



# Community Pharmacy Leicestershire & Rutland

## REGIONAL & LOCAL NEWS

NHS Pharmacy First - Referral Guidance for Surgeries (for the 7 Clinical Conditions that may require Prescription Medicines)				Refer Included Symptoms to Pharmacy First Refer Excluded Symptoms to a GP. (Prioritise Excluded over Included symptoms)		
Uncomplicated UTI Urinary Tract Infection	Shingles (a viral skin infection)	Impetigo (a bacterial skin infection)	Infected Insect Bites & Stings	Acute Sore Throat (tonsillitis/pharyngitis)	Acute Sinusitis (nasal pressure, pain)	Acute Otitis Media (earache in children)
Inclusions:	Inclusions:	Inclusions:	Inclusions:	Inclusions:	Inclusions:	Inclusions:
<ul style="list-style-type: none"> <li>Females only</li> <li>Age 16 to 64</li> <li>Stings/burns peeing</li> <li>Blood in pee</li> <li>Cloudy/smelly pee</li> <li>Need pee at night</li> <li>Ache lower tummy</li> <li>Urgent need to pee</li> </ul>	<ul style="list-style-type: none"> <li>Over 18 years</li> <li>Tingling then sore blisters</li> <li>'Burning' pain</li> <li>Itchy, red patches</li> <li>Appeared in last 3 - 7 days</li> </ul>	<ul style="list-style-type: none"> <li>1 year &amp; over</li> <li>Patchy blisters</li> <li>Yellowish crusty</li> <li>On face, mouth, &amp; elsewhere</li> <li>Refer small patches (2cms)</li> <li>Very contagious!</li> </ul>	<ul style="list-style-type: none"> <li>1 year &amp; over</li> <li>Getting worse after 2 days</li> <li>Painful</li> <li>Hot &amp; swelling</li> <li>Redness spreading</li> <li>Pus discharge</li> </ul>	<ul style="list-style-type: none"> <li>5 years &amp; over</li> <li>Sore throat</li> <li>High Temperature</li> <li>Headache</li> <li>Nausea</li> <li>Runny nose</li> </ul>	<ul style="list-style-type: none"> <li>12 years &amp; over</li> <li>Nasal Blockage or Nasal Discharge</li> <li>Symptoms 10+days</li> <li>Facial Pressure Pain</li> <li>Loss Smell (adults)</li> <li>Cough(day or night)</li> </ul>	<ul style="list-style-type: none"> <li>Aged 1 – 17 years</li> <li>Ear Ache</li> <li>Ear Discharge</li> <li>Tugging/holding ear</li> <li>Suspected signs and symptoms of acute otitis media</li> </ul>
Exclusions:	Exclusions:	Exclusions:	Exclusions:	Exclusions:	Exclusions:	Exclusions:
<ul style="list-style-type: none"> <li>Symptoms 5+ days</li> <li>Male (more complex)</li> <li>Age under 16 or over 64.</li> <li>Low back/side pain</li> <li>Vaginal Discharge</li> <li>High Temperature</li> <li>Pregnant</li> <li>Breastfeeding</li> <li>Recurrent (twice in last 6 months)</li> <li>Catheter users</li> <li>Diabetes, COPD, Cancer, Kidney probs, Anaemia</li> </ul>	<ul style="list-style-type: none"> <li>Age under 18</li> <li>Pregnant or suspected pregnancy</li> <li>Breastfeeding with shingles sores on the breasts</li> <li>Face affected</li> <li>Shingles rash began over 7 days ago</li> <li>Feeling generally very unwell</li> </ul>	<ul style="list-style-type: none"> <li>Age less than 1</li> <li>Pregnant or suspect pregnancy in patients under 16 years</li> <li>Breastfeeding with blister(s) on the breast</li> <li>Recurrent (twice or more in year)</li> <li>Widespread patches of sores on face or body</li> <li>Feeling generally very unwell</li> </ul>	<ul style="list-style-type: none"> <li>Age less than 1</li> <li>Pregnant or suspect pregnancy in patient under 16 years</li> <li>Bite or sting near mouth throat eye</li> <li>Tick bites</li> <li>Bite or sting happened outside UK</li> <li>VERY painful</li> <li>Feeling generally very unwell</li> </ul>	<ul style="list-style-type: none"> <li>Age under 5</li> <li>Pregnant/suspect in patient under 16</li> <li>Recurrent sore throat/tonsillitis (ie 7+ times in last 12 months)</li> <li>Difficult swallowing saliva or liquids</li> <li>Tonsils removed</li> <li>Scarlet Fever</li> <li>Breathing Difficulty</li> <li>Feeling generally very unwell</li> </ul>	<ul style="list-style-type: none"> <li>Age under 12</li> <li>Pregnant/suspect in patients under 16</li> <li>Symptoms for less than 10 days</li> <li>Chronic Sinusitis (for over 3 months)</li> <li>Recurrent sinusitis (4+ times in year)</li> <li>Foreign body (in nasal passage)</li> <li>Nose Bleed</li> <li>Feeling generally very unwell</li> </ul>	<ul style="list-style-type: none"> <li>Age less than 1 or over 18 years</li> <li>High Temperature</li> <li>Severe Ear Pain</li> <li>Symptoms 5+ days</li> <li>Foreign body in ear</li> <li>Hearing loss (1 ear)</li> <li>Grommet fitted</li> <li>Pregnancy/suspect in patients under 16</li> <li>Recurring infections (3 in 6mth or 4+ in yr)</li> <li>Child really unwell</li> <li>Complicating conditions eg diabetes, heart, lung</li> </ul>
<b>1) ALWAYS refer Immunosuppressed Patients to a doctor. 2) If symptoms persist or return after a first treatment always refer to a doctor</b>						

