

# THINKPHARMACY



# QUALITY CARE WALK-IN CONVENIENCE

## Support for a healthier lifestyle

Use your Community Pharmacy to help you make a healthy change in your life.



**Pharmacy support for a healthier lifestyle. Healthy Living Pharmacies in Sheffield. James Wood, Secretary, Sheffield Local Pharmaceutical Committee**

Community pharmacies in Sheffield already make a significant contribution to the health of our population. The Healthy Living Pharmacy programme aims to develop pharmacy teams further, improving leadership skills, communication skills, more effective team working, and offering even higher standards of service and care.

Healthy Living Pharmacy teams will be able to demonstrate that they have made this commitment to patient care and have team members lead by qualified Healthy Living Champions. This in turn also improves public perception of Pharmacy promotes more meaningful engagement with other healthcare professionals, increases job satisfaction within the whole team.

To be effective the pharmacy team needs to be informed and aware of all services offered by their pharmacy. Team are then able to offer advice and support patients

**Dr Jeremy Wight, Sheffield's Director of Public Health said:**

"We're pleased to have taken part in Healthy Living Pharmacy evaluation which show the benefits that Healthy Living Pharmacies can bring to the public's health. All pharmacies provide valuable health services but with Healthy Living Pharmacies, healthy living and wellbeing is a core activity. We are delighted to be able to provide support to people of Sheffield."

effectively with accurate signposting and referral when the need arises. Our experience has shown that the HLP project helps the whole pharmacy team to work together to deliver important health messages and advice as part of their normal day to day activity. The focus of the message will be in the interests of the patient who will remain at the centre of all that is offered at the pharmacy.

**Speak to a friendly face at your local community pharmacy**

## Community Pharmacy Unfulfilled Potential?

Community Pharmacy across South Yorkshire and Bassetlaw already make a significant contribution to the health of our population. The Healthy Living Pharmacy programme aims to develop pharmacy teams further, improving leadership skills, communication skills to develop more effective team working and offer even higher standards of service and care.

For certain patients who lead an active working life the local pharmacy can be a more appropriate, inviting and readily accessible venue than a hospital or GP surgery. The Healthy Living Pharmacy programme is a way of bringing together the many services that can enhance public health and reduce inequalities within the Community Pharmacy setting.

There are already a number of Healthy Living Pharmacies across Sheffield. We are committed to increasing this number by working with CCG commissioners and Health and Wellbeing Boards so that Healthy Living Pharmacies are available to patients in every part of South Yorkshire and Bassetlaw.

Pharmacies are well placed to offer services at a time that is right for most people, removing the barriers that once may have prevented people from accessing care. Healthy Living Pharmacies grasp this opportunity to provide these services so that consistent and convenient access is widened across South Yorkshire and Bassetlaw.

## Healthy Living Pharmacies – The Outcomes

An evaluation into Healthy Living Pharmacies (HLP) in England showed the important role of the pharmacy team in supporting people with health and well-being advice. Of the 1,034 people who accessed health and well-being advice and/or an NHS service at an HLP, 21% said if they hadn't accessed this support at an HLP, they wouldn't have done anything. 60% said they would have gone to their GP.

Sheffield was one of 14 sites that participated in the evaluation. Improvements were seen in the majority of services evaluated: stop smoking, emergency hormonal contraception, minor ailments, alcohol awareness, weight management, medicines use reviews, new medicines service, substance misuse and a medication dispenser system. Findings included:

- Public feedback was positive with 98% saying they would recommend the service to others and 99% were comfortable to receive the service in the pharmacy
- More people successfully quit smoking in HLPs than non-HLPs or prior to becoming a HLP
- The acceptability of Community Pharmacy as a location for clients to receive an alcohol service and the relatively high levels of activity seen in HLPs compared with non-HLPs showed that HLPs could have an important contribution to this harm reduction service
- HLPs were effective at delivering increased support for people taking medicines for long term conditions, through both Medicines Use Reviews and the New Medicine Service. Activity was higher for both services in HLPs than non-HLPs or before HLP implementation in all but one site

- The number of people who accessed sexual health services and were provided with additional sexual health advice was greater than in non-HLPs

**We wish to work with local stakeholders to find ways to better use the skills of Community Pharmacy teams**

### What can Healthy Living Pharmacies do to improve Public Health in your area?

The most recent Public Health White Paper "Healthy Lives, Healthy People", recognises that valuable contribution that Healthy Living Pharmacies programme has made to consistently deliver a range of high quality services such as stop smoking, emergency contraception, chlamydia screening and treating minor ailments.

Becoming a Healthy Living Pharmacy requires more than just providing services. It requires demonstration of consistent high quality service delivery, appropriate premises, trained and skilled staff and engagement with other healthcare professionals and the public.

### What is different about a Healthy Living Pharmacy?

A Healthy Living Pharmacy promotes healthy living and wellbeing as a core activity.

For example, smoking is the single largest avoidable cause of ill health, health inequalities and death in Greater Manchester. Smoking is a risk factor for cardiovascular disease, cancer and respiratory disease.

A Healthy Living Pharmacy will proactively seek out smokers and offer support and advice when it is required.

**We wish to work with local stakeholders to find ways to better use the skills of Community Pharmacy teams.**