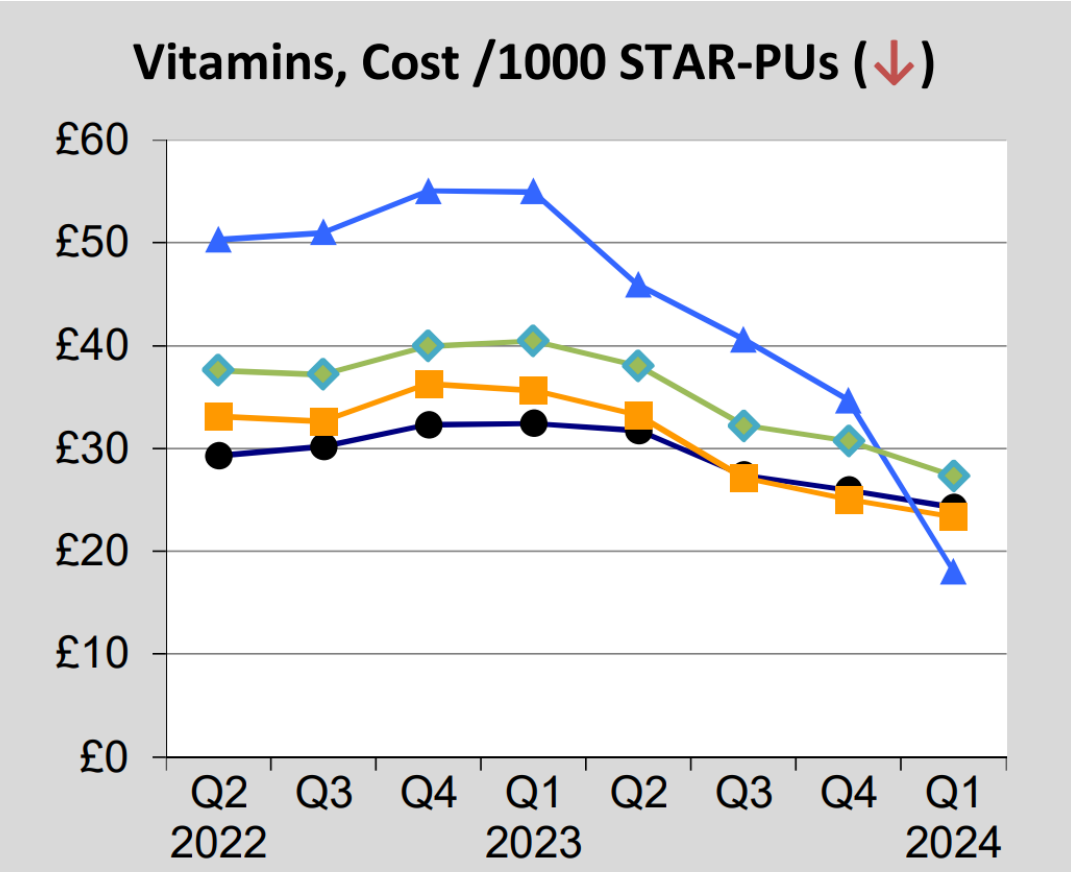
Steps towards reducing the carbon footprint in Out of Hours

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Step 1
Reduce inappropriate prescribing (Practice)

- Medicines account for 2/3 of general practice's carbon footprint



Step 1
Reduce inappropriate prescribing (WUC)

- WUC
- Number of items/1000 contacts Apr-June 2023= 805

  Apr-June 2024= 710 (-12%)

- NI OOH Avg
- Number of items/1000 contacts Apr-June 2023= 730

  Apr-June 2024= 803 (+10%)

Step 2
Review what you do

- Regularly carry out audits and QIPs
- In an urgent care service you would expect to find a very small number of prescriptions not being collected
- However we noticed a surprisingly large number of scripts in each base were not being collected.
- We decided to audit this and find out what type of prescriptions were not being collected.

