

# Pharmacy Bulletin



NHS England and NHS Improvement - South West

Thursday 2<sup>nd</sup> May 2019

	May 2019	June 2019	July 2019	Aug 2019
NHSE – What's coming up...		EoY DEADLINE NOW PAST (31.05.2019)		
Week1	Bank Holiday (Early May) Monday 06.05.19	Update NHS.UK with August BH Hours (26.08.19)	MUR & NMS Returns via NHSBSA Due (Qtr 1 2019-20): Contractors must submit MUR electronic returns via the <a href="#">NHS BSA Online form</a> within 10 working days from the last day of the quarter the data refers to (last day of June, September, December and March).	
Week2	Children's Oral Health/Smile Month (1st contractual Health Campaign 2019-20) COMMENCES...	Children's Oral Health/Smile Month (1st contractual Health Campaign 2019-20) FINISHES...		
Week3				
Week4	Bank Holiday (Spring) Monday 27.05.19	Children's Oral Health/Smile Month (1st contractual Health Campaign 2019-20) EVALUATION CLOSES 28.06.19...		Bank Holiday Monday 26.08.2019



**IN THIS WEEK'S ISSUE:**

*White Bold Text = New Articles Added This Week.*

**CONTRACT:**

→ **Children's Oral Health/ Smile Month...[HERE](#)**

→ **End of Year (EoY)...[HERE](#)**



**IMPORTANT:**

→ **Obligation to Notify NHS England of Changes to Company Directors or Superintendent Pharmacists...[HERE](#)**

→ **NUMSAS: Are You Claiming Correctly?...[HERE](#)**

→ **Fluoroquinolone antibiotics: new restrictions and precautions for use...[HERE](#)**

→ **New GphC Guidance...[HERE](#)**

**OTHER:**

→ **Help for Community Pharmacies to Engage with PCN's (Primary Care Networks)...[HERE](#)**

→ **Services Database...[HERE](#)**

**DON'T FORGET!**

**Don't Forget...EoY 2018-19:** *For any contractors who have yet to facilitate their EoY contractual requirements (2018-19), you will have the ultimate deadline of 31.05.19 to ensure all are complete/submitted accordingly.*

**Safeguarding App Available Now for Pharmacy Teams to Access Local Safeguarding Contact Details...**

NHS England regional safeguarding leads have supported the development of the content to suit all healthcare staff in England and the content has been additionally developed by safeguarding leads across England.

Find out more [HERE](#).

Access the app [HERE](#)



**New Prevention E-Learning Tools...**

Public Health England has launched a series of new 'All Our Health' e-learning tools, in collaboration with Health Education England, to boost health and care professionals' knowledge and skills in dealing with public health issues.

The e-learning tools offer bite-sized information on key public health issues to help professionals prevent illness, protect health and promote wellbeing. Within these sessions, you'll find signposting to trusted sources of helpful evidence, guidance and support. View the tools [HERE](#).

### Children's Oral Health Campaign – Contractual Requirement...

Community pharmacy contractors are required to participate in the upcoming oral health campaign, which will run between 13th May-13th June 2019. This campaign, which coincides with [National Smile Month](#), is one of [six campaigns](#) which has been agreed as part of the Community Pharmacy Contractual Framework; therefore participation in this campaign is mandatory.

Jump back to the title page of this bulletin [HERE](#).

**Contractors will receive a delivery from Colgate-Palmolive this week (29th April-5th May 2019)** which will include one A3 'Monster teeth' poster (this can be displayed in the public area of the pharmacy for the duration of the campaign) and a range of supporting materials, such as leaflets and brushing charts, which pharmacy teams may wish to give to people visiting the pharmacy.

*If contractors do not wish to use the Colgate-Palmolive branded materials, they can alternatively, use Public Health England's (PHE) '[Top 3 interventions for preventing tooth decay](#)' as a poster or a prompt to discuss children's oral health with people visiting the pharmacy.*

Most pharmacy teams undertook learning on children's oral health, as part of the last Quality Payments Scheme. PHE's '[A quick guide to a healthy mouth in children](#)' also provides a short summary of the key advice for parents and carers.

**A Virtual Outcomes' training package has been created, available [HERE](#) which will allow all contractors to prepare accordingly in advance of the campaign.**

### Actions to take before the campaign begins on Monday 13th May...

1. All patient-facing staff should read this [campaign letter](#), to ensure they are familiar with the campaign and what they are required to do;
2. **If you do not receive the Colgate-Palmolive promotional materials by 7th May and wish to use these resources as part of the campaign, email: [communitypharmacy@nhs.net](mailto:communitypharmacy@nhs.net) (please include your ODS code and pharmacy address in the email);**
3. Ask patient-facing staff to familiarise themselves with the messages in '[A quick guide to a healthy mouth in children](#)' so they are ready to communicate this advice to appropriate visitors to the pharmacy (usually parents or carers of children aged under five) – patient-facing staff who completed the Centre for Pharmacy Postgraduate Education's [Children's oral health](#) training assessment as part of the Quality Payments Scheme should recognise the advice relating to children under the age of five in the briefing;
4. Discuss the likely opportunities for when pharmacy staff will be able to provide advice to families and carers of children under five years, for example, when someone is collecting a prescription for a child, or when they purchase a medicine for a child under five years old or purchasing products such as dummies, teething products or baby milk/food; and

If your Pharmacy Local Professional Network has shared a list of local dental practices welcoming child patients during the campaign, or there is a local helpline to help patients find appointments, ensure this is available to all patient-facing staff so they can share this information with people visiting the pharmacy.



