

Weight Management

Over 6,000 adults in Forth Valley are morbidly obese. Community pharmacists are likely to see patients with weight problems on a regular basis due to other health conditions such as joint pain, diabetes and hypertension. Advice to lose 5-10% of body weight and maintain weight loss by diet and exercise is included in most clinical guidelines. Please take the opportunity where possible to direct patients to the following resources which support and guide patients through their weight loss journey:

[Choose to Lose](#): Provides advice on motivation, healthy eating and getting active as well as providing tools to monitor progress

[Keep Well](#) is a service available to Forth Valley patients providing one to one health assessments at various venues across the area both during the day and in the evening. The assessment will cover a wide range of health issues and **[Keep Well](#)** can support you to improve or maintain your health. Information for professionals can be also be found on the following **[Keep Well](#)** website.

To make an appointment at a venue near you call:

01786 434044 if you live in Stirling or Falkirk and surrounding areas
01259 290213 for Clackmannanshire

Alternatively appointments can be made directly within the following centres:

Bo'ness Health Centre 01506 827701
Bonnybridge Health Centre 01324 815105
Camelon Clinic 01324 611711
Grangemouth Health Centre 01324 482354
Meadowbank Health Centre 01324 717920

If you feel that the patient would benefit from dietician involvement the patient can see their GP for referral or, with the patient's consent, you may contact the patient's GP on their behalf to request a referral. Please be aware, **currently only patients with a BMI >or equal to 30kg/m² may be referred to the Weight Management Service (WMS)** who will triage the referral and can provide several weight management programmes depending on patient needs. There is currently a waiting list for WMS and weight management have asked that patients being referred are committed to weight loss and are prepared to self-manage lifestyle and diet changes until treatment is available.

A resource pack for distribution to patients containing information and contact details for the weight loss services above is available from the Health Improvement Resource Service (HIRS). HIRS provides resources such as leaflet and posters. All potential clients of HIRS are required to complete a **[registration form](#)**.

Volume 6, No 4
August 2017

Please Circulate to All Staff

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Naloxone Training

Forth Valley Royal Hospital

Monday August 21st

18.15 to 21.15hrs

Light buffet provided

To book a place please email Anita or Heather at FV-UHB.FVADP@nhs.net

This is the required training for pharmacists wishing to provide Naloxone under the Forth Valley PGD. This highly recommended training is delivered by the national naloxone trainer and is **open to all pharmacists and support staff**. The pharmacies listed below are those contracted to provide Naloxone and therefore all pharmacists working there are encouraged to be in the position to supply this life saving medication on request.

Since the July Issue of Pharmacy News we have reviewed the pharmacies involved with the supply of Naloxone and printed **below is an updated list of pharmacies who have recently confirmed that they have a regular pharmacist with PGD authorisation to supply Naloxone.**

As with all PGD services there may be times when the pharmacist on duty is not the PGD authorised pharmacist and in such instances we would expect that an alternative pharmacy is contacted for the client.

Your Local Boots Pharmacy, 60 South Street, **Bo'ness**, tel.: 01506 822106
Plean Pharmacy, Braefoot, Main Street, **Plean**, tel.: 01786 817123
Lindsay & Gilmour, 15 Bannockburn Road, **St. Ninians**, tel.: 01786 472810
Lloyds Pharmacy, 29 La Porte Precinct, **Grangemouth**, tel.: 01324 482008
Lloyds Pharmacy, 39 Bannockburn Road, **St. Ninians**, tel.: 01786 475967
Lloyds Pharmacy, 96-98 Grahams Road, **Falkirk**, tel.: 01324 635859
Superdrug Pharmacy, Ochilview Mall, Thistle Centre, **Stirling**, tel.: 01786 473548
Lloyds Pharmacy, 334a & 338 Main Street, **Stenhousemuir**, tel.: 01324 55413
Lindsay & Gilmour, 5 Firs Entry, **Bannockburn**, tel.: 01786 816893
Larbert Pharmacy, 94 Main Street, **Larbert**, tel.: 01324 557596
Cornton Pharmacy, 54 Johnston Avenue, **Cornton**, tel.: 01786 447265
Graeme Pharmacy, 308 Main Street, **Camelon**, tel.: 01324 625889
Pines Pharmacy, Unit 1 The Pines, 5 Fleming Court, **Denny**, tel.: 01324 824044
R & J Marshall, 130A Stirling Street, **Alva**, tel.: 01259 760389
Tesco Pharmacy, Central Retail Park, **Falkirk**, tel 0131 289 2565
Your Local Boots Pharmacy, 4 Tron Court, **Tullibody**, tel 01259 722864

Pharmacy Consultations

The training resource "Effective Management of Over the Counter (OTC) Consultations" developed by NES was sent to all pharmacies in February 2017.

