

NOTTINGHAM WEST PCN

NEWSLETTER

February 2025

Welcome to our winter newsletter — a message from Clinical Director Ali Rounce

Welcome to our newsletter for February 2025. It's been a fairly rocky start to the year, with the usual winter pressures, and two of the main health trusts in the area hitting the national headlines with reviews into care and court cases. We are yet to see the impact that these issues will have on health services more generally, both in terms of financial impact and changes to services.

We are also awaiting national guidance on what the NHS needs to be delivering in the future and how, and the financial agreements to support this. This means that we remain uncertain on how exactly PCNs will need to work with providers in the next year or so. I hope that we will have more information soon, and that we will be able to give more details in our next newsletter.

In the meantime, I hope you find this issue interesting and useful.

Ali Rounce



In this issue

In this issue we have a focus on our Clinical Pharmacy Team, the services they provide within GP practices and the benefits to patients.

We also follow up on the feature in the last issue on the Mental Health Team, highlighting its first Practical Approaches for Neurodiversity Workshop which was held this month. You can find the last newsletter [here](#).

We also have more information on developments in focusing on health inequalities and our non-clinical PLT event.

We have seen some changes recently with a number of community services transferring back to Nottinghamshire Healthcare—see page 7 for more information.

Please enjoy the newsletter and go to our website for any more news and information.

Welcome to our news & updates

Welcome to the newsletter from Nottingham West Primary Care Network (PCN).

It's written to keep all our partners across health and social care up to date with our services and how we work with others to deliver the best care to local people.

We will be highlighting service updates, new opportunities, staff updates and sharing news from partners.

We hope you enjoy the newsletter and find it useful.

Please email us at pics.nottinghamwestpcn@nhs.net if there are any particular issues you would like us to cover.

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**Nottingham
West**
Primary Care Network

Focus on the Clinical Pharmacy Team

The Clinical Pharmacy Team includes clinical pharmacists and pharmacy technicians working in GP practice and within the pharmacy cardiology team across the PCN.

Clinical pharmacists:

- Work as part of the wider general practice team.
- Use expert knowledge of medicines to ensure the effective and efficient use of medicines and maximise safe, cost-effective, prescribing to improve the quality of patient care.
- Undertake consultations with patients face to face, by telephone or in care homes.
- Perform medication reviews to ensure patients are getting the best from their medicines.
- Review and manage long term conditions, for example asthma and high blood pressure.
- Prescribe and de-prescribe medication as part of medication reviews and following hospital discharge or hospital/other clinic appointments.
- Answer any queries on medication, including side effects and monitoring.
- Ensure all prescribed or purchased medication is safe to take together.
- Lead on quality improvement, clinical audits and medicines safety.
- Undertake Antibiotic Stewardship – improving antibiotic prescribing.
- Contribute to outcomes framework (QOF) and PCN prescribing related targets.
- Signpost to other services such as community pharmacy, health and wellbeing coaches, and first contact physios.

Work of pharmacy cardiology team published!

An article on the award-winning work of Nottingham West PCN's pharmacy cardiology team was published last year in the national Prescriber magazine. The piece highlights how the PCN developed and implemented a unique pharmacist-led pilot to find and proactively manage patients with hypertension. The service was designed to deliver a more convenient service for patients, to free up resources within practices, to increase Quality Outcomes Framework prevalence and to save lives.

[Click here](#) to read the article. If you'd like to find out more, email beth.rushton2@nhs.net.



About the PCN Pharmacy Technicians

Our Pharmacy Technicians:

- Work as part of the wider general practice team.
- Work under supervision to ensure the effective and efficient use of medicines and maximise safe, cost-effective, prescribing to improve the quality of patient care.
- Undertake consultations with patients face to face, by telephone or in care homes.
- Reconcile medication following hospital discharge or hospital/other clinic appointments.
- Answer any queries on medication, including side effects and monitoring.
- Ensure all prescribed or purchased medication is safe to take together.
- Synchronise medication and resolve problems with prescription ordering.
- Check blood pressure, pulse, height and weight.
- Work on quality improvement, clinical audits and medicines safety.
- Undertake Antibiotic Stewardship – improving antibiotic prescribing.
- Contribute to outcomes framework (QOF) and PCN prescribing related targets.
- Signpost to other services such as community pharmacy, health and wellbeing coaches, and first contact physios.

