



NHS

Mid Essex
Clinical Commissioning Group

Getting more from your Pharmacist

Paula Wilkinson
Chief Pharmacist
Mid Essex CCG

Becoming a pharmacist

4-year accredited MPharm degree

1-year of Pre-registration training

Registration Assessment ('the exam')

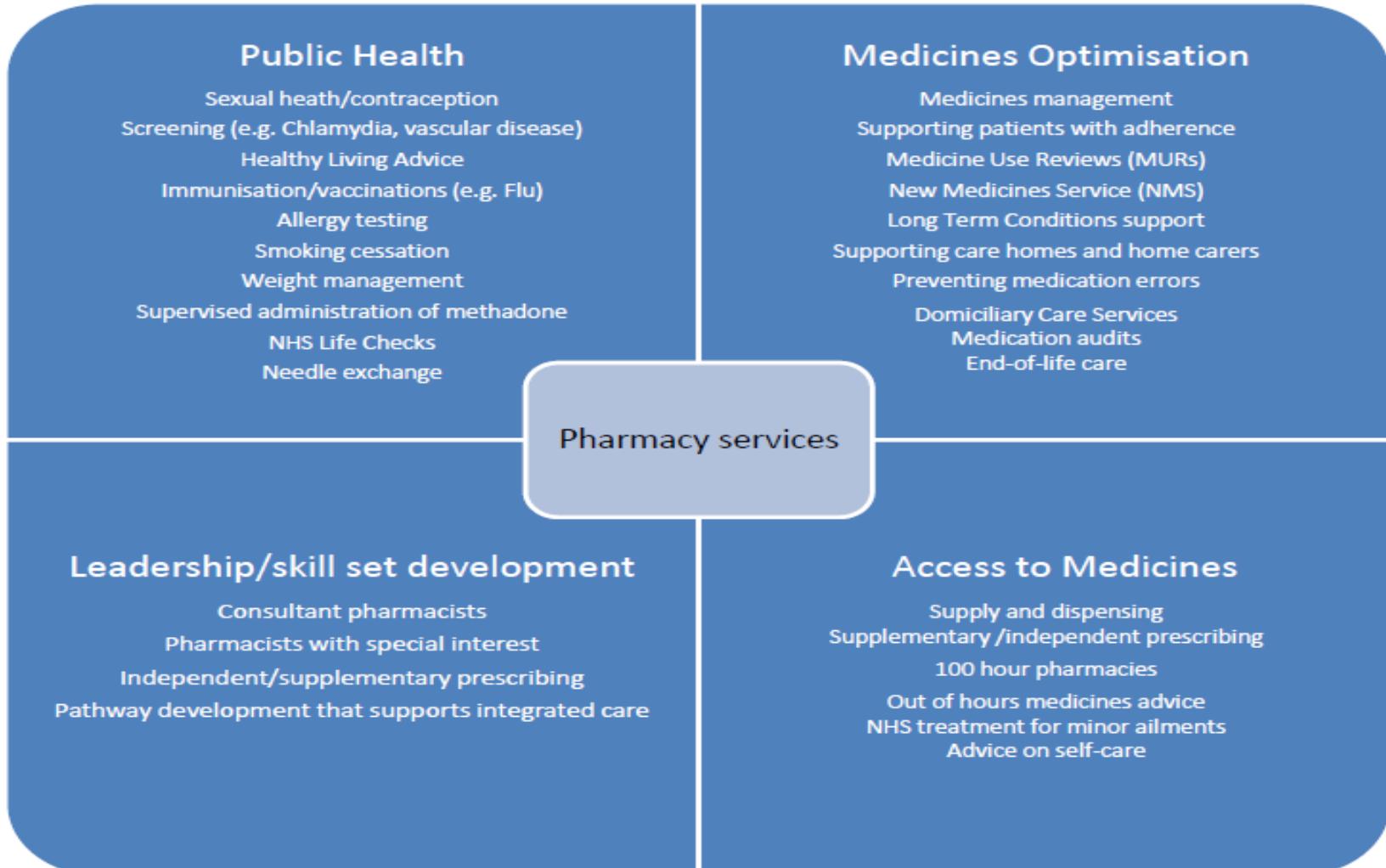
Apply to register, including health
and character checks

Register as a Pharmacist



Post-graduate study

- Diploma in clinical pharmacy
- Masters in clinical pharmacy
- Independent prescriber
- Advanced Clinical Practitioner
- Advanced Practice Framework
- Member of Faculty-Royal Pharmaceutical Society



