

Getting more from your Pharmacist

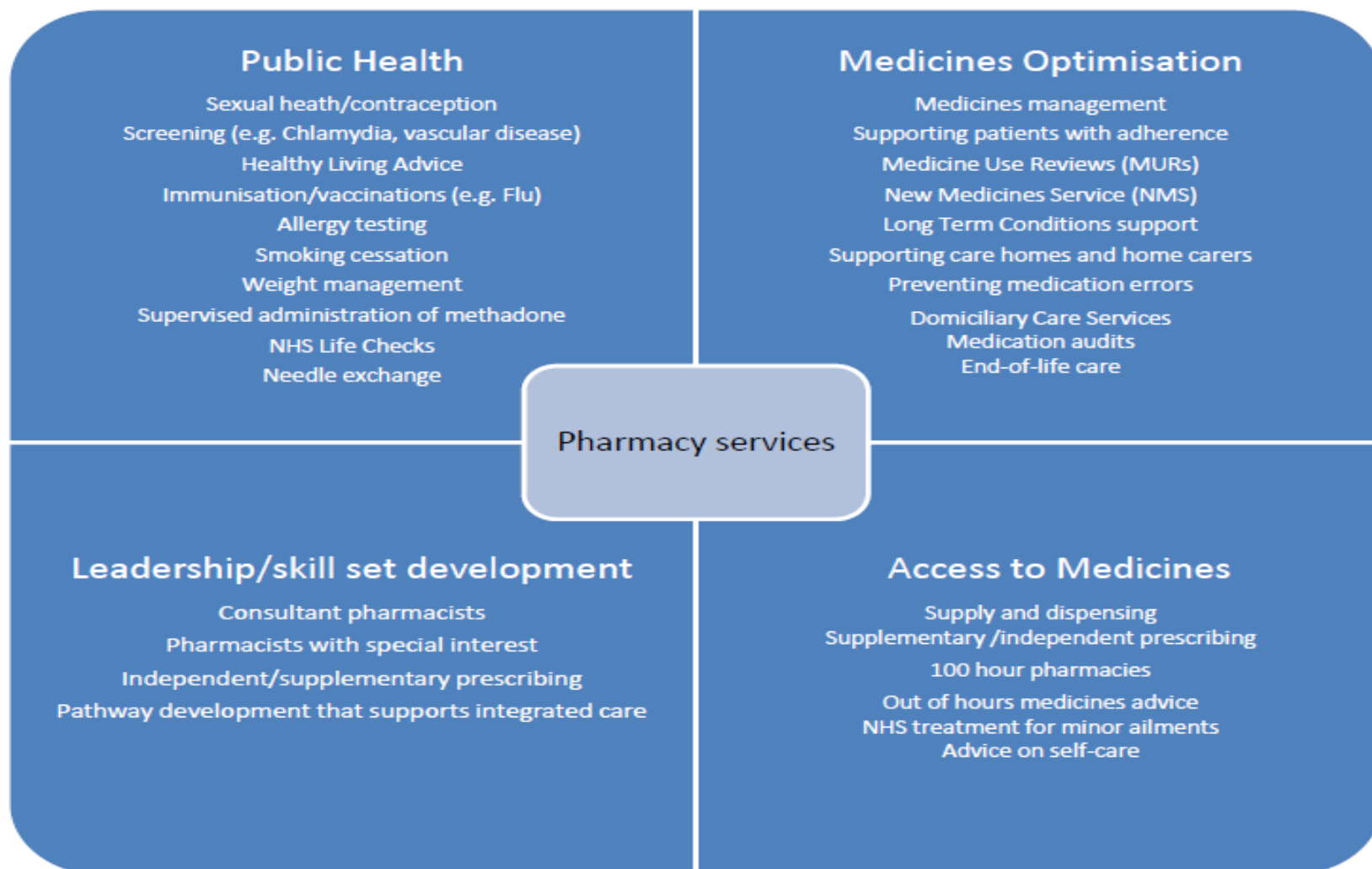
Paula Wilkinson
Chief Pharmacist
Mid Essex CCG

