

# Community Pharmacy Newsletter

## May 2018

Here is the monthly Public Health update within the community pharmacy newsletter. This month we cover the latest advice on measles, invite NHS Health Check and Smoking Cessation providers to join the NHS Health Check and Smoking Cessation Practitioners Summer Forum 2018, invite pharmacies delivering NHS Health Checks to join the CPPE training course and introduce the resource officer, Nicky Gale.

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### **Measles and the importance of having received 2 MMR vaccines: The public have been reminded to check they are up-to-date with MMR vaccine following measles cases in the Chichester area.**

Public Health England (PHE) South East is urging people in the Chichester area to check they are up-to-date with two doses of MMR vaccine. The call comes following cases of measles among school pupils in the city.

Measles is a highly infectious viral illness that can be very unpleasant and lead to serious complications, especially in people with immune problems, pregnant women, and in babies younger than one year.

Symptoms of measles typically include:

- high fever (temperature of 39°C or higher)
- sore, red, watery eyes
- coughing
- aching and feeling generally unwell
- a blotchy red brown rash, which usually appears two-four days after the initial symptoms.

Because measles is so infectious, anyone with symptoms should be advised NOT to go to their GP or a hospital without telephoning first. This allows arrangements to be made to reduce the chance of spreading the infection in hospital and GP waiting rooms. People with symptoms of measles should be kept away from others to avoid spreading the infection. They should stay away from school, nursery, work and social gatherings until at least four full days after the onset of the rash.

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The MMR vaccine is a safe and effective way of protecting against measles, mumps and rubella. Two doses of the MMR vaccine are needed to get the best protection and this can be accessed through the GP Surgery. It is particularly important for parents to take up the offer of MMR vaccination for their children at one year-of-age and as a pre-school booster at three-years-four-months-of-age. If children and young adults have missed these vaccinations in the past, they are recommended to ask their GP practice for the vaccine now, in light of the increase in recent cases.

## For further information

More information about the MMR can be found at NHS Choices.

Below are links to useful materials that can be downloaded and/or ordered directly from the Health Promotion Resource Centre at WSCC – contact [nicky.gale@westsussex.gov.uk](mailto:nicky.gale@westsussex.gov.uk), introduced below.

<https://www.gov.uk/government/publications/measles-protect-yourself-protect-others>  
<https://www.gov.uk/government/publications/measles-dont-let-your-child-catch-it-poster>

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## NHS Health Check and Smoking Cessation Practitioners Summer Forum 2018 – ‘Sharing successes and supporting behaviour change’

**When:** Wednesday 20 June 2018

**Where:** Field Place, The Boulevard, Worthing, West Sussex, BN13 1NP

**Time:** 9:00am – 16:30pm

**Cost:** FREE – attendees must pre-book (details below)

The forum is for GP practice, pharmacy and PAT teams who deliver NHS Health Checks and/or Smoking Cessation support; we are also inviting HLPL1, Health Champions.

Delegates will receive updates on best practice and performance and have an opportunity to network with peers and share successes and challenges.

This year’s workshops are focused on resources to support behaviour change including:

- **DrinkCoach** – A specialist service that uses a Motivational Interviewing approach with sessions aimed at higher risk drinkers who want to reduce their intake, but



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are unable or unwilling to access traditional face-to-face alcohol services - learn about what it offers your patients in West Sussex.

- **Making Every Contact Count** (MECC) Dan Barritt - An introduction to the core skills of a Making Every Contact Count approach and resources to help you develop MECC in your workplace and practice.
- **Vaping** - Independent British Vape Trade Association (IBVTA) will be talking about the practical issues related to vaping and will help to increase your confidence when suggesting E-Cigs to patients to support stop smoking.
- **Bikeability** - The workshop will talk about safer cycling in West Sussex, and bring along electric bikes.
- **PHE One You - Your Nutrition - 400, 600, 600 and Active 10** - A workshop aimed at increasing awareness of the One You campaign and particularly the nutrition 400, 600, 600 and the Active 10.
- **Campaigns and displays** - A practical workshop designed to discuss the successes and challenges of running/creating an effective campaign/display to ensure you reach your target audience.
- **Stands** - BHR Cardio Check, the Public Health Resource Stand and 'Unlocking the Power of Communities' stand will be in attendance.

Lunch, tea, coffee and water will be provided. Places are on a first come first served basis. Please reserve your place by contacting: [Samantha.Rogers@westsussex.gov.uk](mailto:Samantha.Rogers@westsussex.gov.uk)

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## SURREY and WEST SUSSEX NHS HEALTH CHECKS COMMUNITY PHARMACY TRAINING

### OPTION 1:

When: Wednesday 27 June 2018

Where: Field Place, Boulevard, Worthing, BN13 1NP

### OPTION 2:

When: Tuesday 11 September 2018

Where: Lloyds Training Room, Station Approach, West Byfleet, KT14 6NG

Registration for both events from 9.30am, workshop 10.00am-4.30pm.

