

## Welcome to the CPPE East Midlands Spring newsletter

We hope you have all settled well into the new year.

Please take the time to read through this semester's newsletter as it is packed with lots of new information relating to programmes, e-courses and e-learning which may support your CPD, revalidation, role progression and skills development. In this version of the newsletter there is information about the following topics, which ones do you need support with?

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### Online Workshops Update

Our CPPE online workshop portfolio continues to grow as a favourable way of learning for many of you. CPPE online workshops continue to be in line with key NHS priorities and topics, so they really support you to stay connected with the profession. A full programme of online workshops, recently released for the period up to June 2024, are also available.

Please see the **Events Flyer** (also attached to this email) for dates and booking links.

Here are some [new](#) workshops available for booking since our previous newsletter to you in September 2023. *Please be aware that workshop listings which require keycodes to access are for pharmacy professionals taking part in the Primary care pharmacy education pathway, while workshops that do not require a keycode are for all other pharmacy professionals who have identified this topic as a learning need.*

## **NEW! Asthma: optimising adherence to medicines – focal point online workshop**

Our [Asthma: optimising adherence to medicines – focal point workshop](#) is designed to raise your awareness of non-adherence in asthma, show you how to identify it in people and then work effectively with them through shared decision making and personalised interventions to improve inhaler use.

Workshop dates are now available for booking. [Click here for more information and booking.](#)



## **NEW! NHS Pharmacy First: Clinical assessment – essential skills**

The aim of this learning programme is to support pharmacists to develop the knowledge, skills and confidence needed to undertake effective consultations, communications and clinical assessments in order to provide the NHS Pharmacy First service.

Workshop dates are now available for booking. [Click here for more information and booking.](#)



## **NEW! Supporting people living with dementia**

The overall aim of this programme is to develop your knowledge and skills to enable you to recognise, manage and optimise care for people living with dementia and their carers.

Workshop dates are now available for booking. [Click here for more information and booking](#)



## **NEW! Lewy body dementia**

The aim of this learning programme is to update your clinical knowledge of Lewy Body Dementia to enable you to optimise the medicines of people living with this condition. It builds on other learning we have available, which can be found on our Dementia learning gateway.

Workshop dates are now available for booking. [Click here for more information and booking](#)



## **NEW! Neurology in primary care**

The aim of this online workshop is to update your clinical knowledge of the pharmaceutical management of several long-term neurological conditions to enable you to help facilitate the seamless transfer of care for people living with these conditions between different care settings. You will consider how to support people living with multiple sclerosis, Parkinson's and Acquired Brain Injury.

It will enable you to identify specific issues that should be considered in optimising the medicines of people living with long-term neurological conditions, living in either care homes or their own homes.

Workshop dates are now available for booking. [Click here for more information and booking](#)



## Pharmacy Technician news

### Community pharmacy technician – advancing your role

This programme has been launched in collaboration with the Pharmacy Integration Programme at NHS England. The fully funded learning programme is designed to help community pharmacy technicians develop the skills and confidence to deliver effective clinical services in community pharmacy.

The four-month self-directed e-learning includes an initial meeting with an CPPE Education supervisor, face-to-face workshop on clinical assessment skills, workshops & peer support.

Through the different areas of this programme the CPPE Community pharmacy technician: advancing your role programme will support pharmacy technicians to demonstrate readiness to deliver clinical services by enabling them to:



- Apply the essential knowledge and skills required to deliver highly effective clinical services
- Apply relevant clinical therapeutics to person-centred consultations
- Use appropriate clinical assessment skills in practice

Applications are **now live** on our website. Click [here](#) for more information.

### ACPT places available

A reminder that some additional places have been released for our Accuracy checking pharmacy technician (ACPT) programme.

In feedback, 98 percent of respondents said they were confident to perform the role of accuracy checking pharmacy technician after completing this CPPE programme, so this is your chance to seize a great opportunity for your own professional development.

Click [here](#) for more information.

## Support for community pharmacy services

Since the start of the year the CPPE team in the East Midlands has been support you to implement the Pharmacy First service. We have run face-to-face events and online workshops.