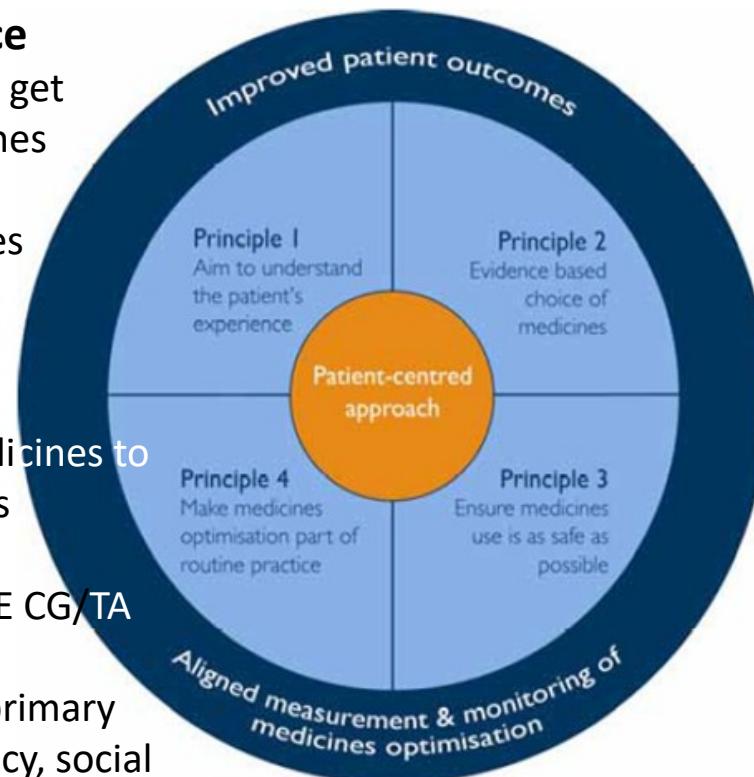
Medicines Optimisation

Improved patient experience

- Support patients with LTC to get the most from their medicines
- Polypharmacy reviews
- Informed choice of medicines

Improved Efficiency

- Cost-effective choice of medicines to contain costs within budgets
- Generic medicines
- National guidelines e.g. NICE CG/TA
- Reduce wasted medicines
- Partnerships in care-wider primary care team including pharmacy, social and voluntary sector



Medicines Management

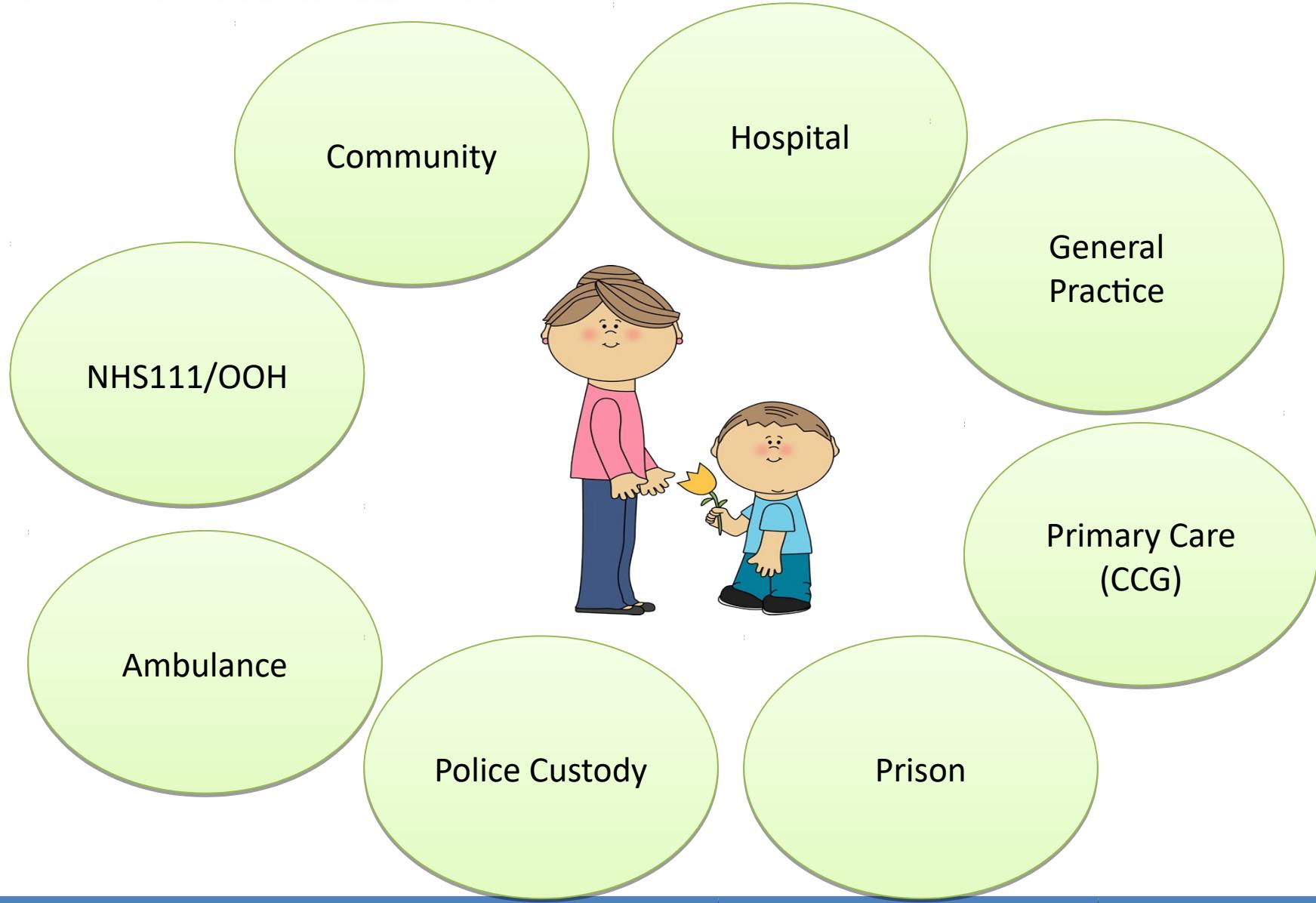
- High Cost Drugs proformas
- Clinical pathways and medication guidelines
- Traffic Lights and Grey List
- Shared Care
- General Prescribing Guidance
- Patient Group Directions
- Newsletters
- Joint Mid Essex Formulary

