Welcome to the August 2015 issue of In Focus.

We love hearing about and sharing good news and excellent practice, so please let us know of your achievements (or those of your colleagues if they are too modest!).

If you would like anything included in In Focus please email Sarah Carter: general.secretary@ukcpa.com

In this issue:

♦ “UKCPA has been a driving force in my professional development”: We introduce you to Ann Page, Chair of UKCPA (page 3)

♦ Members’ achievements:
  - Advising Westminster on diabetes care (page 4)
  - Joining the global fight against antibiotic resistance through education (page 5)
  - Diabetes UK Clinical Champion (page 6)

♦ “There is a lack of appreciation for pharmacists”: Our interview with Shruti Parmar, a newly qualified pharmacist (page 7)

♦ Support your Foundation colleagues via our new online network (page 8)
13 -14 November 2015

Autumn Residential Symposium
The Marriott Hotel, Leicester

Come and meet the clinical pharmacy experts

- Interactive workshops on clinical and core topics, including:
  - Improving your personal resilience
  - Making every contact count
  - RPS Faculty: Walking you through the journey
  - Mentoring and coaching
  - How to choose diabetes treatments
  - Pharmacy and the urgent care agenda
  - Investigating medication incidents

- Inspiring keynote presentations
- Innovative research and award presentations
- Plenty of opportunities to network with colleagues
- Medical exhibition

www.ukcpa.org/events/conferences

Booking now open!
In May 2015 the helm of UKCPA was handed over to Ann Page, previously Vice Chair. We found out more about Ann and what her plans are for the association.

**What is your day job?**
I’m Senior Principal Pharmacist for education and training at Hull and East Yorkshire Hospitals NHS Trust. I am the pre-reg manager and manage 18 band 6 pharmacists as well as a team of senior pharmacists working in medical specialties. My clinical work is in acute medicine and A&E. In addition, I am currently seconded one day per week to our LLETB, helping to organise regional education commissioning and delivery for pharmacists.

**How long have you been a member of UKCPA?**
20 years. I joined at the end of my pre-reg when I was lucky enough to present my audit project at a UKCPA conference.

**What does UKCPA mean to you?**
UKCPA has been a driving force in my professional development. I remember really clearly going to UKCPA events as a junior pharmacist and meeting people in real life that I’d read about in journals. I was inspired to develop my clinical skills and to be ambitious in my career plans. Over the years UKCPA has been there to support me with information and networking, and that has meant a great deal.

**Who or what is your professional inspiration?**
I am inspired by the junior pharmacists I see coming up the ranks and changing the profession. Their commitment, enthusiasm and skills remind me every day how important it is to build the infrastructure for their future development.

**What attracted you to being Chair of UKCPA?**
The chance to give something back to an organisation that has played such a big role in my career, and to enable all the people who do such great work for UKCPA to continue to do so.

**What do you hope to achieve for UKCPA?**
Increased membership and influence throughout the wider profession, and increased numbers of education events. No pressure!

**Are there any major developments afoot for UKCPA?**
Loads! Affiliation with the RPS, the development of national training programmes for pharmacists in different specialities and advanced generalists, the re-design of our conference offer - that’s just for starters.

**What are the biggest challenges currently facing the pharmacy professions?**
Maintaining high quality patient care in the face of the financial challenges facing the NHS, establishing training programmes and career pathways that enable the development and recognition of new and extended roles for pharmacists, and realising the potential of the technician and support staff workforce to improve patient care.

**What is your advice for aspiring pharmacists?**
The world is full of people who will tell you that you can’t do things: they don’t need your help.

I am currently reading 101 Damnations by Ned Boulting. It’s about the 2014 Tour de France.

I am currently enjoying planning a one week trip to the Edinburgh Festival Fringe. Twenty shows in seven days (and 35 double espressos).

I am currently worried about my caffeine intake...
Advising Westminster on the challenges of diabetes care and services

Sallianne Kavanagh, co-Chair of the UKCPA Diabetes & Endocrinology Group, represented the UKCPA and the Royal Pharmaceutical Society at the Diabetes Think Tank discussion in June 2015.

The Diabetes Think Tank brings together policy makers, patient group representatives and clinical specialists from across the diabetes patient pathway to discuss and propose solutions to the current challenges faced by the diabetes community.