**The Centre for Pharmacy Postgraduate Education (CPPE) will lead the training.**

### Why is this training valuable?

All members of the pharmacy team involved in delivering the NHS Health Check service should do the pre-course learning and attend the training day before providing the



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service. Pharmacists, pre-regs and pharmacy technicians should work through the CPPE declaration of competence (DoC) for the service and other members of staff will have their competency assessed by a pharmacy professional who has completed the DoC. They also need training by the point of care machine manufacturer. This information will be needed to record and claim for the service on PharmOutcomes.

## Who is the training for?

The training is for pharmacists, pharmacy technicians, and pre-regs and other members of staff who are delivering or wish to deliver NHS Health Checks.

## What does the training involve?

The training (which includes pre-workshop activities) is designed to give delegates confidence in:

- assessment and communication of risk and actions to help reduce risk,
- carrying out point of care testing,
- how to record outcomes and signpost individuals to appropriate support, services or for further tests.

We will also describe the competency assurance process using the CPPE declaration of competence system (for GPhC registrants) and the competency assessment workbook (for other members of staff).

Attendees will be expected to work through the CPPE pre-workshop booklet (and e-learning mentioned in the booklet) which will be posted to the attendees about two weeks before the event. A link to the e-learning will be emailed to all the participants as non-GPhC staff members will not be able to access this through the website.

## It is easy to book training

- Email [Samantha.Rogers@westsussex.gov.uk](mailto:Samantha.Rogers@westsussex.gov.uk) with the name of your pharmacy and the names of the attendees to get the key code which will allow you to book via the CPPE website
- The events are paid for by Surrey CC and West Sussex CC and are **FREE** to attend. Please note, a cancellation fee may be charged for last minute cancellations or non-attendance.



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## Meet the team

This month we introduce Nicky Gale, the Health Promotion Resource Officer in the Public Health team based at County Hall in Chichester.



Nicky manages the Health Promotion Resource Service with her colleague, Bob Downie. This service supports all those involved in promoting health with a range of healthy lifestyles materials (including display items, teaching packs, models, leaflets and posters). Nicky has a wealth of knowledge about resources produced nationally or locally. She can signpost you to relevant sources of information and provide advice, guidance and suggestions to ensure that you get the best out of the materials. Nicky is also the contact for NHS Health Check and smoking materials.

If your pharmacy is signed up to provide smoking cessation services how do you ensure your customers know about it? Please promote your smoking cessation service - Nicky has a new range of posters available to support you to do this. There are A1, A3 and A4 sizes to complement the shelf wobblers and prescription bag stickers sent out in 2017. Pull-up banners for both smoking services and NHS Health Checks are available for loan. Please contact Nicky for your posters or other promotional materials. For those not providing smoking cessation services, Nicky has business cards directing people to smoking service information on the Wellbeing website.



For a full list of resources and online order forms, visit the Resource Centre's web page: [www.westsussex.gov.uk/healthpromotion](http://www.westsussex.gov.uk/healthpromotion) or contact Nicky for more information about the items available: [nicky.gale@westsussex.gov.uk](mailto:nicky.gale@westsussex.gov.uk) 0330 222 8696

## Community Experiences

West Sussex Public Health, Healthy Lifestyles team would like to celebrate success stories and discuss challenges faced by NHS Health Check and Smoking Cessation providers to enable you to share your experiences.



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Roddy Crockett, the Primary Care Liaison Officer for the Public Health, Healthy Lifestyles team (introduced in the February newsletter), has visited pharmacies across West Sussex and would like to showcase some of the good work that is happening in community pharmacy as well as highlight challenges and how these can be overcome.

Please contact Roddy at [rodny.crockett@westsussex.gov.uk](mailto:rodny.crockett@westsussex.gov.uk) if you have a story you would like to share, or a challenge you have faced. These stories could include use of resources, challenges faced and how you overcame these, targeting of specific demographics and what works well.

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## Useful links:

- <https://www.westsussexwellbeing.org.uk/>
- [www.westsussex.gov.uk/healthpromotion](http://www.westsussex.gov.uk/healthpromotion)
- <https://www.gov.uk/government/news/public-health-england-urges-vigilance-about-spotting-signs-of-scarlet-fever>
- [https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment\\_data/file/701185/hpr1418\\_MDRGC.pdf](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/701185/hpr1418_MDRGC.pdf)



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