www.midessexccg.nhs.uk

Patient safety

- Review high risk medicines
- Reduce inappropriate use of antibiotics
- Eclipse Live-reduce risk of adverse events
- Improved communications

Clinical Pharmacist roles



Pharmacists in A&E

- National pilot 53 sites in 2015
 - Outcomes-18,613 ED cases found that 35.7% of cases have the potential for clinical management by a pharmacist (CP=4%, IP=4%, IPT=28%), usually working as part of a multi-professional clinical team in the ED.

The training needs identified by the primary categorizers (n=46) were split into four themes:

1. Clinical examination and assessment (42 sites, n=4510)
2. Diagnostic skills (36 sites, n=1381)
3. Medical management and treatment (46 sites, n=1236)
4. Training course component (16 sites, n=359)

<https://hee.nhs.uk/sites/default/files/documents/PIED%20National%20Report.pdf>

Pharmacists supporting NHS111/OOH

- Handling medicines enquiries, e.g. administration and dosage problems, interactions, pain relief advice
- Advising call handlers
- Advising NHS 111 clinicians: paramedics, nurses, dental nurses
- Managing repeat prescription request referrals
- Providing self-care advice to patients/callers for common minor illness
- Prescribing ? In GP-OOHs/ NHS 111

Healthcare on the High Street

- 65 Walk-in centres-otherwise known as pharmacies
- Focus on supporting self-care-immediate care-minor ailments and prevention of illness
- Advice available to all patients to support choice of OTC medicines
- Signposting
 - Immediate care NHS111
 - Directory of Services
- Social prescribing- Essex Connects
<http://www.essexconnects.org.uk/social-prescribing/>
- Emergency supply of medicines-Summary Care Record
 - NUMSAS-National Urgent Medicines Supply and Advice Service
 - Private service
- Minor injuries



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Why wait to see your doctor or nurse?

See your pharmacist first!

Free advice on minor illnesses and common conditions

No appointment necessary

Private consultation room

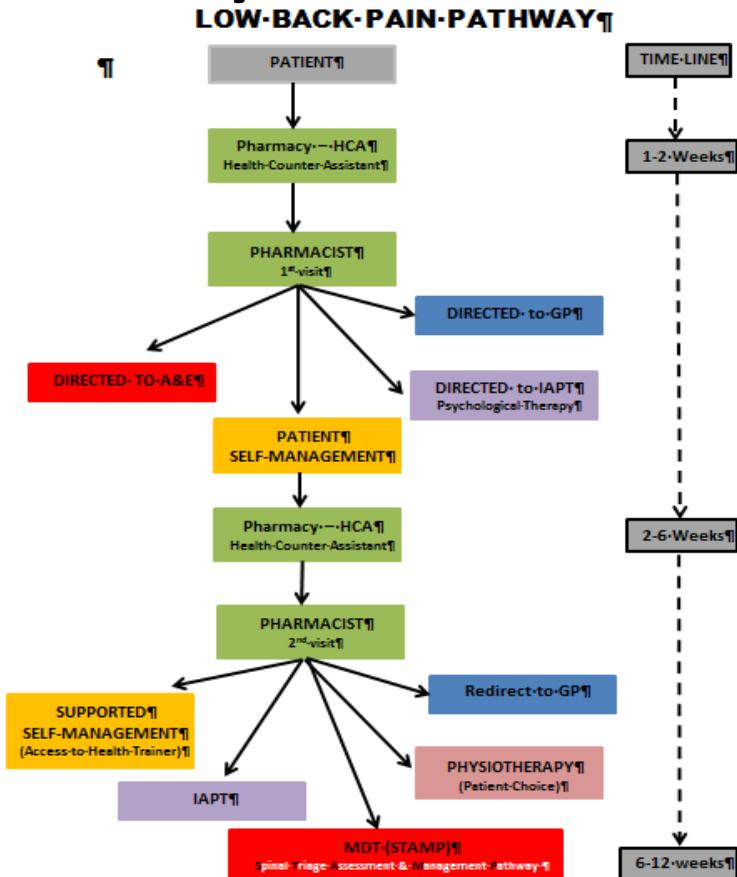
Conditions which can be treated by your Pharmacist include:

