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The role of the Medicines Management Care Setting Team is to:

- Promote cost effective prescribing and safe use of medicines in order to prevent errors/incidents and harms related to medicines.
- Provide medicines management-related information, advice, guidance & resources to support good quality, person centred, safe medicines management.
- Enable care setting colleagues, through programmes of training and support, to manage medicines with confidence.

### Think Which Service – For the right help, fast

NHS STW are appealing to the public to help ease the strain on our services by using A&E only for life-threatening emergencies. For non-urgent needs, we encourage everyone to explore alternative care options through our [Think Which Service](#) campaign, which helps guide people to the most appropriate care at the right time.

### Pharmacy First Service



Through the 'Pharmacy First' service, community pharmacists can now also supply prescription-only medicines to treat seven common health conditions without the need to visit a GP.

The Pharmacy First service is available within all pharmacies across

Shropshire, Telford and Wrekin, making it easier to access help, advice and treatment. Most of the time no appointment is necessary, however this may depend on the treatment needed and how busy the pharmacy is.

### Common conditions a community pharmacy team/ Pharmacist help with include:

- Coughs, colds and flu
- Aches, pains and minor injuries
- Skin rashes and allergies
- Ear and eye care
- Constipation, diarrhoea, haemorrhoids, and threadworm

### ! Pharmacy Christmas and New Year Opening Times for Shropshire, Telford and Wrekin !

Please see [this link](#) for the opening times for community pharmacies across Shropshire, Telford and Wrekin this Christmas and New Year.



Please note that additional pharmacies may also be open and can be located by completing a postcode search at: [Find a Pharmacy - NHS](#).

### Hydration and Christmas Celebrations



Christmas celebrations are an ideal opportunity to encourage hydration in care settings by involving residents and asking them to join in with and share their ideas for 'themed drinks rounds'. Encouraging hydration and increasing fluid intake in a fun and festive way can potentially reduce conditions associated with dehydration including Urinary Tract Infections (UTIs), falls and confusion.

### Covert Checklist Approved

#### Covert Administration of Medicines Checklist (Care Settings)

We are pleased to announce that the long-awaited covert administration checklist has been finalised and approved for use across Shropshire, Telford & Wrekin. The purpose of the checklist is to support care settings in ensuring all the correct information is gathered and recorded to enable safe and appropriate administration of covert medicines. The checklist will shortly be available on our website but if you would like a copy emailed please get in touch: [ceri.wright@nhs.net](mailto:ceri.wright@nhs.net) or [stw.carehomeenquiries@nhs.net](mailto:stw.carehomeenquiries@nhs.net).

### Emollient Guidance

Please take a look at the [Emollient Guidance](#) which has been put together by the medicines management team for GP practices to offer increased choice of emollients for patients and prescribers. It includes links to safety information and prescribing guidance.

And the final **coffee break quote** of the year is from Larry Wilde, American actor and motivational speaker.

Never worry about the size of your Christmas tree. In the eyes of children, they are all 30 feet tall.



**Thank you for taking the time to read our newsletter.**

**We wish you all a very merry Christmas and a Healthy and Happy New Year. Ceri & Amy**

Please contact us if you would like any support with medicines management, or with your good practice examples for future newsletters: [stw.carehomeenquiries@nhs.net](mailto:stw.carehomeenquiries@nhs.net)