All contractors received a payment as a contribution towards releasing staff time to undertake the training pack, it was encouraged that in particular medicine counter assistants involved in consultations undertake the new training pack to help optimise their management of OTC consultations. Please refer to the SG circular PCA (P) (2017) 1 [Community Pharmacy Training on Effective Management of Over The Counter \(OTC\) Consultations](#) for full details. This has particular relevance with the Minor Ailment Service (MAS), pharmacists and pharmacy staff are reminded that all patients who are receiving on treatment on MAS should have a consultation which specifies that "[The consultation must be provided by the pharmacist in person, or by trained staff under the direct supervision of the pharmacist.](#)"

Effective consultations result in good quality advice, treatment and appropriate referrals

NSAID Quality Improvement Programme 2016/17

Evaluation Reminder

A final evaluation evening was held for the Scottish Enhanced Services (SES) Programme for 2016/17 on the 19th July. As part of the agenda for the evening time was allocated to the completion of two evaluation forms. Community pharmacy services are currently reflecting on the design and delivery of the 2016/17 programme. In order for us to complete our reflections it is important for us to get feedback from all those that enrolled in the programme and not just those who attended the final evaluation evening. There are two evaluation forms which have been sent out to all contractors shared mail boxes.

The first attachment is a Quality Improvement (QI) evaluation. The results of this evaluation will allow us to gauge whether the education and training we provided was understood and appropriate and whether we can launch a new QI programme without repeating this training. The second attachment is an evaluation of the programme itself, structure, duration, tools provided etc. The results of this evaluation will guide the design of the next QI SES programme for 2017/18.

A fee of £30 will be paid for the completion and submission of **BOTH** evaluation forms. **If you enrolled for the 2016/17 programme but did not submit any data or did not complete the programme we would request that you still fill in the evaluations forms.** We would encourage you to check your shared mail boxes for the evaluation forms and submit as detailed. **Last date for submissions is Wednesday 30th August.** Your help is appreciated.

Livwell Gluten Free Products Discontinued

All Livwell products were discontinued in February this year and although some residual stock may still be available at wholesalers you are advised to take this into consideration when managing your GF patient requirements. Forth Valley Gluten Free Formulary will be amended to reflect this change.

Controlled Drugs Accountable Officer

A new Director of Pharmacy and Controlled Drugs Accountable Officer has been appointed in NHS Forth Valley. The new Director and AO is Scott Mitchell who took up this post on 10th April 2017.

Contact details for Scott Mitchell: Pharmacy Services,
Falkirk Community Hospital,
Falkirk, FK1 5QE
e-mail: scottmitchell2@nhs.net
Tel: 01324 673610

Training Cancellation

The Recovery Orientated System of Care (ROSC) training scheduled for the 31st of August has been cancelled

Training Rescheduled

The ROSC training has been re-scheduled for 20th of November @ Carronvale House, Larbert, 9am—5pm **Lunch is provided**

Training Registration

To register for this event please contact Heather or Anita on FV-UHB.FVADP@nhs.net protected learning time payment available

Community Pharmacy Services

Pharmacy Project Support Manager:

Community Pharmacy IM&T Facilitator:

Pharmacy Champions:

For Specials authorisation:

Primary Care Prescribing Advice:

Advice Related to Controlled Drugs:

Falkirk Community Hospital, Westburn Avenue, Falkirk, FK1 5QE
FV-UHB.communitypharmacysupport@nhs.net

Arlene Turnbull, arlene.turnbull@nhs.net, 01324 673608, fax 01324 673616

Suzane MacCrimmon, Suzanne.maccrimmon@nhs.net
Gill Inglis, ginglis@nhs.net, Telephone: 07920 294 443

Pamela Cameron (Pamela.cameron2@nhs.net),
Carole Smith (carolesmith@nhs.net), Jenni Allardyce (Jennifer.allardyce@nhs.net)

Telephone: 01324 673605

Telephone: 01324 673611 FV-UHB.prescribingsupport@nhs.net

Kirsty Peacock, Inspection Officer for Controlled Drugs, 01324-566743