• Coughs and colds	• Constipation
• Headaches	• Piles
• Athlete's foot	• Diarrhoea
• Conjunctivitis	• Threadworms
• Hay fever	• Verrucas
• Allergic dermatitis	• Warts
• Dry skin conditions	• Head lice
• Spots and acne	• Teething
• Insect bites and stings	• Cold sores
• Indigestion	• Sore mouth
• Heartburn	• Thrush

Witham Back Pain Pathway

The LBP pathway delivers:

- faster access for people presenting with 'Red Flag' symptoms
- a reduction in GP Consultations (new and follow-up)
- increase in people presenting with LBP visiting their local pharmacy for assessment and advice
- reduction in drug misuse
- early access to psychological therapy
- reduction in anxiety and depression
- direct access to healthy living programme



Integrating Community Pharmacy- Living Well and Staying Healthy

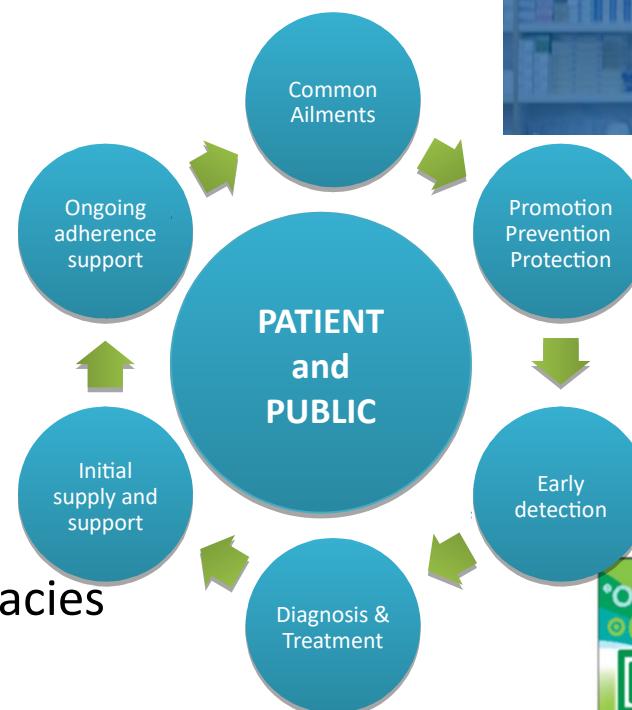
- Support for Self Care
- Prevention of illness
 - Flu vaccination
- LTC monitoring e.g. BP, Asthma
- Palliative Care

Medicines Optimisation

- New Medicines Service (NMS)
- Medicines Use Reviews (MUR)
- Education and Support

Public Health-Healthy Living Pharmacies

- Smoking Cessation
- Sexual Health



The Community Pharmacist



General Practice Pharmacists

National Clinical Pharmacist in General Practice pilot

- Training core themes
 - Fundamentals of general practice
 - Prescribing
 - Clinical assessment, examination and monitoring
 - Consultation and communication skills
 - Long-term condition management
 - Common ailments management
 - Medicines optimisation, multimorbidity and polypharmacy
 - Evidence-based medicine and safety
 - Leadership and management



<http://www.pharmaceutical-journal.com/careers/career-feature/all-you-need-to-know-about-gp-practice-pharmacists/20201042.article>

Role of practice pharmacist

- Repeat prescriptions/re-authorisation
- Dealing with prescription queries
- Medication reviews/medicines optimisation
- Minor ailments
- Long-term conditions clinics
- Care home patient management
- Medication safety- drug alerts
- Management of QOF



The Practice Pharmacist





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Get to know your pharmacist



Ask Your Pharmacist

You will be taking good advice!

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