

CPC bitesize

By Gareth Malson, PCPA Editor

Things we learnt at the Clinical Pharmacy Congress 2019...

SPARCtool (www.sparctool.com) is a useful online tool for comparing the risks and benefits of antiplatelets and anticoagulants in patients with atrial fibrillation.

Robin Conibere, practice pharmacist, Beacon Medical Practice, Plymouth

Recommendations for using community pharmacy to tackle public health issues include:

- Allowing community pharmacists to refer patients directly for ambulatory blood pressure monitoring after they have identified patients with a raised BP
- Offering atrial fibrillation screening in community pharmacies
- Offering point of care testing for lipids and HbA1c in community pharmacy

Helen Williams, consultant pharmacist, South London

We should not fund community pharmacists just to deprescribe. Instead fund a care package to optimise medicines use and reduce overprescribing in those who need it. This may include deprescribing, but also things over and above the normal contract. It is more important for them to be part of delivering integrated care, rather than being paid for isolated tasks.

Lelly Oboh, consultant pharmacist for older people, Guys and St Thomas NHS Foundation Trust

PharmRefer is a new online service, offered by PharmOutcomes, that allows GP practices and out of hours care providers, to refer patients to community pharmacy for treatment where appropriate. The referring clinician can then audit the outcome of the referrals through the system, which costs £3 per week for each GP practice.

Kevin Noble, managing partner, PharmOutcomes

Actual body weight should be used to calculate creatinine clearance for all patients prescribed DOACs who weigh between 50kg and 120kg. Outside of these limits, blood tests should be used to determine whether the dose is effective.

Raj Patel, consultant haematologist, Kings College Hospital

The safest DOAC for use in patients who weigh between 120kg and 150kg, in accordance to ISTH guidelines, is rivaroxaban

Katherine Stirling, consultant pharmacist for anticoagulation, Leeds Teaching Hospital

We must equip patients and relatives to keep asking why medicines have been prescribed and to hold clinicians to account. At the same time, we must up-skill all sectors of pharmacy to deliver person-centred and values-based care.

Lelly Oboh, consultant pharmacist for older people, Guys and St Thomas NHS Foundation Trust

I want to be more like the 2% mindset: to come out of my comfort zone, embrace the unknown, act in spite of fear and to be more confident.

Helen Kilminster, head of innovation and clinical services, Firza Group

Overuse of short-acting beta agonists can lead to bronchial hyper-responsiveness and tolerance.

Anna Murphy, consultant respiratory pharmacist, University Hospitals of Leicester NHS Trust

The dietary calcium intake calculator should be used to personalise the dose of calcium supplements prescribed to patients requiring bisphosphonates for osteoporosis. Also, the volume of water required to swallow each tablet differs for each bisphosphonate (eg, 200ml for alendronate, 120ml for risedronate).

Nipa Patel, practice pharmacist, Sunnymeed GP Practice, Surrey