**A Brief Guide to Improving Prescribing Competences for Structured Medication Reviews**

This process should be completed by the Practice Pharmacist with support from their GP peer(s) / pharmacist mentor.

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| 1. **Identify area(s) to develop (refer to Appendix 1 for examples)**

Consider:* Practice population / prevalence of long-term conditions
* Identified practice clinical needs e.g. to deprescribe PPIs
* GP team skill / knowledge gaps
* Resources available including time
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| 1. **Plan how to gain competences - use SMART objectives.**

May involve:* Specific reading e.g. of NICE, SIGN guidelines
* Writing a clinical management plan to outline the scope of competence (Example template may be found in appendix 2)
* Attending relevant training e.g. CPPE online training
* Shadowing clinicians working currently in area of development
* Reflecting and discussing relevant cases
* Conducting a number of supervised consultations and keeping log to prove competence (see appendix 3)
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| 1. **Review progress of SMART competencies**
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| 1. **Evaluation of completion of SMART objectives**

Where relevant:* Update prescribing competency declaration form
* Planned / unplanned reflective case discussions to enable continuous development
* Schedule audit(s)
* Reflect on feedback from supervisor reviews
* Reflect on patient feedback
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**Appendix 1: Suggested areas of development to aid in management of patients having Structured Medication Reviews (SMRs)**

Note areas of development will depend on the GP practice needs and prescribing status of pharmacist. There may note this list gives a starting point. There may be areas and useful links that are not given.

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| **Areas for development** | **Useful links** |
| Starting atorvastatin in line with NICE guidance | <https://www.nice.org.uk/guidance/cg181>Refer to NottsAPC Formulary guidelines |
| Discussing with patients - trials without:QuinineAnticholinergics (to reduce ACB)Antiemetics Diuretics for ankle oedema onlyCarbocisteine if ineffective | <https://managingmeds.scot.nhs.uk/> toolk kit and phone app [links to Apple and Google stores at bottom]<https://www.prescqipp.info/our-resources/webkits/polypharmacy-and-deprescribing/> (you will need to register for this)<https://www.sps.nhs.uk/articles/polypharmacy-oligopharmacy-deprescribing-resources-to-support-local-delivery/>http://www.derbyshiremedicinesmanagement.nhs.uk/assets/Clinical\_Guidelines/clinical\_guidelines\_front\_page/Deprescribing.pdf |
| Deprescribing / stopping PPIs | <https://midessexccg.nhs.uk/medicines-optimisation/clinical-pathways-and-medication-guidelines/chapter-1-gastro-intestinal-system-2/3424-ppi-safe-prescribing-guidelines-including-deprescribing-october-2019/file> |
| Stopping iron / folic acid tablets if being used for deficiency(note folic acid should be continued long-term if on methotrexate)  | <https://www.bsg.org.uk/wp-content/uploads/2019/12/Guidelines-for-the-management-of-iron.pdf><https://cks.nice.org.uk/topics/anaemia-b12-folate-deficiency/management/management/> |
| Optimising antidepressants / anxiolytics  | <https://www.nice.org.uk/guidance/cg90><https://www.nottsapc.nhs.uk/media/1628/primary-care-guide-to-antidepressants.pdf> |
| Stopping / reducing opiates | <https://www.fpm.ac.uk/opioids-aware><http://livewellwithpain.co.uk/> |
| Starting laxatives e.g. if on opiates | <https://www.bmj.com/content/358/bmj.j3313.full> |
| Treatment of vitamin D insufficiency / deficiency  | Refer to NottsAPC Formulary guidelines |
| Optimising analgesia - particularly neuropathic agents. | Refer to NottsAPC Formulary guidelines |
| DOAC counselling / optimising  | Refer to NottsAPC Formulary guidelines |
| Optimisation of hypertension | <https://www.nice.org.uk/guidance/ng136> |
| Deprescribing of antipsychotics (if for BPSD) | <https://www.nottsapc.nhs.uk/media/1069/bpsd-november-2018.pdf> |
| Assessing MUST score and starting relevant supplements / referral to dietician. | Refer to NottsAPC Formulary guidelines |
| Reducing benzodiazepines and Z-drugs  | <https://cks.nice.org.uk/topics/benzodiazepine-z-drug-withdrawal/>Refer to NottsAPC Formulary guidelines |
| Optimising management of COPD | <https://www.nice.org.uk/guidance/ng115><https://goldcopd.org/wp-content/uploads/2020/03/GOLD-2020-POCKET-GUIDE-ver1.0_FINAL-WMV.pdf>Refer to NottsAPC Formulary guidelines |
| Optimising management of asthma | <https://www.brit-thoracic.org.uk/quality-improvement/guidelines/asthma/>Refer to NottsAPC Formulary guidelines |
| Optimising management of diabetes | <https://www.nice.org.uk/guidance/ng28><https://ukclinicalpharmacy.org/wp-content/uploads/2018/05/An-integrated-career-and-competency-framework-for-pharmacists-in-diabetes-First-Edition-2018.pdf> |
| Counselling and starting treatment for H. pylori (already identified)  | <https://www.nottsapc.nhs.uk/media/1377/23-eradication-of-h-pylori-iv2krja.pdf> |
| Optimisation of medication post-acute coronary syndromes | <https://www.nice.org.uk/guidance/ng185><https://www.escardio.org/Guidelines/Clinical-Practice-Guidelines/Acute-Coronary-Syndromes-ACS-in-patients-presenting-without-persistent-ST-segm> |
| Reviewing and stopping antibiotics for recurrent UTIs | <https://www.nottsapc.nhs.uk/media/1496/uti-prophylaxis-guideline.pdf> |
| Optimisation of heart failure management  | <https://www.nice.org.uk/guidance/ng106><https://www.nottsapc.nhs.uk/media/1085/heart-failure-traffic-light-treatment-guidelines.pdf> |
| Review of HRT  | <https://thebms.org.uk/publications/tools-for-clinicians/><https://thebms.org.uk/wp-content/uploads/2020/07/03-BMS-TfC-HRT-Practical-Prescribing-JULY2020-01E.pdf> |

**Appendix 2: Clinical Management Plan Example**

**TREATMENT PLAN for**

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| **Signs & Symptoms** |
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| **Potential causes** | **Patient factors** |
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| **Differential Diagnosis (including potential red flags)** |
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| **Diagnostic tests** |
| **Treatment *(stages)*** | **Patient information & advice** |
|  |  |
| **Evidence base** |
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| **Monitoring** | **Method to check patient safety** |
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| **Referral** |
| **Indicator** | **Process** |
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| **Other points to consider** |
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| **To be followed by (name of IP):** |  |
| **Agreed by (GP):**  |  |
| **On:** |  |

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| **Written:** |  |
| **Review Date:** |  |

**Appendix 3: Example Competency log**

**Name:**

**AIM OF LOG:**

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| **Date activity completed:** | **Activity reviewed by:** | **Comments**  |
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**Discussion about log including learning points / future development**

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| **Log review by supervisor:** |  |
| **On:** |  |