



Primary Care
Pharmacy Association

www.pcpa.org.uk

PCPA Annual Members Conference 2019

27th June - London

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PCPA Committee Chairs



Liz Butterfield
PCPA President



Dr Graham Stretch
PCPA Vice President
Care Homes Group Chair



Helen Kilminster
Practice Pharmacy Group Chair



Lelly Oboh
Clinical Specialist Group Chair



Robin Conibere
PCPA Social Media Chair



Luvjit Kandula
Community Pharmacy
Integration Lead



Helen Williams
Cardiovascular Chair



Anna Murphy
Respiratory Chair



Anna Hodgkinson
Diabetes Chair



Helen Birchall
Pharmacy Technicians
Group Chair

Introduction



By Liz Butterfield
PCPA President

A warm welcome to the Primary Care Pharmacy Association Conference 2019. On behalf of all of the Executive and Committee Members I wish you an informative and enjoyable day. We have a packed and exciting programme for you and urge you to make the most of the networking opportunities with our speakers, sponsors and with each other. PCPA is here as a professional network for all of us working across the breadth of primary care pharmacy - sharing best practice, practical ideas and solutions; encouraging and developing links with our specialist colleagues in the acute, community and mental health services to help ensure best care and outcomes for our patients.

We are very fortunate to have keynote speakers from NHS England to update us on latest developments around the NHS New Models of Care within the Long Term Plan and the new GP contract. I am sure you will have plenty of questions and discussion points, so please do take this opportunity to share your thoughts.

There is a fantastic range of workshops on offer to you today with expert facilitators on a wide range of topics.

GSK continue to generously support our annual awards for GP Pharmacist of the Year and GP Pharmacy Team of the Year. As our London conference will be held after our Manchester conference, winners will be announced in London.

We have a poster exhibition and competition – please do take the time to take a look at the great work that has been submitted and take the chance to talk to the person or team. Winners will be announced at the London conference.

Please do stay until the end as we have a great final session which will be valuable to everyone here. Consultant Pharmacists Prof Nina Barnett and Lelly Oboh will update and inspire us with a presentation on Complex Polypharmacy and Deprescribing – not to be missed.

Finally, grateful thanks to you all for coming and to our sponsors who make it all possible. A big thank you to all presenters, workshop leaders, to our tireless office team and committee members who do so much work to ensure PCPA adds value to pharmacy professionals in primary care.

One of the most valued aspects of PCPA is the sharing of resources- as a full member you have access to a wide range of supportive materials and we would like this to continue growing so please encourage colleagues to join too.

Details on our website www.pcpa.org.uk

Welcome to the PCPA annual members conference – London

9.00 – 9.20	Registration - Collect your delegate badge from reception on the ground floor. Have a morning tea or coffee and visit the exhibition stands.
9.20 – 9.25	Chairs welcome and introduction to conference – Liz Butterfield
9.25 – 9.50	Key Note Address – The New GP contract - Role for Pharmacy Dr Nikita Kanani – Director of Primary Care NHSE and NHSI.
9.50 – 10.45	Workshop session one. Your workshop sessions will be printed on the back of your delegate badge.
10.45 – 11.00	PCPA GSK Annual Awards Ceremony Excellence in General Practice award – Winners announced.
11.00 – 11.30	Refreshments. Please use this opportunity to view the posters and exhibition stands.
11.30 – 12.25	Workshop session two. Your workshop sessions will be printed on the back of your delegate badge.
12.25 – 13.25	LUNCH - Please use this opportunity to view the posters and exhibition stands.
13.25 – 14.20	Workshop session three.
14.20 – 15.15	Workshop session four.
15.15 – 15.40	Refreshments. Please use this opportunity to view the posters and exhibition stands.
15.40 – 15.45	Poster awards - Winners announced.
15.45 – 16.15	Headline speakers – Don't miss this engaging talk! Complex Poly Pharmacy and De-prescribing – Lelly Oboh -Consultant Pharmacist & Nina Barnett - Consultant Pharmacist.
16.15	Close - Thank you to everyone for attending.

All presentations will be on the PCPA website.
Access to these resources are for full PCPA members only.

