



**WELCOME TO OUR
NORTHANTS AND MK
NEWSLETTER**



DRUG DRIVING



**MINOR AILMENTS
MILTON KEYNES**

NORTHANTS AND MK LPC NEWS



The last solar eclipse was on 11 August 1999. Do you remember the country being plunged into darkness to a much greater extent than it was on this occasion? Events that come around infrequently do prompt reflection. So much has changed since we last witnessed such an event, and I wonder how much will change in the time between now and the next one; 23rd September 2090! I might be around to see it, but it's fairly unlikely that medicine will have advanced to such an extent that I am still alive at the age of 122!

In 1999 Gertrude B. Elion died. She was a pharmacologist and Nobel prize winner having developed a multitude of drugs using innovative research methods that would later lead to the development of AIDS drugs. Others include Allopurinol, 6-mercaptopurine and Trimethoprim.

She said "Don't be afraid of hard work. Nothing worthwhile comes easily." I would urge anyone to find new mountains to climb.

Jen O'Neill , Specialist in Contracts at Bevan House, Kettering, writes , “As yet, we have not had confirmation from NCC as to the contract duration for ourselves, despite several months of pushing for a decision. We know that there will be smoking cessation in some shape or form and as such have made the decision to contract so that we can provide some level of stability to our Level 2 providers. It is our intention to contract all current pharmacies and GPs for a 9 month plus 3 month extension option to provide the service throughout 15/16. Aminah Mian, Contracts Officer, in my team will shortly be issuing these contracts to all of the existing providers. The terms of these contracts will not have changed from the previous year in terms of payments, etc.” I believe that the contracts for existing providers will have been sent by the time this issue of the newsletter is published.

If you wish to continue providing these services from 1st April 2015, Jane Bray asks that the contracts are signed and returned to Charter House. On receipt of your documents the pharmacy Contracts Manager will sign and one copy will be returned to you for your records. The deadline please is 30th April 2015. No signed contract will result in payments not being authorised. These details are on the LPC website.

In Northamptonshire 17 Pharmacies offer Palliative Care. Over the Easter Bank Holiday at least one of these pharmacies in all 7 of our Local Authority Areas will be open. It may be prudent to be able to identify these and to be able to signpost should the need arise.

The list of palliative drugs has remained unchanged in the LES. A copy of the document was sent to Nene CCG Meds Management Team and confirmation that the list was current obtained from Sue Smith.

Carolynne Freeman was delighted today to receive confirmation that Milton Keynes CCG would not be applying a price deflation for the community pharmacy minor ailments scheme for 2015/2016. This means that for the first year of a three year contract the price will remain at £5 for each patient supplied with treatment.

The scheme contributes enormously to improving patient outcomes and alleviating pressures on GP surgeries. Every single pharmacy in MK participates in the scheme which is outstanding. **A reminder please from Sherwood Place to get your MA claims submitted monthly.**

Update on smoking cessation in Northamptonshire



Gluten free and Palliative Care Drugs LES .NHS England has agreed with Nene and Corby CCG that it will continue to commission the LES for 2015/16.



Milton Keynes Minor Ailments contracts are in the post



Impact of the new drug driving offence on patients

The types of drugs that can produce, on testing, specified controlled drugs above specified levels, fall broadly into two groups.

The first group consists of commonly abused drugs for which low limits have been set. This group includes certain medicines that will be taken by only a small proportion of drivers. Given the low limits set, a patient prescribed one of these medicines who chooses to drive could test above the specified limit but would still be entitled to raise the statutory “medical defence”.

This ‘zero tolerance’ group currently includes:

cannabis, cocaine, ecstasy and ketamine but prescription medicines. These are:

- clonazepam
- diazepam
- flunitrazepam
- lorazepam
- methadone
- morphine or opiate and opioid-based drugs
- oxazepam
- Temazepam

A patient could raise the statutory “medical defence” if

- a. The drug was lawfully prescribed, supplied, or purchased over-the-counter, for medical or dental purposes; and
- b. The drug was taken in accordance with advice given by the person who prescribed or supplied the drug, and in accordance with any accompanying written instructions (so far as the latter are consistent with any advice of the prescriber).

Caring for those we love should not mean a life on hold. There are 6.5 million carers in the UK today. That is a staggering 1 in 8 adults.

61% of us have faced depression because of our caring role. Many are on duty around the clock, unable to maintain a life of our own

49% struggling financially because of a caring role as well as worrying about the person we’re looking after.

With your help as a pharmacist we can reach more carers with timely support and advice.

Louise Shaw at Northamptonshire Carers is still hoping to conduct outreach across our 7 LA areas during Carers week. I have had NIL responses positive or negative on this!



Please consider helping Louise and showing a commitment to Carers. All you need to do is host Louise for one day. Call Anne-Marie on 07889412690 if you would like to help.