Team achievements in numbers

- **Nearly 7,000** — discharges and clinic letters processed April-January 2025
- **418** — Care home structured medication reviews
- **828** — total structured medication reviews
- **545** — Pharmacy Technician home visits
- **All practices** set to achieve both cholesterol QOF in 2024/25
- **Over 8,000** general practice appointments saved through the cardiology team's work
- **72%** of patients on a DOAC had their renal function and dose checked to date
- **20 patients** no longer on an anticoagulant and antiplatelet combination, with a further 86 reviewed for suitability
- **64%** of existing patients on an SGLT2 have received appropriate information about side effects to date
- **In just 4 months** the research pharmacist has engaged 7 practices, 6 of which are delivering more research than without the research pharmacist's input.
- **65 studies** have been applied for and 26 delivered through to completion
- **8** pharmacy students have completed or are completing placements with the PCN, alongside year 3 pharmacy students completing a practice level audit.

Benefit to patients of our Clinical Pharmacy Team

- Discharge and clinic letters - the team ensures an accurate transfer of medicines changes.
- Structured medication reviews offer the chance to talk to a health care professional about their medication.
- Our team can help find a suitable alternative medication if there are any shortages
- By supporting QOF the team supports better outcomes and patient care
- Medicines Safety – fewer medication errors leading to hospital admissions
- Education – a well trained workforce delivers high quality evidenced based medicines
- Pharmacy Cardiology reduces risk of heart attack and stroke
- Research – availability of new medicines for better treatment in the future

Future plans

- Practice work - Continue to deliver a high level of discharge and clinic letter review, QOF, medicines shortages support
- Safety work - Development of PCN-wide safety workstreams, using local and national data
- Education - Trainee pharmacy technician and foundation pharmacist.
- Pharmacy Cardiology - taking referrals for primary prevention lipid lowering therapy
- Research - Development of the research role across the PCN.

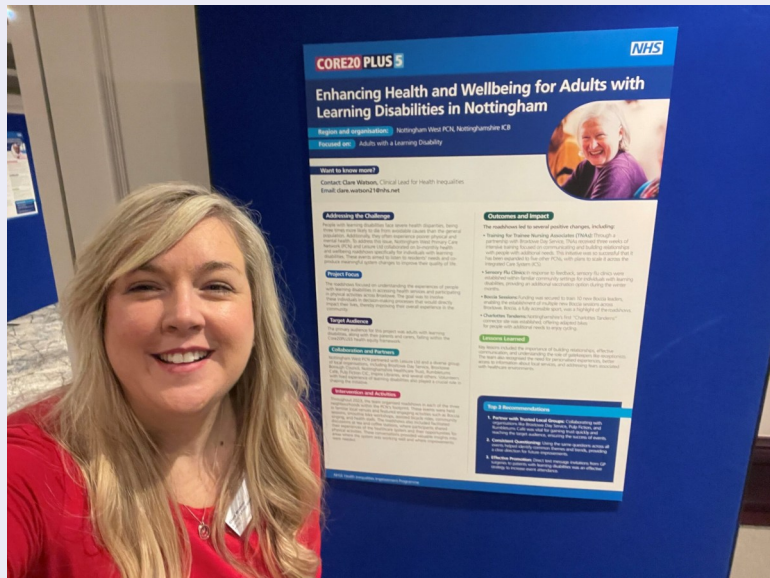
Contact the Clinical Pharmacy Team

Beth.rushton2@nhs.net

Focusing on Health Inequalities

New Ambassador role to share PCN work on health inequalities

Clare Watson, Nottingham West PCN Clinical Lead for Health Inequalities (pictured), has become an 'Alumni Ambassador' for the national Core20PLUS5 programme. This new role for Clare comes after she has spent the previous year as one of the National Ambassadors for the programme. In the Alumni role, Clare will be sharing the successes of the PCN in tackling healthcare related inequity and supporting colleagues across the country as they begin work on inequality.



About Core20PLUS5

Core20PLUS5 is an NHS England strategy designed to focus support on the most deprived 20% of the population (the 'Core20'), plus other underserved groups identified through local population health data, and targets five key clinical areas – maternity, severe mental illness (SMI), chronic respiratory disease, early cancer diagnosis, and hypertension case-finding. This approach aims to systematically address health disparities by concentrating efforts on both nationally identified and locally determined underserved populations, alongside specific clinical areas where inequalities are most pronounced. Clare's work supports the PCN to address health inequity across all 12 practices.

