

Community Pharmacy Newsletter

October 2018

Here is the monthly Public Health update within the community pharmacy newsletter. This month we cover the latest update on DrinkCoach, the Seasonal flu vaccination and we introduce Laura Lewis, Project Support Officer for the Healthy Lifestyles Team in Public Health.

DrinkCoach- West Sussex gets new online coaching service for risky drinkers

How to refer patients for free DrinkCoach appointments

DrinkCoach is an online coaching service now available for free to people who live or work in West Sussex.

The service is aimed at risky drinkers scoring 8-19 on the Alcohol Use Disorders Identification Test (AUDIT) or scoring 5-10 on the AUDIT-C.

Patients can receive up to six, 40 minute sessions with their own dedicated alcohol specialist. The intervention utilises the NICE approved Extended Brief Intervention framework and Motivational Interviewing approach.

DrinkCoach is professional, convenient and confidential, operating 7 days a week with daytime, evening and weekend appointments available.

Patients must be aged 18 and over to access appointments and this service is not suitable for dependent drinkers. They'll also need access to a Skype connection.

More information can be found [here](#)

Seasonal flu vaccination campaign

We are now in the winter seasonal flu period and the time has come again to ensure we work collaboratively to vaccinate the population of West Sussex. West Sussex County Council Public Health team is working hard to ensure the importance of flu vaccination is communicated as wide as possible. GP and Pharmacy settings are being signposted for locations to access the vaccine.

Flu is a highly infectious, acute, viral infection of the respiratory tract. It is transmitted by the inhalation of infected droplets and aerosols and by hand-to-mouth contamination from an infected surface. Each year the flu is caught by many adults and children that may have been avoided if they had been vaccinated.

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We are asking all our Pharmacy colleagues to highlight why vaccination is important to their local populations. Don't forget to use flu vaccination appointments as an opportunity to Make Every Contact Count and ask about lifestyle behaviours that could make people more vulnerable to winter illnesses, such as smoking and advise to make an appointment with your in house advisor if applicable.

For any queries please contact publichealth@westsussex.gov.uk

Meet the team

This month we introduce Laura Lewis, the project support officer for the Healthy Lifestyles Team in Public Health, based at County Hall in Chichester.

Laura has just returned from maternity leave. Many of you may have received emails from Laura in the past. She works across all areas of the public health team, if you are unsure who to contact with a query, please contact laura.lewis@westsussex.gov.uk and she will be able to assist you, or direct you to a person who can help.

Useful links:

- <https://www.westsussexwellbeing.org.uk/topics/information-for-professionals/professionals-section>