Becoming 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



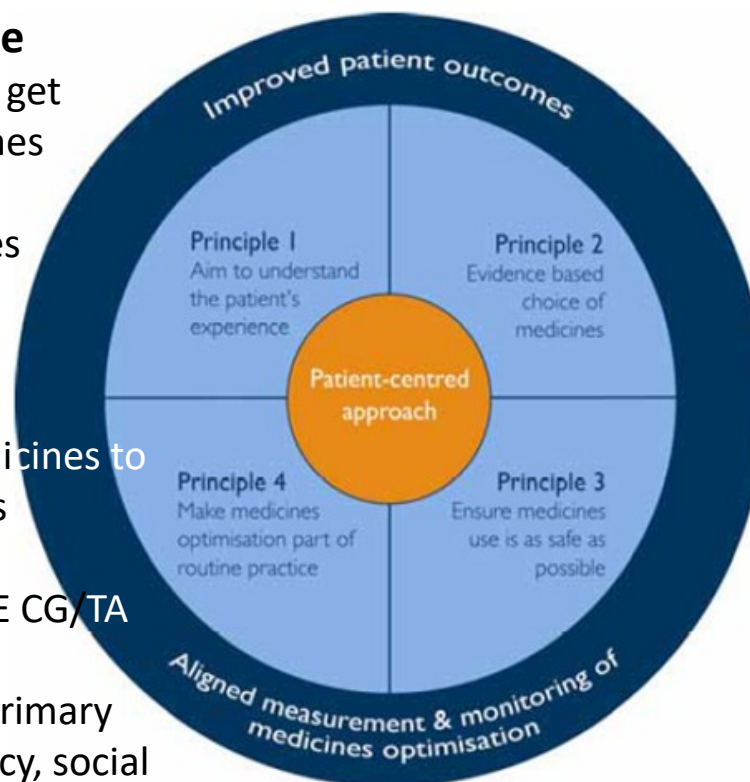
Medicines Optimisation

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

Community

Hospital

General
Practice

NHS111/OOH

Primary Care
(CCG)

Ambulance

Police Custody

Prison



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



**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**

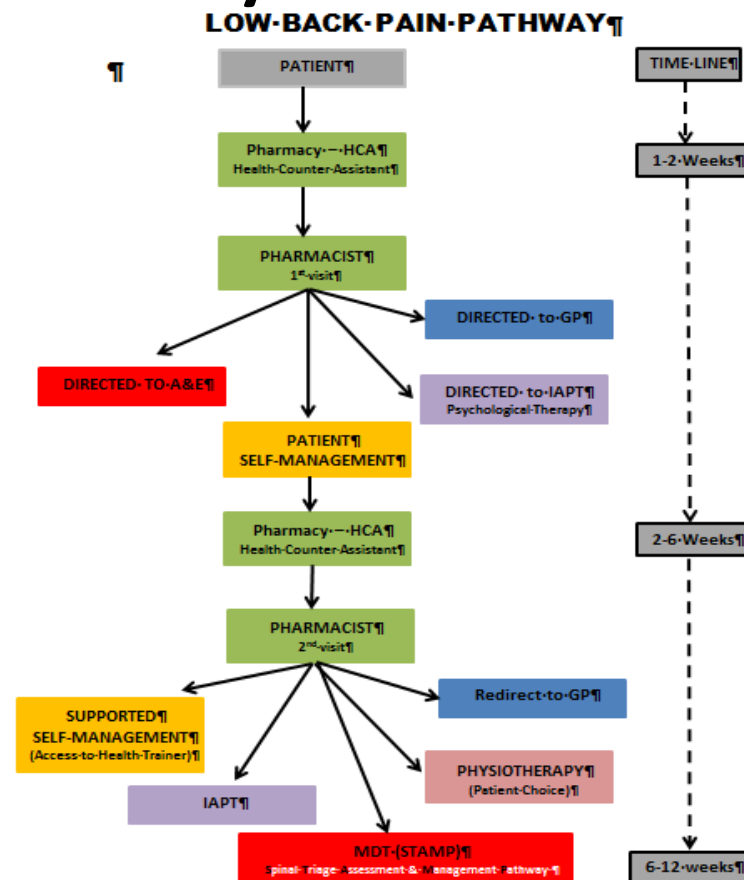
**Conditions which can be treated
by your Pharmacist include:**

- | | |
|---------------------------|----------------|
| + 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

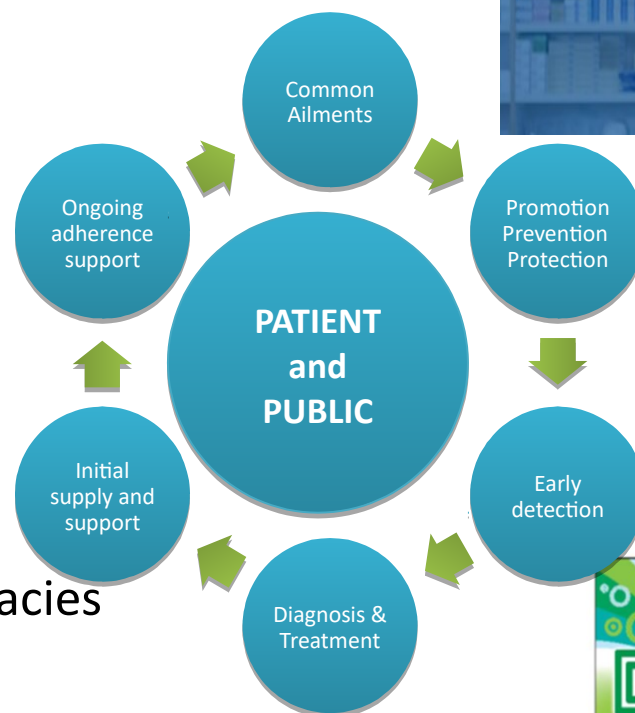
- Support for Self Care
- Prevention of illness
 - Flu vaccination
- LTC monitoring e.g. BP, Asthma
- Palliative Care

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





Mid Essex

Clinical Commissioning Group

Get to know your pharmacist



Ask Your Pharmacist

You will be taking good advice!

Paula Wilkinson

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