WORKSHOPS

9.50 – 10.45
Workshop session one

Optimising Prescribing in Depression & Anxiety -

Karen Shuker - CMHP

Importance of prioritising Cardiovascular Disease in Patients with type II Diabetes -

Dr Yassir Javiad - RCGP (Supported by Novo Nordisk)

CBT – How to maximise your consultation time -

Karen Heslop-Marshall
(Supported by GSK)

11.30 - 12.25
Workshop session two

SKILLS SHOP Practical hands on sessions:

- **Injection technique** - Nicki Skillen & Mary Collins (Supported by Novo Nordisk)
- **Inhaler Technique** - Meg Allwood (Supported by GSK)
- **AliveCor atrial fibrillation check** - Ziad Suleiman

Anticholinergic Burden -

Dr Graham Stretch

Diabetes and the cardio/renal axis; changing practice in type 2 diabetes

Dr Philip Newland – Jones
(supported by Napp Pharmaceuticals Ltd)

13.25 – 14.20
Workshop session three

Patient Safety and Self Care -

Salmia Khan & Helen Whiteside,
Pharmacist

Opioid prescribing in Chronic Pain -

Sajida Khadri - PRESCQIPP

Shared Decision Making, Measuring Success -

Nina Barnett

14.20 – 15.15
Workshop session four

Asthma Management in General Practice -

Nipa Patel

Primary Care Networks Practical tips and advice -

Helen Kilminster & Dr Graham Stretch.

Managing Heart Failure in Primary Care -

Helen Williams,
(Supported by Novartis)

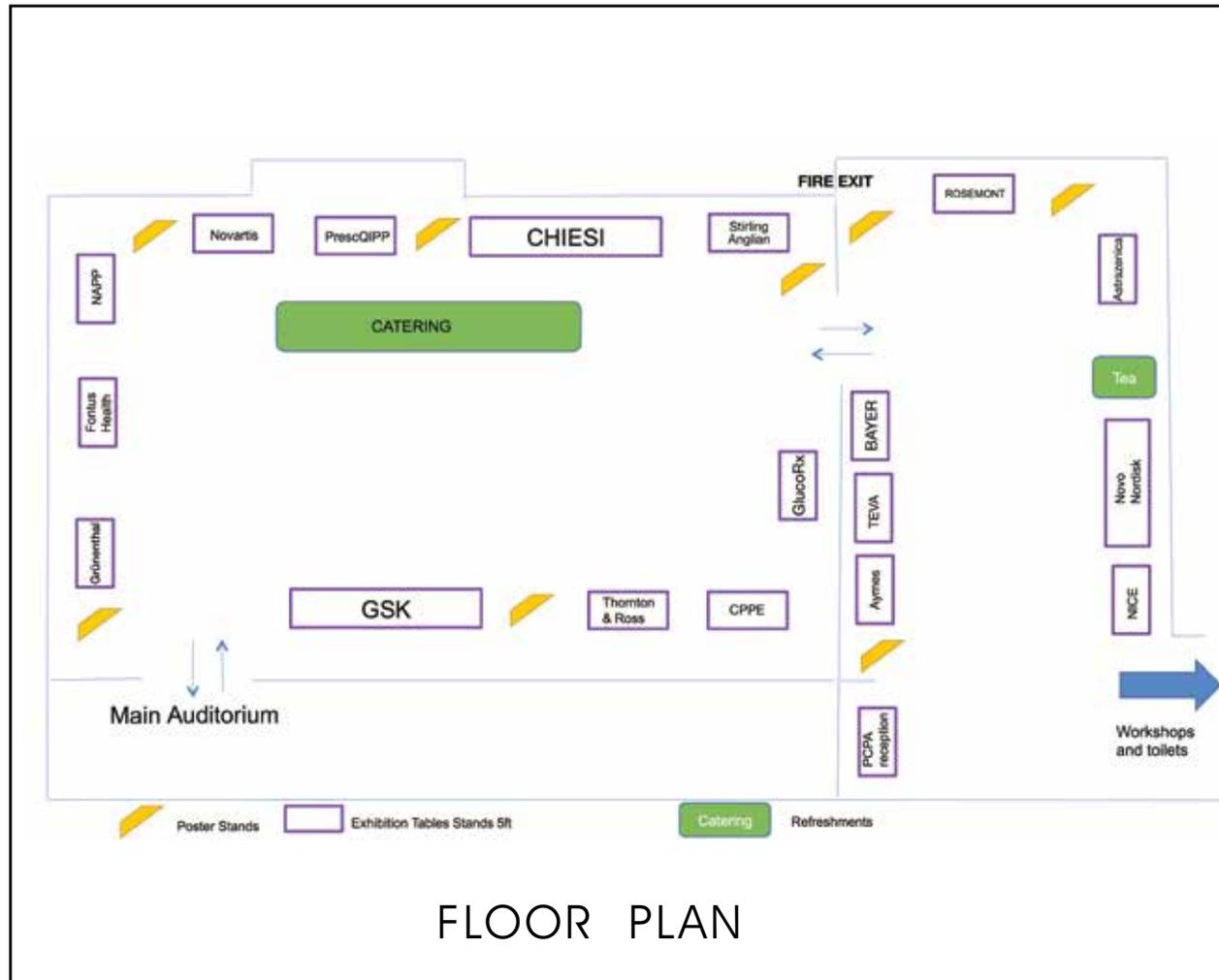
This event has been supported by the following pharmaceutical companies through the purchase of Exhibition stands. Additionally, there will be some industry delegates in attendance who have paid for a delegate place. GSK, Novo Nordisk, Chiesi, Bayer HealthCare, NAPP, TEVA UK, AstraZeneca, Rosemont, Fontus Health, Aymes, and Thornton & Ross: Stands have also been booked by CPPE, GlucoRX, NICE, PresQIPP, Novartis, Grunenthal and Stirling Healthcare Ltd. These companies have had no input into the design or content of the event agenda, except where a company has a separate company sponsored workshop.