We worked out that if every pharmacy professional who attended an NHS Pharmacy First: Ear, nose and throat clinical assessment skills, day in the East Midlands did 1 ear examination per week (after taking off annual leave) we will have enabled 1,899 otitis media consultations in the region over the next year.

## Dermatology: an introduction to managing skin conditions

Summer is just a few months away and Mike Jones service implementation lead from Notts LPC predicts “that infected insect bites are due to double”. So now may be a time to brush up your dermatology skills. [Dermatology: An introduction to managing common skin conditions](#) offers you the tools for taking a person-centred dermatological clinical history and recognising the typical signs and symptoms of several common skin conditions. It will also help you, in a community setting, to support people with common skin conditions to self-manage their symptoms. This programme takes a pick ‘n’ mix approach, which means you can go straight to the section that you need. As well as infected insect bites, other clinical pathway conditions impetigo and shingles are also covered.



If you want a quick refresher on any of pathway conditions, go to [NHS Pharmacy First service : CPPE and](#) scroll down the page to the Useful CPPE resources to support the delivery of Pharmacy First tab.

## Shared decision making on initiation of contraceptive pills – Top tips



By 31 March 2025 at the latest, all contractors delivering Pharmacy First will also have to deliver the contraception service and blood pressure check service to qualify for the monthly fixed payment (as well as meeting the relevant consultation threshold).

In response to the launch of the NHS Pharmacy contraception service, we have created this video, [Shared decision making on initiation of contraceptive pills – Top tips](#). It introduces topics around shared decision making on initiation of

contraception, within this service. These include the choice of pills, and practical considerations for running the service.

## Hypertension case-finding service

As of 1 December 2023, the service can be provided by suitably trained and competent pharmacy staff. Previously, only pharmacists and pharmacy technicians could provide the service. The [CPPE hypertension case-finding service website page](#) has information to support your team including links to videos on measuring blood pressure

## Prescribing support

### Preparing to train as an independent prescriber

This is a fully funded programme that helps pharmacists develop the skills and confidence needed to best prepare for independent prescriber training. The programme is made up of four main components

1. a self-directed e-course and self-assessment framework
2. a mandatory online workshop to support your self-assessment of competencies and develop a personal development plan.
3. an optional online workshop to support your readiness for academic writing and reflective practice.
4. optional peer support sessions, providing an opportunity for you to develop your professional network and establish communities of practice.

This programme is available to all pharmacists from all sectors of practice who are planning to apply for and commence independent prescriber training with a Higher Education Institute (HEI)

The e-course is designed to be used flexibly and you can study as much or as little as you need, using your completed self-assessment framework to help signpost you to the sections where you have the greatest learning needs. There are no enforced deadlines for completion, and you can revisit the e-course at any time. The only requirement is that you complete your self-assessment in advance of attending the mandatory Preparing to train as an independent prescriber workshop.

The e-course is designed to help you 'pick and choose' the topics that are most beneficial to you.

For more information go to [Preparing to train as an independent prescriber: CPPE](#)

### Return to prescribing



Have you completed your independent prescriber training, but not yet used prescribing in your practice. Maybe you have thought about how you can use your skills with pharmacists qualifying as independent prescribers from 2026. If so the [CPPE return to prescribing course](#) is for you.

The CPPE Return to prescribing programme runs over a three-month period with three interactive online workshops. It is open to any pharmacist prescriber registered in England who needs to regain the competence and confidence to prescribe.

Over the three online workshops you will reflect on your current skills and identify actions, resources and opportunities to address gaps in the knowledge, skills and behaviours required for effective prescribing. This will be achieved through a mix of individual learning, group activities and discussions, and sharing of best practice.



## Self-directed learning - Learn at your own pace

Do you have a personal interest in dementia or men's health? Is this relevant to your role or your life outside of pharmacy? Could this be a topic for your GPhC revalidation? We have new learning materials to support you.

### Men's health learning gateway

The *Men's health* learning gateway has been recently launched and is designed to increase pharmacy professionals' knowledge, skills, and confidence in relation to various men's health conditions.