V1 Feb2024 Community Pharmacy Leicestershire & Rutland: email comments to Service.Support@Leics-LPC.co.uk

## PHARMACY FIRST - SUPPORT VISITS NOW AVAILABLE

Gareth, Service Development Facilitator, for Community Pharmacy Leicestershire and Rutland is now available every Friday until 30th March 2024, to support LLR contractors and pharmacies in implementing and embedding the service.

Every Friday Gareth is available to visit your pharmacy and support you with Pharmacy First, whether its answering questions, supporting you and your teams in ensuring you have access to materials and any other issues that may arise.

If you would like Gareth to arrange a visit to your pharmacy please email Gareth directly ; [service.support@leics-lpc.co.uk](mailto:service.support@leics-lpc.co.uk).

To access regional resources and support click [HERE](#)



## Commissioner visits

LCC commissioning team are currently undertaking visits to pharmacies across LLR to promote the use of external sharps bins to help reduce drug related litter. (There has been an increase in drug litter finds in Leicester city parks).

They may want to discuss needle exchange transactions to gain an understanding of how pharmacy staff conduct these.

Please contact Mo at Turning point if you have any queries.

mohammed.shaikh@turning-point.co.uk



## COMMUNITY PHARMACY OPEN HOUSE SURGERY

*TELL US WHATS IMPORTANT TO YOU*

**3RD WEDNESDAY OF EACH MONTH  
8PM**



Join on your computer, mobile app or room device

[Click here to join the meeting](#)

Meeting ID: 324 095 245 307

Passcode: QatQFJ

OPEN TO ALL  
PHARMACISTS

&

PHARMACY TEAM MEMBERS

### **Community Pharmacy Open House Surgery.**

Every third Wednesday of every month, Rajshri, Chief Officer at Community Pharmacy Leicestershire, and Rutland invites all LLR Contractors, Pharmacists and Pharmacy Team members to join her and her team to a drop in open house meeting.

This is an opportunity to raise matters that are important to you and discuss regional and national issues directly with her and her administrative team. Rajshri also provides an update of the workstreams her and team are focusing on across LLR ICB and ICS.

**We welcome all attendees including Pharmacists, Area Managers, Pharmacy Team members and Superintendents.**

**Next meeting on the 20th March 2024 at 8pm.**

[Click here to join the meeting](#)

## March 2024 DEADLINE TRACKER

Please see the link for this months deadline tracker [HERE and previous trackers.](#)

### Monthly Deadline Tracker

To help keep pharmacy teams on track with monthly tasks, quality payments and to meet local and national deadlines. View the latest monthly Community Pharmacy Deadline Tracker here.

[Read More](#)



## Website updates

We have added new items to our website, including further

Pharmacy First resources

[GP Practice Information – Community Pharmacy Leicestershire and Rutland](#)



## SUPPORT VISITS

Meera Joshi, CPPE Regional Tutor for LLR would like to visit community pharmacies in February and March 2024 to further support all teams but with a focus on community pharmacy technicians, newly qualified pharmacists and those pharmacists who are considering undertaking the Independent Prescriber course. If you regularly employ one of these individuals, please contact Meera Joshi; [Meera.joshi@cppe.ac.uk](mailto:Meera.joshi@cppe.ac.uk); 07385401363



## SHARED CARE RECORDS PILOT

This month we started the onboarding for the LLR Care Records (CR) Pilot.

For the first time LLR community pharmacies have the opportunity to access to the patient's LLR CR. **LLR CR's are different from summary care records.**

To learn more including how to get your pharmacy involved, click [HERE](#).



## UPDATE

Turning Point are in the process of exploring opportunities to support pharmacies by providing a drop-in service. During these visits, we can facilitate referrals into Turning Point, conduct BBV tests, and offer harm reduction guidance. If you think this initiative could benefit your pharmacy or increase the uptake of clients at your pharmacy, please reach out to Laura Berridge on 07484 501024

## Health and care careers and jobs event

Saturday 9 March 2024  
9.30am - 2pm

Morningside Arena Leicester  
12 Memory Lane  
Leicester  
LE1 3UL

This **free event** is a great opportunity for you to meet people who work for the NHS, health and care organisations, and also:

- Learn about careers in caring, therapy, nursing, administration and technology, plus many more.
- Hear about the employee benefits available in health and care.
- Discover courses you can study and the qualifications you can gain.
- Find out about work experience and apprenticeships.
- Get top tips for successful job applications.