PCPA CONFERENCE EXHIBITORS

Gold Sponsor



Guest Exhibitors



Silver Sponsors



Bronze Sponsors



POSTER ZONE



1. **Duncan Petty** -
Potential for Niox Vero®
device use in general
practice asthma
management



5. **David Ladenheim** -
Primary Care Pharmacists as
influencers for antimicrobial
stewardship in across 122 General
Practice surgeries in England -
A quality improvement project
using a point prevalence study of
antimicrobial prescribing rates



2. **Sandra Martin** -
Supporting Primary Care
Pharmacists learning:
cross-sector medicines
optimisation teaching
using an expert patient



6. **Louise Deeks** -
The Role of Pharmacists in
General Practice in Asthma
Management



3. **Michalina Ogejo** -
Medicines Optimisation –
The great benefits



7. **Heather Bury** -
Benefits of practice based
pharmacists



4. **Saima Ansar** -
Optimising
Anticoagulation
Therapy: Delivering
Excellence in Outcomes
and Patient Safety



8. **Timothy Mills** -
Pharmacist non-medical
prescribing in primary care:
A systematic review of views,
opinions and attitudes.

All posters will be online in members area, post London conference

SPEAKERS PROFILES In alphabetical order



Meg Allwood – Healthcare Educator

Meg Allwood is a well respected and trusted non-clinical healthcare educator with a wide range of skills and experience gained within Asthma and COPD care. She is confident organising and presenting educational meetings with Health Care Professionals from small to large groups.

Meg worked as part of the Allen and Hanburys Respiratory Care Team, optimizing clinical management through training and education in Primary and Secondary Care. Meg has also worked jointly with CCG's to improve the management of patients through the implementation of local and national guidelines including outcome focused clinical audit. Meg has a particular passion for education in the areas of asthma and COPD, and also in spirometry, inhaler technique and devices. Diplomas in asthma, COPD and ARTP certificate in Performing and Interpreting Spirometry.



Nina Barnett – Consultant Pharmacist

Nina Barnett is a Consultant Pharmacist with a proven track record in both strategic an operational development relating to clinical pharmacy and clinical leadership in the area of older people.. Working with colleagues at NHS Specialist Pharmacy Service, she has devised and promoted a patient centered method for management of polypharmacy. She is a national leader in use of health coaching in medicines-related patient care.



Liz Butterfield – PCPA President

Liz has extensive experience as a primary care pharmacist and hospital pharmacist in senior and consultancy positions. Liz is qualified as an independent prescriber and encourages PCPA members in the development of this role. Liz is an elected member of the Royal Pharmaceutical Society's English Pharmacy Board and was the EPB Board Lead for Medicines Optimisation. Liz was awarded Fellowship of the RPS in 2014 for services to the profession of pharmacy. Liz is raising the profile of members of the PCPA by lobbying with other professional and patient groups to highlight the unique contribution that primary care pharmacists can make to better outcomes from medicines by working alongside GP and nurse clinical pharmacist colleagues.