### VirtualOutcomes is Changing...

**Following your feedback, the VirtualOutcomes experience is now even better!**

Website [HERE](#) and login remain the same, search using F-code or Post code to find training resources specific to your area, including NHS England contractual National Campaign specific training.

### NUMSAS: Are You Claiming Correctly?...

Following the extension of the NHS Urgent Medicine Supply Advanced Service (NUMSAS) pilot until September 30<sup>th</sup> 2019, community pharmacy contractors are reminded of the correct processes when claiming for quantities, submitting tokens, and dealing with requests for gabapentin and pregabalin.

Contractors may find PSNC Briefing 034/17 useful when claiming for payment as it contains a checklist for completing an FP10DT EPS dispensing token, and for submitting the tokens and monthly claim form. Learn more [HERE](#).

### Fluoroquinolone antibiotics: new restrictions and precautions for use...

Disabling, long-lasting or potentially irreversible adverse reactions affecting musculoskeletal and nervous systems have been reported very rarely with fluoroquinolone antibiotics. Fluoroquinolone treatment should be discontinued at the first signs of a serious adverse reaction, including tendon pain or inflammation.

Find more information and advice for professionals [HERE](#).

### Services Database...

The PSNC services database provides up-to-date information to support the development of local pharmacy strategies and locally commissioned services...Find out more and access the Database [HERE](#).

Jump back to the title page of this bulletin [HERE](#).

### All Pharmacies and DACs: Reminder of obligation to notify NHS England of Changes to Company Directors or Superintendent Pharmacists...

We wish to remind contractors that NHS England must be notified of changes to company directors or superintendent pharmacists, and Fitness to Practise information must be provided, **within 30 days**.

The forms for doing so are available from PCSE (Primary Care Support England) [HERE](#). (under chapter 11).

The form should be sent to [pcse.marketentry@nhs.net](mailto:pcse.marketentry@nhs.net) for processing (please copy to [england.pharmacysouthwest@nhs.net](mailto:england.pharmacysouthwest@nhs.net)).

Failure to notify NHS England is a breach of contract and may result in formal contractual action being taken.

### New GPhC Guidance...

This [guidance](#) from the GPhC explains what pharmacy owners should consider before deciding whether any parts of their pharmacy service can be provided safely and effectively at a distance (including on the internet), rather than in the traditional face-to-face way.

**Please be aware that the guidance is NOT exclusively of relevance to purely distance-selling pharmacies: any pharmacy that operates a collection and delivery service and/or those receiving prescriptions electronically (in addition to any pharmacy that sells medicines online) will also need to be aware.**

You should read this guidance alongside the [standards for registered pharmacies](#), which pharmacy owners must meet, and the GPhC's [Inspection decision making](#)

### Help for Community Pharmacies to Engage with PCN's (Primary Care Networks)...

As community pharmacy will need to be proactive in engaging with PCN's, PSNC have developed a new range of resources and guidance to support local engagement [HERE](#). They have also produced a useful animation - [the future of pharmacy](#) – showcasing the sector to stakeholders and also the transformation that pharmacy will undertake....**take a look & find out more!**

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NHS England and NHS Improvement – South West

If you have any articles you would like us to include in the weekly bulletin, then please send to our generic mailbox - [HERE](#).

In addition, if you know of any colleagues who would like to receive a copy of the E-Communication each week please send an e-mail with their name, place of work and e-mail address to our generic [mailbox](#) and we will add them to our distribution list.

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Please see our [website](#) “NHS England South West (South & North) Community pharmacy” for more information and any blank templates, forms and documents.

For reference available documents are, Contact Details (UPDATED MARCH 2019); Forms for requesting changes to Core or Supplementary hours; Blank unplanned closure form; links to the Pharmaceutical Needs Assessments (PNAs); links to LPCs; MUR guidance, MUR/NMS blank templates; Significant Incident reporting form; Serious Difficulty application form; and log for 100-hour pharmacies.

...NEWLY ADDED TO THE WEBSITE – Forged Prescription and Medicine Shortage Guidance...



**Children's Oral Health (Smile Month) Monitoring Sheet**

Criteria	Number of interventions	Total
Example	### ### ###	15
Total conversations regarding the Children's Oral Health campaign?		
Children's Oral Health conversations during MUR or NMS consultations?		
Customers referred to Dentist etc. due to Children's Oral Health campaign?		