Participants discussed priorities, future models of care for services and the patient’s experience of diabetes services, in order to provide the government with recommendations to inform a national diabetes strategy.

Sallianne says, “It was great to have pharmacy represented at such a meeting.”

The UKCPA Diabetes & Endocrinology Group will continue to participate in future meetings of the Diabetes Think Tank.

Award winning COPD service

Congratulations to Anna Murphy who has led a team of community pharmacists to win the Chemist and Druggist Clinical Service of the Year Award 2015 for their new ‘SIMPLE COPD’ service.

The service aims to cut the high rates of emergency admissions for COPD by using pharmacists as part of a multidisciplinary team.

This pilot project recruited more than 100 patients within the first two weeks in order to improve their COPD care by signposting to smoking cessation services, regularly assessing inhaler technique and conducting structured reviews and optimising pharmacotherapy regimes.

Click here for more information: www.chemistanddruggist.co.uk/cd-awards/clinical-service-winner-15
Jacqui Sneddon, Chair of the UKCPA Pharmacy Infection Network, has been invited as a UKCPA representative to be a member of the Royal College of Physicians (RCP) Joint Specialty Committee for Infectious Diseases.

The RCP and the British Infection Association have agreed to establish the committee to advise its parent bodies, or other organisations on their behalf, on matters of mutual interest regarding infectious diseases.

This will include the following broad concerns regarding infectious diseases:

- promoting the coordinated national management of new outbreaks
- managing education and advice across the hospital setting
- considering the global remit of the RCP and relevant international strategies

Numerous specific concerns will also be addressed, including workforce and training, setting national standards, guidelines and policies, and drafting specifications for clinical governance.

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### ‘Massive’ opportunity to fight antimicrobial resistance

Mark Gilchrist and Jacqui Sneddon, of the UKCPA Pharmacy Infection Network, are contributing to the development of a Massive Open Online Course (aka MOOC) on Antimicrobial stewardship.

The aim is to support the fight against antimicrobial resistance through education and empowerment of healthcare professionals, in order to provide timely and high quality infection management across all healthcare communities.

MOOCs are web-based, open-access learning modules that use videos, case studies, electronic textbooks and interactive user forums. MOOCs offer university standard courses without the requirement to complete an entire programme, enabling users to access training of direct relevance to them at any given point in time.

The project is being led by the British Society for Antimicrobial Chemotherapy in partnership with the University of Dundee. A coalition of clinical, academic, industry, charity and governmental partners will take forward the project, with a view to it being available and relevant globally.

www.antimicrobial-stewardship-mooc.com
Elizabeth Hackett, Principal Pharmacist for Diabetes at University Hospitals of Leicester NHS Trust, is one of 20 leading clinicians selected to become a Local Clinical Champion by national charity Diabetes UK.

Diabetes UK will support their Champions to become catalysts for change, enhancing diabetes care across local health systems.

Clinical Champions act as advocates for people with diabetes, promoting their needs with commissioners, service managers and front-line healthcare professionals.

Elizabeth says, “I am hoping to engage with community pharmacists in my role as clinical champion, in order to help to give them the skills and confidence to become more involved with diabetes care.”

The champions will receive training opportunities, membership of a peer support network, resources to analyse and understand the local health data to make a case for change, and will be provided with practical support and resources to establish local networks.

“The UKCPA Diabetes & Endocrinology Group has tried to reach out to community pharmacists as well as those in the hospital sector, but so far we have not been very successful.

“I am hoping to promote the work of the UKCPA to those in community pharmacy who are interested to learn about diabetes”, says Elizabeth.

UKCPA member selected to become diabetes champion

UKCPA supports HPE Live

Toby Capstick, Chair of the UKCPA Respiratory Group and Lead Respiratory Pharmacist at Leeds Teaching Hospitals NHS Trust, is speaking as a representative of UKCPA at the Hospital Pharmacy Europe Live event on 13 October 2015 in Birmingham.

He has been invited to share his vast expertise on treatments for asthma and COPD.

His talk will cover current issues, updates of new inhaled medicines and devices, and advice on how to help patients achieve their treatment goals.

Toby is a regular expert speaker at UKCPA events, including Masterclasses and conferences.