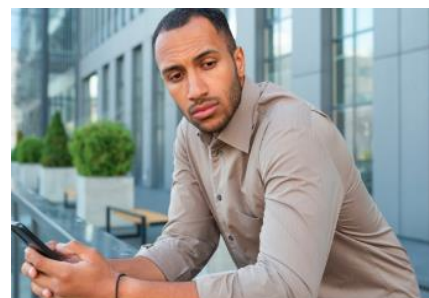
- In the UK, men account for around 75.1 percent of all suicides.
- Around 50 percent of men between the ages of 40 and 70 experience erectile dysfunction, and it can occur at any age.

Healthcare avoidance can be an issue amongst men in the UK. Working through the resources on the *Men's health* learning gateway will highlight the barriers to accessing healthcare and how to use a person-centred approach.

Within the Learning gateway, you will find several case studies on key health areas to including:

- Depression
- Male pattern baldness
- Erectile dysfunction
- Testicular cancer

Click [here](#) for more information.



### Genomics in pharmacy: an introduction to person-centred care e-learning programme

Genomics and pharmacogenomics are transforming healthcare by supporting personalised medicine. This shift away from a 'one size fits all' approach is improving medicines optimisation and patient care in an increasing number of clinical areas. While genomics has been used for some time in the diagnosis and management of rare diseases and some cancers, its use is rapidly expanding to more conditions and treatment pathways.



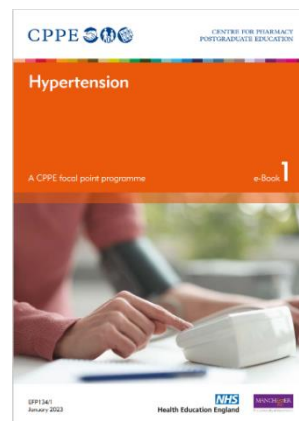
As a pharmacy professional, you can play a key role as genomics moves into mainstream clinical practice by supporting people with information and resources.

Our *Genomics in pharmacy: an introduction to person-centred consultations* e-learning programme aims to support learners to have person-centred conversations with people who come into the pharmacy wanting to know more about genomics. Click [here](#) for more information.

## **Hypertension Learning Gateway**

Hypertension is one of the most important preventable causes of premature morbidity & mortality in the UK and a major risk in stroke, heart failure, kidney disease and cognitive decline. However, with the correct lifestyle changes and medication it is a condition that can be managed effectively.

Early identification is essential, as 25% of adults have raised blood pressure but suffer no obvious symptoms. Pharmacy professionals have an important role to play in identifying these patients, for example through the Community Pharmacy NHS Hypertension Case-Finding Service. The Hypertension learning gateway will help you support your patients and includes guidelines and e-learning on vascular risk and the NHS health programme to support service delivery. In addition to this is access to further learning on wider cardiovascular conditions.



To support the e-learning online Hypertension Focal Point online workshops are also available for booking. Click [here](#) for more information.

## **NEW! Introduction to appropriate polypharmacy e-learning programme**

The *Introduction to appropriate polypharmacy* e-learning programme launched on 11 March.

Appropriate polypharmacy recognises that people might require multiple medicines to manage their conditions and ensure a better quality of life. In problematic polypharmacy, medicines are prescribed that are not – or no longer – appropriate. Tackling problematic polypharmacy is everyone's responsibility, and pharmacy professionals have an important role to play in identifying and reducing problematic polypharmacy. Click [here](#) for more information.

## **NEW! Osteoporosis: a focus on prevention e-learning programme**

The *Osteoporosis: a focus on prevention* e-learning programme launched in March.

In the UK, over 3.5 million people are living with osteoporosis, and one in two women over age 50 will break a bone due to osteoporosis.

This learning programme will encourage pharmacy professionals to consider their role in identifying people with risk factors for osteoporosis and providing person-centred care to help people reduce their risk of osteoporosis. Click [here](#) for more information.

## **Support for trainee pharmacists**

CPPE has started a [LinkedIn group for trainee pharmacists](#). We plan to post hints and tips of topics including preparation for the GPhC registration assessment, gain evidence towards GPhC learning outcomes and to prepare for success in the job market.

**Please feel free to contact your local CPPE tutors if you need further information on any of the items in this newsletter.**

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