Pharmacy & Medicines Directorate Weekly Update



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Discharge Medicine Supply Information from Acute Hospitals

From the week beginning **26th October**, there will be a slight change to how medicine quantities are recorded on Core Discharge Documents (CDDs):

- **Regular, long-term medicines:** Where a supply is required on discharge, patients will continue to receive sufficient medication for 14 days following discharge. The quantity supplied will not routinely be recorded on the CDD and a 14-day supply can be assumed.
- **Courses of treatment:** For medicines prescribed as a defined course, such as antibiotics, steroids or dalteparin, the quantity supplied will be recorded in the 'Supply' column of the CDD. This will provide clarity for patients, carers, GP practices and community pharmacies. Where the course extends beyond 14 days, a minimum of 14 days' supply will be provided.

Exceptions:

- **Compliance aids:** 7 days' supply.
- **Restricted medicines, including controlled drugs:** The quantity supplied will be documented on the CDD and may be less than 14 days.
- **Medicines with specific dispensing arrangements, e.g. daily dispensing:** The community pharmacy will be contacted and the agreed arrangements documented on the CDD.

Where appropriate, whole-pack dispensing will be encouraged. If you have any queries about this change, please contact ARI pharmacy on pharmacyari@nhs.scot.

New Public Health Ketamine Resource and RADAR Stimulant Warning

The Substance Use Pharmacist Team wish to share the following resource and information to Community Pharmacy teams, and highlight two recent items of potential interest:

New Ketamine Resource

Public Health Scotland has published a RADAR ketamine information sheet for health and care professionals. **The resource aims to improve awareness of ketamine-related harms, including bladder and urinary complications, dependence, and mental health impacts, to support informed conversations**. For more information:

- Read the PHS ketamine information sheet
- Blog

PMMA in the UK

PMMA (para-methoxymethamphetamine) is a stimulant associated with severe toxicity. Over the last few weeks, UK (Office for Health Improvement and Disparities), European (Trans-European Drug Information Network) and International (United Nations Office on Drugs and Crime) agencies have warned of increasing detections of PMMA in drugs sold as MDMA. Although there are no recent known detections in Scotland (as of 13 Oct), PMMA was recently detected in West Sussex, England by WEDINOS (W105398).

Please continue to report unusual detections, adverse effects or other harms to RADAR using our mailbox and reporting form.

Updated Optometry Stroke Pathway – With Immediate Effect

For information, there has been an update on the pathway for stroke presentation at community Optometry. This pathway can be used with immediate effect.

Please review this new pathway carefully, with particular reference to when and how to contact the Urgent Referral Stroke Team, as this is a new way of referral in these circumstances.

Stroke - Optometry Presentation

Antimicrobial Training Evening for Community Pharmacy Independent Prescribers

Community Pharmacy Independent Prescribers are invited to attend an interactive virtual **Antimicrobial Training Evening** on **Wednesday 18th November from 19:00 to 20:30**.

The session will include key antimicrobial messages followed by three interactive breakout scenarios focusing on **chest infections, ear infections and skin infections**. Attendees will have the opportunity to work through each scenario and discuss assessment and management with colleagues and facilitators.

Places are limited to 60 attendees and will be allocated on a first-come, first-served basis. Please register as soon as possible to avoid disappointment.

Register here: Community Pharmacy Antimicrobial Training Evening – 18 November 2026 – Fill in form

Smoking Cessation Update

For Action - Smoking Cessation Service Staff Feedback

The Smoking Cessation Service is a National service and so change needs to be initiated by Community Pharmacy Scotland (CPS). This feedback form is to gather information from pharmacies in Grampian around any issues and difficulties with the current service in order to feedback to CPS. **It only takes a couple of minutes to complete**, we welcome your feedback.

Feedback Form for Pharmacies Experiencing Issues Around Smoking Cessation Services

Smoking Data for Quarter 1 April – June 2026

The total number of sign-ups in Grampian community pharmacies has increased compared with both the previous quarter and the same quarter last year. We were also pleased to see a continued reduction in missed submissions and an increase in successful quits across the area. These positive results may, in part, reflect the extra efforts made by pharmacy teams around No Smoking Day in March. Thank you all for your hard work and commitment to supporting people to stop smoking.

