

NHS Borders Prescribing Bulletin

In this issue:

- NHS Borders Wellbeing Service – An Update
- Business Continuity Planning
- Ensuring People have Access to their Regular Medicines

June 2020

NHS Borders Wellbeing Service – An Update

Smoking Cessation support

During the COVID-19 pandemic, NHS Borders has continued to offer the 12 week Quit Your Way Standard Treatment programme to support people with their quit by telephone. The Wellbeing Team are in the process of starting to use Near Me as a consultation option. Prescriptions for NRT are being sent directly to patients to take to pharmacy themselves.

People can still self refer to the Wellbeing Service for support with smoking cessation and emotional wellbeing. People can contact the service on 01896 824502.

ASH Scotland has recently delivered training on smoking and mental health and hope to offer this more widely in the Scottish Borders in the future. ASH Scotland have provided information on COVID-19 and smoking at:

<https://www.ashscotland.org.uk/what-we-do/supply-information-about-tobacco-and-health/covid-19-and-smokingnicotine-research/>

Psychological first aid appointments

During the COVID-19 pandemic people may be more likely to experience poor mental wellbeing related to self isolation or anxiety about exposure to or the effects of Coronavirus. NHS Borders Wellbeing Service is offering additional support to people struggling with their emotional wellbeing at this time. From 20th April 2020, GP practices have been referring patients for a short psychological first aid appointment which can help to: manage stress and worry; help you relax and sleep; improve your emotional wellbeing and; improve low mood.

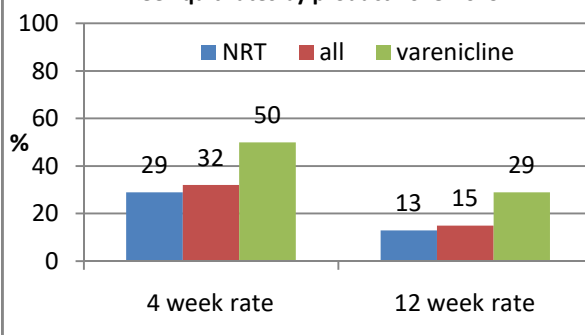
These appointments are conducted via telephone and last up to 30 minutes. The referral pathway has now been developed to support self referral for Psychological First Aid.

The Wellbeing Service will resume its normal service as soon as possible. For more information or to download a self referral form visit

<https://www.nhsborders.scot.nhs.uk/wellbeing>

Thanks to Gordon Elliot, Smoking Cessation Services for contributing this article.

Pharmacy Smoking Cessation Service 4 and 12 week quit rates by product 2018-2019



Did you know?

- Varenicline is first choice in the Borders Joint Formulary.
- Data shows that smokers are more likely to successfully quit using varenicline plus behavioural support (see chart).
- A study published in the Lancet reported that varenicline was not associated with a significant increase in neuropsychiatric events compared to placebo¹.

1. Lancet 2016; 387:2507-20

Business Continuity Planning - Community Pharmacy Template

Recent weeks have taught us how important it is to be prepared. NHS Borders have updated the business continuity plan template for community pharmacies that we would encourage you to use. Even if you work for a large multiple and you use your company's plan, it might be useful to have a peak at our template for local plans and contact details.

It covers most situations (as you would expect!) and has a good section on shared real experiences that you can learn from. It makes you think about where you might want to store your manual handle for opening electric shutters!

The BCP template can be found at: <http://www.nhsborders.scot.nhs.uk/patients-and-visitors/our->

Ensuring People have Access to Regular Medicines

In March, the Chief Pharmaceutical Officer wrote to Community Pharmacy detailing some of the arrangements in place to support ongoing supply of medicines in the community during the current situation.

"This is a real opportunity for pharmacists to exercise their clinical judgement and professionalism to help people and healthcare professional colleagues." Chief Pharmaceutical Officer, Dr Rose Marie Parr

Two of the measures include:

1. **Unscheduled Care PGD**

This enables community pharmacy to supply medicines allowing patients to continue regular medicines during periods when they might not have regular access to their local GP or during out-of-hours/weekend situations.

This service has been highlighted in the current circumstances as community pharmacy will have a role in providing medicines where a local GP practice is closed, there has been a referral from local out-of-hours providers or a patient has presented to the community pharmacy with a hospital discharge prescription/letter.

The GP practice will be informed of all unscheduled care prescriptions issued.

2. **Serial Prescribing- Medicine: Care and Review** (formerly Chronic Medication Service)

This should help to reduce GP contact, enable community pharmacies to manage workload and help ensure patients have access to regular medication.

The Prescribing Support Team is managing this process within GP practice.

- The patient's medication will be assessed to ensure it is regular and stable.
- There will be a discussion with each patient to review medication, check suitability and explain the system
- A serial prescription for either 48, 52 or 56 weeks will be sent to the nominated pharmacy with patient information leaflet attached.
- Acute prescriptions may be issued to ensure medication in sync.
- During the current pandemic, the pharmaceutical care element of M:CR has been suspended.
- There is no longer a need for the patient to be pre-registered with the pharmacy – this can be completed at first issue.

Further details from the Chief Pharmaceutical Officer's letter are available at:

<https://www.rpharms.com/Portals/0/RPS%20document%20library/Open%20access/Support%20alert/Chief%20Pharmaceutical%20Officer%20Letter%20scot%2024.3.20.pdf?ver=2020-03-24-141344-150>

Correspondence and feedback to: prescribing.bulletin@borders.scot.nhs.uk. Editorial team: Susie Anderson, Dawn MacBrayne, Nate Richardson- Read.

Past bulletins can be found at: <http://intranet/microsites/index.asp?siteid=5&uid=5>