Uncollected prescriptions for Altnagelvin base

Table 1 Number and drug category of uncollected prescriptions for each month

	September	October	November	December	January	Total	%
Analgesics	10	12	3	6	7	38	11%
Non C/D's		1	1	0	1	3	1%
Antibiotics	27	13	12	28	50	130	37%
GI Drugs	3	9	2	3	14	31	9%
Steroids		2	1	1	1	5	1%
Resp Drugs	3		1	3	7	14	4%
Sedatives & Hynotics	4	4	4	4	9	25	7%
CNS Drugs	7	11	2	1	15	36	10%
CVS Drugs	1	0	0	0	2	3	1%
Topical Preparations	3	0	6	5	14	28	8%
Antiemetics	3	0	0	3	4	10	3%
Misc	0	4	2	8	12	26	7%
Total	61	56	34	62	136		100%
					Grand Total	349	

Table 2 Why was antibiotic prescribed?

Reason for prescribing antibiotic	No. of scripts	% of Total Scripts
Cough	13	16%
Skin	22	26%
UTI	23	27%
Sore Ears	5	6%
Sore throat	12	14%
Sinusitis	4	5%
Other	5	6%
Total	84	100

Table 3 How long did patients have symptoms?

Duration of Symptoms	%
< 24 hrs	28%
<3 days	30%
4-7 days	22%
> 1 week	7%
No record in notes	13%
Total	100%

Table 4 Which antibiotics were not collected?

Antibiotic prescribed	% of scripts
Amoxicillin	21%
Flucloxacillin	29%
Pen V	12%
Trimethoprim	15%
Nitrofurantoin	10%
Co-amoxiclav	5%
Clarithromycin	2%
Doxycycline	5%
Ciprofloxacillin	1%
Total	100%

Step 3
Do things differently.

- Following this audit we changed the message on all our answering machines to advise patients that if they were phoning regarding medication requests they should contact their usual pharmacy in the first instance.
- Pharmacies can dispense an emergency supply of routine medication if the patient has previously had two or more prescriptions for that medication.
- If the patient hasn't had two or more prescriptions dispensed then the chemist can at their discretion dispense an emergency supply as a private prescription (excluding controlled drugs)
- We presented the findings of this audit to all our clinicians
- We encouraged prescribers whenever possible to ask the patient to forward a photo of the skin lesion that they thought needed an antibiotic
- Encourage patients to buy OTC remedies for minor self-limiting illnesses

Step 3 Do things differently.

A change in practice for uncollected medicines

- On an average week there will be between 12 to 16 uncollected stock items in Altnagelvin base (approx. 140- 200/yr)
- Previously uncollected medicines were destroyed because the label with directions also had the patient's name.
- Now medication to be collected is put in an envelope stamped with the patient's name and DOB, prescribing doctor, and date written on the outside.
- The label on the medication does not have the patient's name on it.
- If the medication is not collected within 48 hours it is removed from the envelope and returned to the medicines store

Three areas you need to remember to implement change

- Education
- Education
- Education

Western Urgent Care GP Out of Hours Service

November 2024

Western Urgent Care

PRESCRIBING NEWSLETTER



Reminder.

We are expecting another busy winter period so please help us to manage our available medication stock by only dispensing from stock when the local Pharmacy is closed, and provide scripts where suitable.

Did you know?

The NICE guidelines on the treatment of diverticulitis (NG147) recommends conservative management and no antibiotic if the patient is not systemically unwell. If an antibiotic is needed co-amoxiclav is the antibiotic of choice **not** ciprofloxacin.

Reminder.

If you are unsure about prescribing an antibiotic remember that we have CRP testing kits in all bases which only take a minute to complete. Look out for details of the quick training sessions we will arrange in the coming weeks on how to use the machines.