CPPE local information from E Anderson

Following a number of fully booked inhaler technique events in the East Midlands Region, I am pleased to announce that a **further event in Northampton is now open for bookings.**

Event details: Inhaler technique learning event, **5 May 2015** to start at 7.30pm and end by 9.00pm. There will be a buffet from 7.00pm, the venue is **Holiday Inn Northampton, NN4 7YF**. Booking reference 43841.

To book, log in to www.cppe.ac.uk and scroll down the home page to *book an event* or you can phone 0161 778 4000 during office hours and our customer service team will help you with your booking.

The session has been written by inhaler technique expert and medical physicist John Bell. The sessions will consist of an interactive presentation and then a chance for you to get hands on experience with a range of placebo devices. *This is a very practical session that is useful and enjoyable for pharmacists, pre-reg and pharmacy technicians.*

Places are limited so please book now to avoid disappointment.

The following events are more local for Milton Keynes:

Tuesday 21st April - Depression Focal Point at The Holiday Inn, Aston Clinton. 7.30pm - 9pm

Wednesday 22nd April - Depression Focal Point at Acorn House, Milton Keynes 7.30pm - 9pm



Your LPC is here to help and advise pharmacy contractors in all NHS matters and to improve pharmaceutical services to the local population. Our aim is to reflect and put forward the professional views and aspirations of all pharmacists providing NHS Pharmaceutical Services in Northamptonshire and Milton Keynes. Please contact us if there are any questions or issues that we can help you with.

Have you started the national audit yet ?

Any community pharmacy teams who are not currently undertaking the national community pharmacy audit must undertake this during the second period beginning on Monday 6th April.

It is important that contractors are aware of this and LPCs may wish to remind them about it this week in line with PSNC communications on the topic: Period 2 of the audit will run from Monday 6th April to Sunday 19th April and any pharmacies that have not yet taken part are contractually obliged to undertake the audit during that period as agreed as part of the 2014/15 funding settlement.



Appendix 1 – Instructions to community pharmacies



Destruction of stocks of schedule 2 controlled drugs

Instructions for community pharmacists requesting an area team authorised witness

Schedule 2 CDs returned by/from patients or from residential care homes may be destroyed without an authorised witness present but it is good practice to make a record of such disposals. CD denaturing kits must be used.

The Police and Inspectors of the General Pharmaceutical Council no longer routinely witness the destruction of controlled drugs. Therefore, in practice, to cover independent community pharmacies and small, local chains of pharmacies the Hertfordshire and South Midlands Area Team have authorised named individuals to act as witness the destruction of controlled drugs.

The HSM Area Team will not routinely provide an authorised witness for branches of the major multiple pharmacy companies which their own witnesses have authorised by the accountable officer of the Area Team that covers their registered office. Branches should check with their area manager or superintendent's office before making a request to the Hertfordshire and South Midlands Area Team.

Since 2011 there has been a requirement from the Environment Agency that any site where controlled drugs are denatured must have registered a T28 exemption.

The pharmacy must have all of the following in place:

- **An Environment Agency T28 exemption**
- An SOP for Controlled Drugs
- Running balances in the CD register
- CD denaturing kit(s) of sufficient size to take the waste (obtainable from the NPA or other suppliers)
- A licensed waste medicines collection service (this is arranged by the Area Team)
- A supply of vinyl/latex gloves and, if there are CD aerosols, facemasks
- A syringe and needle if CD injections are to be denatured

A regular pharmacist (not a locum) must be present to denature the CDs and to countersign your register. **Please note that it is the regular pharmacist who destroys the CDs; in the presence of an authorised witness.** The authorised witness will check the reconciliation of relevant stock balances on the day.



What is MK Pharmacy First?

MK Pharmacy First provides confidential health advice without needing to book an appointment. Come and see us on Thursday April 9th at Centre MK and join in the fun. [Click here](#)

LPC Committee member Daljit Poone shares his experience of CD destruction

<https://www.gov.uk/waste-exemption-t28-sort-and-denature-controlled-drugs-for-disposal>



<http://psnc.org.uk/northamptonshire-and-milton-keynes-lpc/northampton/>

You may have seen or heard national news coverage about Pharmacy 2U on Wednesday 1st April. As part of a broader investigation into the sale of patient details, the Daily Mail claims that the company has sold patient names and addresses on to marketing organisations. Sue Sharpe, CEO at PSNC, suggests the following key messages to get across

- If true; this is an isolated case and does not reflect general community pharmacy practice;
- Patients can be confident that community pharmacies are keeping their information safe;
- Pharmacies are regulated by both the NHS and a professional regulator; and
- Any allegations should investigated and

I hope that you have enjoyed this early Easter edition of your e-newsletter. Have a Happy Easter from all of us at Northants and MK LPC.

Get in touch by e-mail or on 07889412690 .

Have you looked at our website recently? It is constantly updated with important information and available with one click [here](#)



<http://www.dailymail.co.uk/news/article-3020480/Your-secrets-sale-NHS-dock-s-revealed-details-patients-bought-prescriptions-online-sold-off.html>