Liz is currently managing a nursing home medication review service in Brighton and Hove with a focus on reducing problematic polypharmacy and improving outcomes. Liz is also Clinical Lead for Medicines Optimisation for Kent Surrey Sussex Academic Health Science Network.



Mary Collins - Diabetes Education Nurse Facilitator

I am a Diabetes Education Nurse Facilitator working for Novo Nordisk. My role involves running education sessions (MERIT) for GP's, PN's, Pharmacists mainly in Primary Care. I then follow up these sessions by providing mentorship clinics with these HCP's in their practices. I commenced this role with Novo Nordisk in 2016, prior to this I was the Diabetes Team Lead in Havering and Redbridge. In this post I set up the diabetes service in Havering, pump service, DAFNE, DESMOND. My first introduction to diabetes nursing was in 1998.



Dr Yassir Javiad RCGP Clinical Adviser - RCGP Clinical Adviser for Cardiology

Dr Javiad qualified from Cambridge University and completed his GP VTS training in Northampton. He has an interest in cardiology and echocardiography and was a clinical lead in the Northamptonshire Community Cardiology service, which had a focus on patients with heart failure and valve disease. He was named Pulse "GP of the Year" in 2015 for his work in reducing stroke emergency admissions in the East Midlands. He is also a council member of the British Heart Valve Society, accredited member of the British Society of Echocardiography and on the editorial board for the British Journal of Cardiology.



Dr Nikki Kanani – Acting Director of Primary Care for NHS England

Dr Nikki Kanani is a GP in south-east London and is currently Acting Director of Primary Care for NHS England. Prior to joining NHS England as Deputy Medical Director of Primary Care, she was Chief Clinical Officer of NHS Bexley Clinical Commissioning Group (CCG). Nikki has held a range of positions within healthcare to support the development of innovative models of care, highly engaged clinical, patient and public leadership and is passionate about supporting primary care, improving service provision and population wellbeing.

She is a member of The King's Fund General Advisory Council and holds a MSc in health care commissioning. With her sister she co-founded STEMMsisters, a social enterprise supporting young people to study science, technology, engineering, maths and medicine.



Sajida Khadri - Director of Medicines Optimisation PrescQIPP

Sajida is the Director of Medicines Optimisation at PrescQIPP and is responsible for the development and delivery of the primary care work which covers a range of clinical, non clinical and educational resources to support medicines optimisation in primary care. Sajida works closely with commissioners in the PrescQIPP community to ensure that resources meet their needs. Sajida joined PrescQIPP as the Primary Care Lead in April 2013, after working with the programme as a Senior Pharmacist leading on respiratory projects. Sajida has had significant experience working with medicines management teams in primary care and her role before joining PrescQIPP was as the Deputy Head of Medicines Management at Bedfordshire CCG.



Salmia Khan – PCPA Technicians Committee & Medicines Optimisation Pharmacy Technician

Salmia started her pharmacy career whilst studying for her A-levels at a local pharmacy and has continued to work in a pharmacy setting over the last 13 years. Salmia completed her NVQ3 and ACPT training in community. Her role in community pharmacy ranged from training and pharmacy management before venturing into a Medicines Management role within a CCG. This role was short but led to a clinical role in General Practice as a Pharmacy Interface Lead.

Salmia trained as a phlebotomist, running INR monitoring clinics, assisting GPs and Nurses with care home and home visits, as well as training to administer Flu Vaccinations under a PSD. Salmia led on medicines reconciliation for the practice and developed CQC/Practice policies to help implement medicines management processes, before moving into her current role in Care Homes as part of the MOCH pathway.



Helen Kilminster – Practice Pharmacist & PCPA Practice Pharmacy Group & PCN Director

Helen is a GP Pharmacist based in Malvern, South Worcestershire under the NHSE pilot scheme. Previously working as a GP Federation pharmacist for SW Healthcare as a supporting lead pharmacist for all 32 practices in South Worcestershire CCG. Helen has experiences in both hospital and community pharmacy also. Attained Postgraduate Clinical Pharmacy Diploma at Keele University in 2007. Independent Prescriber with specialist interest in palliative care and cancer care services. Currently undertaking a MSc. in Advance Clinical Practice at Worcester University.