**Interested?** For a list of careers being showcased, and to register your interest in the event, scan the QR code or follow this link:

<https://bit.ly/healthcarecareers24>



On the 9<sup>th</sup> of March there is a **local LLR health careers event** that will be attended by people looking to enter the health and care workforce. This includes community pharmacy recruitment.

This event will be attended by pharmacy representatives from UHL, and they have kindly agreed that they will include a list of any current community pharmacy vacancies on their stand.

Therefore, if you have a current vacancy that you would like to promote at this event, please add the details of the vacancy to this form

<https://forms.office.com/e/14PFVXBpEa>.

**Please submit your entries by 12pm 8<sup>th</sup> March 2024.**



### Action Learning Set workshops

Health Innovation East Midlands' polypharmacy [programme](#) invites you to join our Action Learning Sets (ALS) to help build GP and prescribing health care professionals' confidence in, and understanding of, the complex issues surrounding stopping inappropriate medicines safely.

**Who are they for:** Any prescriber in primary or secondary care with well-established prescribing experience and who prescribes and reviews medication regularly.

**How long is the training:** Three sessions each lasting three hours, delivered virtually. Delegates must attend all three sessions.

Cohort 1: 12 & 26 January, 1 March  
Cohort 2: 16 & 30 January, 5 March

**How much does it cost to register:** Free to prescribers

Find out more and register interest [here](#)  
or contact [richard.mcbain@nottingham.ac.uk](mailto:richard.mcbain@nottingham.ac.uk)

Polypharmacy:   
getting the balance right

Health  
Innovation  
East Midlands 

## NATIONAL NEWS

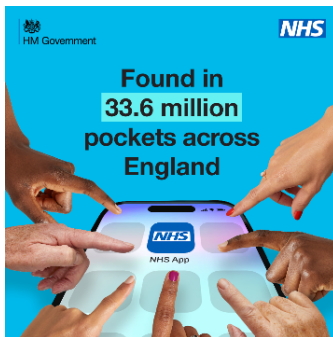
### E-Portfolio Drop-in Sessions

A reminder that the E-portfolio drop-in sessions are continuing throughout the next few months. NHS England is facilitating these to provide additional orientation to the E-portfolio and answer any queries users may have in using the platform.

There is no registration requirement, and the sessions are open to all users. From the 2025/26 cohort onwards, you will be aware that according to the Terms of Participation of Oriel, all employers will be required to use the NHS England Assessment Strategy and E-portfolio.

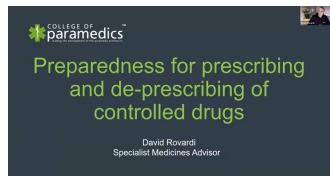
Please see below for dates, times and links to join the sessions:

27/02/2024 Tuesday 12:45pm [Click here to join the meeting](#)  
06/03/2024 Wednesday 8pm [Click here to join the meeting](#)  
12/03/2024 Tuesday 8pm [Click here to join the meeting](#)  
20/03/2024 Wednesday 12:45pm [Click here to join the meeting](#)  
28/03/2024 Thursday 8pm [Click here to join the meeting](#)  
[E-portfolio and downloadable resources | Health Education England \(hee.nhs.uk\)](#)



## NHS APP

The new NHS App campaign launched in January and will run until 31 March 2024. The campaign from NHS England aims to increase use of the app and you can find downloadable assets available on the [Campaign Resource Centre](#).



## WEBINAR ADDED

A webinar was facilitated to provide information following the recent announcement regarding regulatory changes to the Misuse of Drugs Regulations 2001 to allow paramedic independent prescribers to prescribe and administer, and direct others to administer, the five controlled drugs:  
To watch the webinar please click the link below...  
[Controlled Drugs; Legislation Changes](#)



## WOMEN' HEALTH STRATEGY

In alignment with the 10-year Women's Health Strategy for England, SPS is presenting two virtual webinars dedicated to upskilling primary care pharmacists in managing menopause and Hormone Replacement Therapy (HRT), particularly those navigating the complexities of clinical decision making related to HRT treatment. To find out more click [HERE](#)



Medicines & Healthcare products  
Regulatory Agency



MHSR have published the public consultation [response](#) to the proposal to reclassify codeine linctus.

Codeine linctus, an oral solution or syrup licensed to treat dry cough in adults, will be reclassified as a prescription-only medicine due to the risk of abuse, dependency and overdose and evidence that pharmacists were under pressure to provide the medicine from those suffering from addiction.

The decision to reclassify the medicine has been made following consultation with independent experts, healthcare professionals and patients. 992 responses were received.

Alternative non-prescription cough medicines are available for short-term coughs to sooth an irritated throat, including honey and lemon mixtures and cough suppressants.

See more information in our [press release](#) and the [consultation response](#).



**Community Pharmacy  
Leicestershire & Rutland  
(CPL&R)**

**Unit B24, 111 Ross Walk,  
Leicester  
LE45HH**

**[admin@leics-lpc.co.uk](mailto:admin@leics-lpc.co.uk)**

You received this email because you are registered with LPC

[Unsubscribe here](#)