For more information: www.hpe-live.com

UKCPA will have an exhibition stand at this event, so please do come and talk to us about how we can support you.
We want to celebrate our members and their professional achievements. In this issue of *In Focus* we interview **Shruti Parmar**, a newly qualified pharmacist.

**What made you realise you wanted to become a pharmacist?**
At school I was interested in the sciences, and went on placements that gave me an overview of several different healthcare professions, including doctors, surgeons and radiographers. They didn’t appeal to me, as I wanted a job which had a wide variety of pathways and opportunities. Pharmacy was something I felt would suit me. At university I understood how varied a pharmacist’s career could be - and that is what appealed to me the most.

**How did you get where you are today?**
After leaving school I completed a Foundation Degree in Pharmacy Practice, then my MPharm Degree. I have just completed my pre-registration training at Barts Health NHS Trust, where I was involved in a rotational programme, meeting lots of different teams and working alongside many different healthcare professionals. I learnt so much in this training year, and have loved having a different challenge each day.

**What keeps you motivated in your work?**
Having the opportunity to make interventions and seeing positive outcomes on patient care motivates me to continue facing different challenges each day.

**What challenges have you faced so far and how did you overcome them?**
I think the biggest challenge for me was the pre-registration year. Juggling work and study at the same time was difficult, but I overcame this by making sure I was organised and had a clear vision of what I wanted to get out from the training year. Being self-motivated and having good colleagues around me helped me get through the year.

**What’s the best thing about UKCPA?**
UKCPA offers different forums; a platform for pharmacists to discuss clinical cases and advice. As a junior pharmacist, I will be able to log on and ask specialist pharmacists for information on particular clinical areas if I am unable to find resources locally. I can utilise individual clinical expertise when required to help ascertain and develop best patient pathways and outcomes.

*What do you think are the most valuable qualities someone should possess in order to be a good Pharmacist?*
Being conscientious, resourceful, aware of limitations and being a good team worker.

*Who or what inspires you?*
During this training year, I have met lots of different people. My tutor, Hetal Dhruve, was constantly there for advice and pushed me to carry on working hard, even at times when I felt like giving up. Her hard-working attitude and optimism inspired me, which allowed me to achieve everything I did this year. I have also worked alongside Hasanin Khachi who is knowledgeable and yet very humble.

*In your opinion, what are the biggest challenges facing the profession today?*
I think there is a lack of appreciation for pharmacists. A low morale, lack of motivation, yet high expectations is the biggest challenge.

*If you were trying to persuade a young student to enter the world of clinical pharmacy, what would you say?*
Pharmacy is a challenging experience, but every day is different and seeing positive patient outcomes motivated you to continue working hard.

Shruti won the Best Abstract Award and the Best Poster Award at the UKCPA-GHP Spring Conference in May 2015.
Watch this space for a future Super Pharmacist!
We have just launched a new online network for Foundation Pharmacists.

This is a discussion group created for the purpose of supporting pharmacists in their Foundation years. More senior pharmacists are also more than welcome, – indeed, your input is vital as your experience will help those earlier in their career.

Please feel free to post any queries and advice – clinical or non-clinical. We’re here to support you!

Each UKCPA online network has hundreds of members who are contributing, responding, asking questions, or just taking all the information in.

There is something going on at all hours of the day. If you work in a specialty, this online connection is vital, particularly if you work in isolation as you are able to contact other specialists regardless of their geographical location. If you don’t work in a specialty they are equally as valuable, as you can tap into the expertise in several therapeutic areas to gather the information that you need.

“Fast, friendly, experience-based answers from peers to help you out in a tricky situation.”

Our members tell us that the ability to contact an expert or a peer via the online networks is hugely valuable. Our members use them to seek advice, share documents and best practice, gather information, find other practitioners, and generally support each other.

“The peer support from the online networks has been the backbone of my career progression and, more importantly, helps me care for patients in my day-to-day practice.”

“I cannot begin to imagine how ineffective knowledge dissemination would be in the world of clinical pharmacy without UKCPA online forums.”