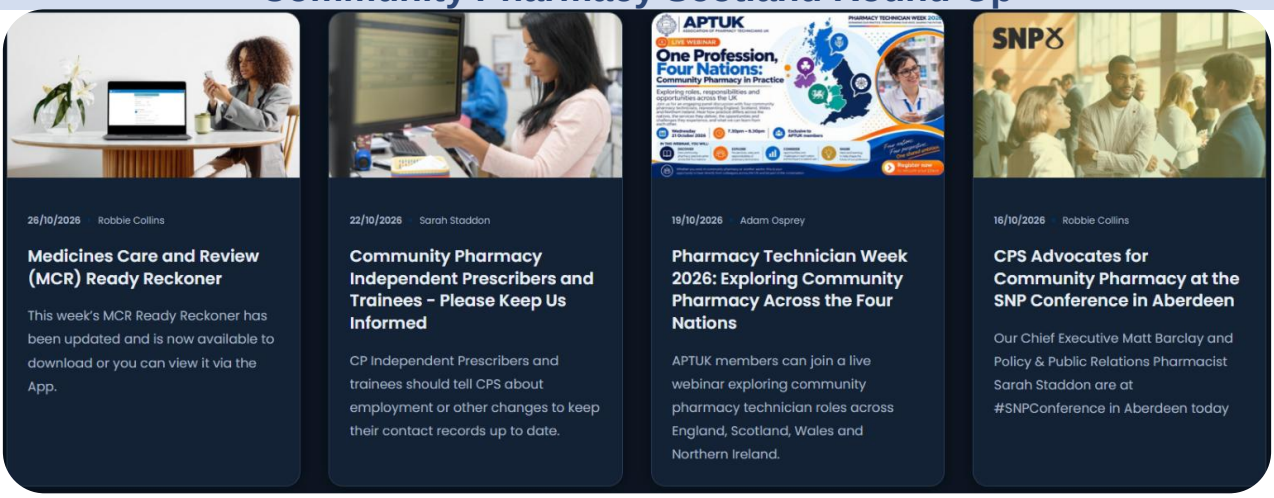
Your Public Health Practitioner will be in touch over the coming weeks with your pharmacy's individual data and details of any issues identified. Please look out for this communication.

	APRIL-JUNE 2025	JULY-SEPT 2025	OCT-DEC 2025	JAN-MARCH 2026	APRIL-JUNE 2026
TOTAL NUMBER OF SIGN UPS	835	822	905	859	898
MISSED SUBMISSIONS AT 4 WEEKS AND FINANCIAL LOSS	210 (25%) £3150	226 (27%) £3390	248 (27.4%) £3720	229 (26.6%) £3435	206 (23%) £3090
TOTAL NUMBER OF SUCCESSFUL QUITS	182 (21.7%)	161 (19.5%)	199 (22%)	216 (25%)	231 (25.7%)

Save the Date: Training Sessions

Introduction to Sexual Health Course	Friday 30th October 2026, 9:00 – 12:00 on MS Teams.	Please find the attached flyer for more information and to book your place.
BBV Update for all Primary Clinical Staff	Tuesday 24th November 2026, 18:30 – 20:30 on MS Teams.	Please find the attached flyer for more information and to book your place.

Community Pharmacy Scotland Round-Up



The Happy Place ☺

Thank you to all the pharmacies that have been promoting smoking cessation services throughout October. We've seen some fantastic in-store displays and social media activity highlighting the support you provide.

Please continue your promotional efforts throughout Stoptober and beyond, and remember to use Very Brief Advice (VBA) during patient interactions and consultations.

We will review service data in six months' time to assess the impact of these activities on the number of people accessing support and achieving a successful quit. We appreciate your efforts! 🤩

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.

Follow Community Pharmacy NHSG on Facebook
All weekly updates are uploaded to the Community Pharmacy Website: NHS Grampian

*If you would like to nominate a colleague for a **Pharmaceutical Care Services Staff Recognition and Thanks (STAR) Award** please see our Microsoft Form submission form here: Star Award Nominations for Community Pharmacy Staff – Fill in form*