Karen Marshall-Heslop - Lead nurse

Karen has worked in respiratory medicine since 1988. Karen's clinical role is varied and she is lead nurse for the Chest Clinic and Community Chest team at the Royal Victoria Infirmary, Newcastle upon Tyne NHS Foundation Trust. Karen has worked with patients with a number of respiratory conditions including asthma, COPD, cystic fibrosis, lung fibrosis, tuberculosis, lung cancer and bronchiectasis. Karen mainly works in secondary care but also undertakes home visits. Karen has represented nurses on a number of committees including the British Thoracic Society Standards of Care Committee, BTS Specialist Advisory Group for COPD. Karen's interest in conducting her own research developed when she completed a post graduate diploma in CBT in 2003. Karen developed a CBT treatment specifically for patients with respiratory problems who face psychological difficulties. Karen completed a National Institute of Health Research PhD Clinical Academic Training Research Fellowship from 2011 to 2016. Her PhD research was the largest RCT into Cognitive Behavioural Therapy for COPD patients who experience anxiety and depression. Karen is a co-applicant for the NIHR TANDEM study in the use of CBT for respiratory patients before pulmonary rehabilitation and is a supervisor for two PhD students.



Dr Philip Newland Jones – Consultant Pharmacist

Consultant Pharmacist - is the lead pharmacist for NHS England diabetes and endocrinology clinical reference group, a member of the Diabetes UK professional council. He also sits on the diabetes parliamentary think tank. He is an editorial board member of 'Diabetes in Primary Care' and is a specialist advisor to the CQC for diabetes in secondary and intermediate care services. He was awarded the National Leadership in Pharmacy award by the Royal Pharmaceutical Society in 2015.



Lelly Oboh – PCPA Clinical Specialist Group Chair & Consultant Pharmacist

Lelly Oboh is a Consultant Pharmacist (care of older people) with over 20 years of experience in community settings within and outside the NHS. She has considerable experience working within general practice and integrated care teams to optimise medicines use as part of routine patient care. Her leadership role involves championing innovative pharmacy service developments, showcasing and driving uptake at local and national levels. She actively promotes best practice through facilitating effective partnerships between the NHS, Social care, statutory and professional bodies using a whole systems approach to drive change and equip wider workforce to deliver medicines optimisation. She is keen to develop extended roles for pharmacists within integrated care teams for frail older people in community and care home settings and has pioneered a model of "community clinical pharmacy teams", which has been replicated by other NHS organisations. These models focus on active engagement with older people (carers), developing personalised solutions to improve adherence, better care co-ordination at handover points and improving medicines use in social care settings.



Nipa Patel – Senior Clinical GP Pharmacist & PCPA Respiratory Group Vice Chair

Nipa Patel is a practice pharmacist at Sunnymeed Practice. She is an independent prescriber and leads for Respiratory in the practice as well as running clinics for anticoagulation, osteoporosis & hypertension. She also has extensive experience working in community pharmacy and CCG roles. She is also a clinical educator for the CPPE GPPTP and MOCH programmes. Currently also pursuing her ACP qualification.



Karen Shuker – Senior Pharmacist, CMHP

Karen is a Senior Pharmacist at Surrey and Borders Partnership NHS FT and has worked in a variety of mental health specialities. Karen was elected to the College of Mental Health Pharmacy (CMHP) council in October 2016 and since November 2017 has taken on the Education Portfolio role for the college.



Nicki Skillen - Diabetes Education Nurse Facilitator

Nicki developed her interest in diabetes whilst working as a practice nurse, before becoming a community diabetes specialist nurse in Buckinghamshire. She held an honorary contract with Warwick University to deliver the Certificate In Diabetes Care. Her passion was the development and delivery of a structured education programme for people with type 2 diabetes. Since 2017 she has been working for Novo Nordisk as a Diabetes Education Nurse Facilitator.