Find your support network with

www.ukcpa.org/groups
Our 2015 events:
Come and meet the clinical pharmacy experts

♦ 9 September, Manchester
Cardiac Group Masterclass
An introduction to cardiology: Ischaemic heart disease

♦ 18 September, Birmingham
Medicine Safety & Quality Group Masterclass
NPSA 20: Seven years on

♦ 22 September, London
Care of the Elderly Group Masterclass
Medicines optimisation in frail older people

♦ 25 September, London
Critical Care Group Masterclass
Advanced Practitioner Meeting

♦ 5 October, Birmingham
Respiratory Group Masterclass
Pharmaceutical care across the interface: new models of care in respiratory disease

♦ 8 October, Manchester
Haemostasis, Anticoagulation and Thrombosis Group Masterclass
Anticoagulation: Back to basics and beyond

♦ 13 – 14 November, Leicester
UKCPA Autumn Symposium

“Excellent masterclass! One of the best days teaching I have ever been on. Thank you to all!”
Masterclass delegate, 2015

“Really enjoyed the session. I felt encouraged about being 'stretched but not stressed' and learning over time.”
Masterclass delegate, 2015

“The presentation was fantastic. He explained things in a way which made difficult concepts more easy to understand, and you could tell he was an expert in his field”
Masterclass delegate, 2014

“Really enjoyable day. It was reassuring to find that the obstacles faced at my base hospital are similar to those experienced by my peers in other trusts. I feel inspired to impact and improve.”
Masterclass delegate, 2014

www.ukcpa.org/events
UKCPA supports NICE Atrial fibrillation quality standard

The National Institute for Health and Care Excellence (NICE) has issued a new quality standard which sets out priorities for healthcare professionals on the treatment and management of atrial fibrillation (AF) in adults.

The quality standard, which has been supported by the UKCPA Cardiac Group, includes six statements aimed at healthcare professionals caring for people in danger of developing, or who already have, AF. These include:

- Adults with a type of AF called ‘non-valvular’ who have a stroke risk score of 2 or more (as estimated by their doctor using the CHA2DS2-VASC risk score) are offered treatment with an anticoagulant to lower their risk of having a blood clot that could cause a stroke.

- Adults with atrial fibrillation who are prescribed an anticoagulant talk with their doctor at least once a year about the types of anticoagulants they could have and the advantages and disadvantages of each.

- Adults with atrial fibrillation who are taking a type of anticoagulant called a vitamin K antagonist (such as warfarin) have regular blood tests to check whether the dose they are taking is at the right level to reduce their risk of stroke and bleeding problems.

- Adults with atrial fibrillation who still have symptoms after treatment are referred within 4 weeks for specialised care that aims to ease their symptoms and reduce their risk of having a stroke or heart attack.

Also included in the quality standard is NICE’s first developmental statement on the provision and use of monitors (coagulometers) for people on long-term vitamin K antagonist therapy (such as warfarin) so they can check how well the treatment is working.

Commissioners, health care professionals and service providers can use this quality standard to improve the quality of care for people with (or at risk of) AF. It can also be used by patients, families or carers of patients to understand what high quality care they could be getting. NICE quality standards are derived from evidence based guidance or other NICE accredited sources and have been developed with help from health care professionals, patients and service users and other stakeholders.

To find out more go to: www.nice.org.uk/guidance/qs93
The RPS Annual Conference is the UKs leading cross-sector event. There is an exciting line-up of speakers confirmed, from Duncan Selbie, Chief Executive of Public Health England to Dr Patricia Oakley, Strategic Service and Workforce Policy Analyst at King’s College, London, and the Chief Pharmaceutical Officers for England, Scotland and Wales.

The conference is a great opportunity to learn about, and join discussions surrounding key developments in the profession, including summary care records, repeat medication services, urgent and emergency care, seven day services, polypharmacy and student numbers, to name just a few.

In 2015 you will benefit from:

- Over 25 hours of CPD for your professional development
- A line-up of world class speakers at the forefront of their profession
- Sessions mapped to the RPS Faculty Framework – developing your career portfolio
- An excellent opportunity to update your skills through practical workshops
- The chance to learn from colleagues about best practice and innovative service delivery
- An opportunity to hear from leaders within the profession on the changes taking place and how best to adapt for the future
- Great networking opportunities with over 450+ delegates anticipated from across the profession

UKCPA will have an exhibition stand at this event, so please do come and talk to us about how we can support you.

For more information on the programme and how to book your place, visit www.rpharms.com/rps-annual-conference/rps-conference-2015.asp