***Thank you for your support during this campaign and for making a positive impact on the health and wellbeing of your local population. We will be producing evaluations for each campaign and will ensure you receive regular updates on the impact of the campaigns.***



## A quick guide to a healthy mouth in children

This factsheet gives a summary of the simple steps that parents, carers and children can take every day to protect and improve their oral health. The evidence based advice is from [Delivering Better Oral Health](#).

### Brushing children's teeth

- start brushing as soon as the first tooth appears (usually at about 6 months of age), at least twice a day with fluoride toothpaste last thing at night and on at least one other occasion
- brushing at bedtime is important as it makes sure that the fluoride continues to protect the teeth while your child is asleep
- parents/carers should brush or help their child to brush their teeth until they are at least seven years old to make sure the teeth are cleaned properly, to supervise the amount of toothpaste used and to prevent licking or eating the toothpaste
- brush your child's teeth thoroughly, cleaning all surfaces of the teeth
- for older children disclosing tablets can help to show if any plaque is left on the teeth
- choose a toothbrush with a small head and medium-textured bristles, a manual or electric toothbrush can be used
- For the maximum prevention of tooth decay for children aged 0-6 years use toothpastes containing 1350-1500 parts per million (ppm) fluoride
- the amount of fluoride that is in the toothpaste can be found on the side of the tube or on the packaging
- for children under three years old use a smear of toothpaste containing no less than 1000 ppm fluoride (see Figure 1)
- children between three and six years old should use a pea-sized amount of toothpaste containing more than 1000 ppm fluoride (see Figure 2)
- encourage your child to spit out the toothpaste after brushing and do not let them rinse out with water as this will wash away the fluoride and reduces how well it works - spit don't rinse

- for children who may have difficulties brushing their teeth such as those with special needs, toothbrush adaptations are available.

**Figure 1**



**smear for 0 – 3 year olds**

**Figure 2**



**pea-sized blob for 3–6 year olds**

### In addition, for older children (aged 12 years to 17 years)

- as part of a daily oral health routine in addition to brushing, it is important to clean between the teeth using interdental brushes. Some teenagers may not have large enough spaces in between their teeth to use an interdental brush so flossing can be a useful alternative
- the dental team will show you how best to clean between your teeth
- If you have an orthodontic brace clean your teeth and appliance carefully as shown by the dental team

### Healthy eating advice:

Each time we eat sugary food and drink, the bacteria in dental plaque produce acid that attacks teeth. If we eat or drink sugary foods frequently throughout the day we have more 'acid attacks', which can lead to tooth decay.

### Remember that for babies:

- breast milk is the only food or drink babies need for around the first six months of their life. Formula milk is the only suitable alternative to breast milk
- from the age of six months, bottle-fed babies should be introduced to drinking from a free-flow cup. Bottle feeding should be discouraged from 12 months old
- only breast or formula milk or cooled, boiled water should be given in bottles
- only milk or water should be drunk between meals and avoid adding sugar to foods or drinks for your baby

## For all children:

- reduce the amount and frequency of having foods and drinks that contain sugar, only give sweet foods including dried fruit at mealtimes
- squashes sweetened with sugar, fizzy drinks, soft drinks and juice drinks have no place in a child's daily diet
- limit the amount of fruit juice and/or smoothies your child drinks to a maximum of 150 mls (one portion) in total per day and drink it with meals to reduce the risk of tooth decay
- always ask for sugar-free medicines

## Visiting the dentist:

- take your child to see the dentist as soon as their teeth start to appear, and visit regularly, as often as your dentist recommends
- ask your dentist about fluoride varnish - all children over 3 years should have this applied to their teeth. If younger children are at particular risk of tooth decay the dentist may apply to their teeth.
- NHS dental treatment is free for children under 18 or under 19 and in qualifying full-time education
- women are entitled to free NHS dental treatment during pregnancy and any treatment commenced before their child's first birthday

## Find out more

For further information about how to look after your child's teeth, visit:

[www.nhs.uk/Conditions/pregnancy-and-baby/Pages/looking-after-your-infants-teeth.aspx](http://www.nhs.uk/Conditions/pregnancy-and-baby/Pages/looking-after-your-infants-teeth.aspx)

To find out how much total sugar is in your food and drink

[www.nhs.uk/change4life-beta/campaigns/sugar-smart/home](http://www.nhs.uk/change4life-beta/campaigns/sugar-smart/home)

To find an NHS dentist visit NHS Choices

[www.nhs.uk/NHSEngland/AboutNHSservices/dentists/Pages/find-an-NHS-dentist.aspx](http://www.nhs.uk/NHSEngland/AboutNHSservices/dentists/Pages/find-an-NHS-dentist.aspx)

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## Top 3 interventions for preventing tooth decay

1



**Reduce the consumption of foods and drinks that contain sugars**

2



**Brush teeth twice daily** with fluoride toothpaste (1350-1500ppm), last thing at night and at least on one other occasion. After brushing, spit don't rinse

3



**Take your child to the dentist when the first tooth erupts**, at about 6 months and then on a regular basis

**Under 3s** should use a smear of toothpaste



**3 to 6 year olds** should use a pea sized amount



Parents/carers should brush or supervise tooth brushing until their **child is at least 7**