Information on local services

The PCN has put together a list of services for people with learning disabilities and their carers on the PCN website at www.nottinghamwestpcn.co.uk/home/local-services-available/

It covers:

- Help to get more active and enjoy being outdoors
- Finding a local library
- Learning new skills
- Help with daily living
- Help to find the right job for you
- Helping you to stay healthy.

There is also information on Warm Spaces in Eastwood and on the support available from Mencap, working in partnership with Nottinghamshire County Council, for people who are accessing health and social care to become digitally included.

If you have a directory you would like us to link to in our local services section, please drop us a line on pics.nottinghamwestpcn@nhs.net



First Practical Approaches for Neurodiversity Workshop

On Saturday 8 February, we held our first *Practical Approaches for Neurodiversity* workshop, as part of the GP extended access offer running from 10 am to 3 pm. The workshop provided an in-depth look into neurodiversity and practical strategies to improve daily functioning.

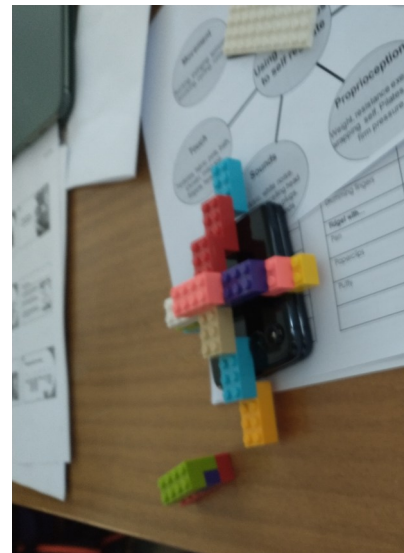
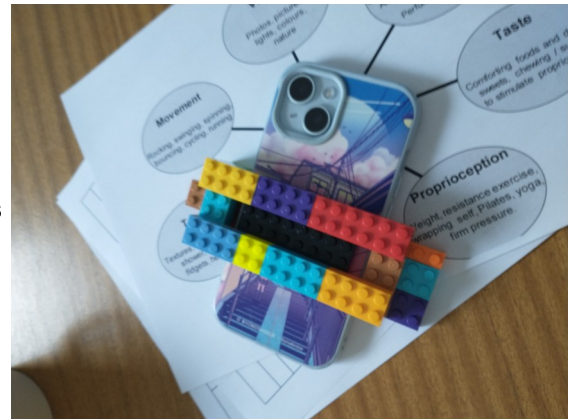
Throughout the day, participants explored various topics, including executive functioning, sensory processing, emotion regulation, communication, and self-care. The group worked together to share experiences, discuss challenges, and explore effective tools and techniques that can be immediately applied in daily life. Peer support was integral, with discussions offering valuable insights from different perspectives.

A particularly unique and therapeutic aspect of the workshop involved the use of LEGO as a mindfulness and meditation tool. This creative approach provided a calming, hands-on way to engage participants and promote relaxation.

Attendees shared the following reflections on what they found most valuable:

- "Understanding the fundamentals of autism on a deeper level."
- "Tools to help me in everyday life."
- "All of it!"
- "Meeting others and discussing the tools shown."
- "The community of people in similar situations as me that I can confide with."

Overall, the event was a great success, offering attendees both practical advice and a supportive space to share and learn. We look forward to offering more opportunities like this to continue building understanding and skills around neurodiversity.



Non-clinical PLT

We were delighted to be joined by more than 80 people at our non-clinical PLT event in November. We find this face-to-face, in-person contact so valuable to sharing learning, building and maintaining relationships and supporting the great work across our patch. Thank you to everyone who came along on the day.

We know that some of you were unable to attend, perhaps through pressure of work, so we wanted to share some of the key messages from the teams we heard from on the day.

The presentations are available on Teams (the Nottingham West Admin Forum Channel) or do drop us a line if you'd like us to email them to you.



Services transferred to Notts Healthcare

A range of community services delivered by Primary Integrated Community Services (PICS) on behalf of Nottinghamshire Healthcare have been transferred back to the Trust under new contractual arrangements. The services moving back to Notts Healthcare are:

- Phlebotomy
- Respiratory
- Pulmonary Rehabilitation
- Cardiology
- Heart Failure
- Diabetes
- Non-Malignant Palliative Care

Find out more here including how to contact the services—
<https://www.nottinghamshirehealthcare.nhs.uk/latest-news/community-services-to-move-back-to-notts-healthcare-7787>

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