Dr Graham Stretch – PCPA Vice President, GP Pharmacist & PCN Clinical Director

Graham is a General Practice Pharmacist and is now the director and prescribing lead of a pharmacy team supporting ten GP practices and 23 nursing homes around Ealing. Graham has overarching responsibility for safe prescribing for more than 75,000 NHS patients and 1,200 nursing home patients. Graham is also Senior for the 11 practices taking part in Ealing GP Federation's NHSE Clinical Pharmacists in GP pilot and a Clinical Mentor for the CPPE GPPTP pathway. Graham was awarded Clinical Pharmacist of the Year 2016 by the RPS for the delivery of a pharmacy team approach to managing nursing home patients. He was also given the title of Pharmacist of the year at the GP awards 2017.



Ziad Suleiman – PCPA Practice Pharmacy Committee & Pharmacist Practitioner IP

With a background of CCG, community pharmacy, intermediate care homes and general practice as a prescribing support pharmacist. Ziad now oversees the management of hypertension and cardiovascular disease for the practice, takes a lead role in MDT PCN-wide training events and oversees the efficiency, safety and quality of the repeat prescription processes for the practice. Where he works full time as a pharmacist practitioner IP



Helen Whiteside – PCPA Vice Chair Care Homes Committee & Medicines Optimisation Pharmacist

Helen is an experienced pharmacist and independent prescriber whose passions are care of the older people, safe and effective medicines systems to deliver medicines and patient safety; and management of polypharmacy through medicines optimisation and deprescribing.

She collaborates with other key national leaders to advocate for pharmacists as medicines experts to be considered fundamental members of multidisciplinary teams and to realise the vision of clinical pharmacists based in the community and care homes delivering direct patient care.

She is currently employed by NHS Leeds West Clinical Commissioning Group as a medicines optimisation pharmacist where she uses her expert clinical practice in 7 GP practices to provide these reviews for people living in care homes and those who are not but are identified as at risk from polypharmacy.



Helen Williams – PCPA Cardiovascular Chair & Consultant Pharmacist for Cardiovascular Disease

As Consultant Pharmacist for CVD Disease, Helen is involved in a wide range of activities across South London to improve the care of patients with or at risk of cardiovascular disease (CVD). Helen chairs the local cardiovascular medicines working group which develops and supports the implementation of consensus evidence-based guidance for use across South London's 12 clinical commissioning groups and 7 acute trusts, covering a population of 3.6million. Helen is the clinical lead for CVD within two South London CCGs, Clinical Director for AF in the local Health Innovation Network, National Clinical Adviser to the collaborative AF programme of the 15 Academic Health Science Networks across England and also co-chair of the Pan-London stroke prevention in Atrial Fibrillation strategy group.

In addition, Helen is an editorial board member for the British Journal of Cardiology and the Journal of Medicines Optimisation, has worked with NICE on the development of a number of cardiovascular guidelines and is a member of the NHS England Primary Care Cardiovascular Leadership Forum and the London Cardiovascular and Stroke Strategic Clinical Leadership Groups.

Want some support? Join us on our Telegram Support Network:-

WHAT IS TELEGRAM?

Telegram is a messaging app similar to WhatsApp that can be used to send messages, files, images and documents. See telegram.org/ for more info.

What is the PCPA Support Network?

- A fantastic peer to peer support group, with over 1300 pharmacy colleagues, who are able to offer support.
- The Group is understanding, sharing and friendly.
- A closed and moderated group.

HOW TO GET TELEGRAM

You will need to install Telegram app via **AppStore (iOS)** or **Google Play (Android)** to access the support groups. Once you have the app and have registered your account click the links below to join the Support Groups. You can also access the support network once you are registered by logging in via a browser to Telegram Web **web.telegram.org** so you can download resources to your computer.

PCPA Main Support group pcpa.co/SN

Support, Resources, Networks & Discussion

**PCPA
Pharmacy Technicians
Telegram Group**

pcpa.co/tech





www.pcpa.org.uk

DATES FOR YOUR DIARY 2019

Please log onto our website to register for events

8th October 2019

Practice Pharmacy Group Symposium
London

This event is for PCPA members only. Each year it has been oversubscribed. Please register early to avoid disappointment.

2020 - Event dates for 2020 TBC

Care Homes Symposium
Annual Members Conference
Practice Pharmacy Group Symposium

www.pcpa.org.uk

**PCPA would love to hear your thoughts about how and when our conferences are run. Please mail melisa@pcpa.org.uk with any comments or suggestions.