires should be directed to: gram.srhtesting@nhs.scot.</p>

Community Pharmacy Scotland Round-Up



01052026 • Emma Romagn

Adjusted Prices Review and Part 7 Deletions - May 2026

An update on Adjusted Prices and three lines removed from Part 7 of the Scottish Drug Tariff for May 2026, with guidance for contractors.



30/04/2026 • Robbie Collins

Scottish Pharmacy Awards - Go Team Pharmacy

The **Scottish Pharmacy Awards** proved to be a standout evening, bringing together pharmacy colleagues from across the country



30/04/2026 • Community Pharmacy Scotland

Unscheduled Care - Ask Me Anything

Join CPS for an Ask Me Anything on Unscheduled Care in community pharmacy in Scotland. Thursday, 28th May 2026 on Microsoft Teams.



30/04/2026 • Graham La Touche

Be Tick Aware: Tick Bites and Lyme Disease

May is Lyme Disease Awareness Month. Guidance for pharmacy teams on tick bites, early signs of Lyme disease, and when to refer patients.

The Happy Place 😊

Huge congratulations to Claire at Dickies Kingswells who has passed her Accuracy Checking course, well done! Also pictured below are Crimond Pharmacy, who won the Independent Pharmacy award at the Scottish Pharmacy Awards. Congratulations! 🌟



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](#)*