COMPASS Report April – June 2024 Update

Our latest COMPASS report for the period April -June 2024 is now available and it shows some very positive trends. The number of items/1000 contacts has fallen by 12% compared to the same quarter last year. What is even more amazing is that the number of items/1000 contacts OOH NI average has increased by 10% during this same period! This clearly shows that our WUC Prescribers and Nurse Advisors are encouraging Patients to buy OTC medicines whenever appropriate.

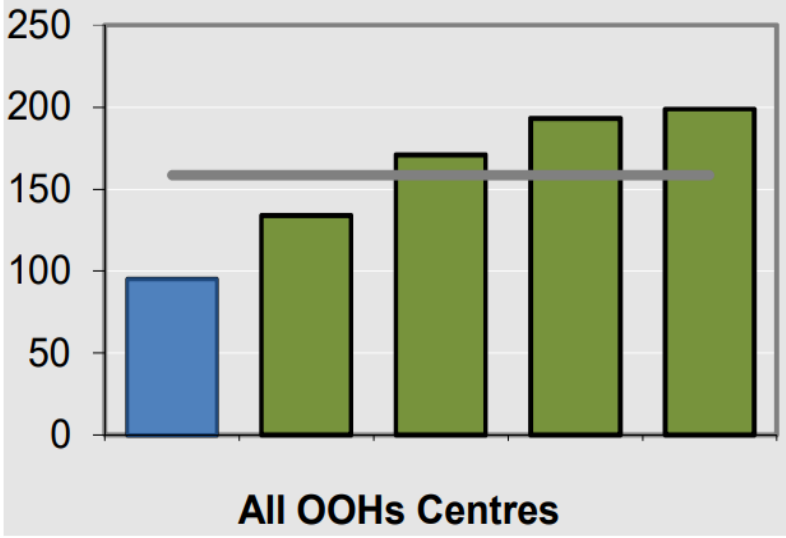
More good news, WUC is now the lowest prescriber of antibiotics of all the OOH providers in N.I, and we have got the highest formulary compliance. The one little blot on our copy book is our prescribing of quinolones, which remains the highest of all the OOH providers in N.I and increasing! Quinolones are lifesaving antibiotics when appropriately prescribed, but they should only be prescribed as a last resort usually when culture sensitivities show that there is no suitable alternatives that can be prescribed in primary care.



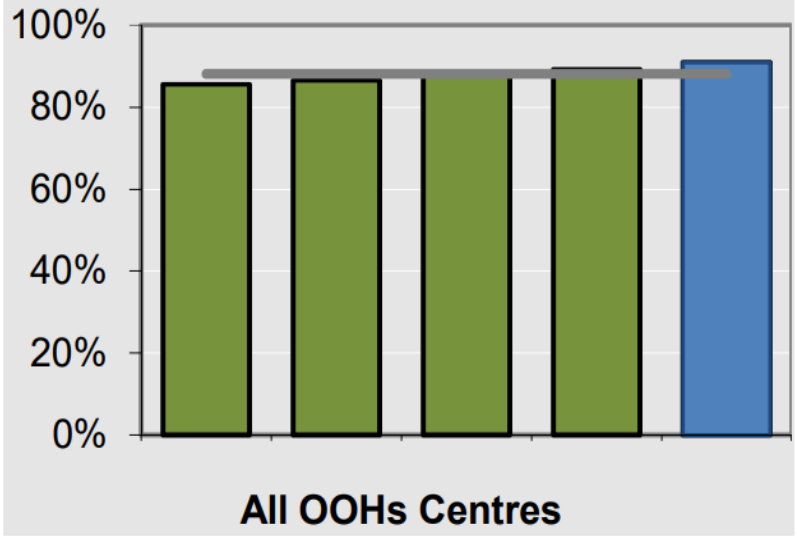
4 years ago WUC was the highest prescriber of antibiotics of all the OOH providers in NI.
We are now the lowest prescriber of antibiotics with the highest formulary compliance.

Antibiotic Indicators

Antibiotics, items /1000 contacts (↓)



Formulary choice† antibiotics, % of total antibiotic items (↑)



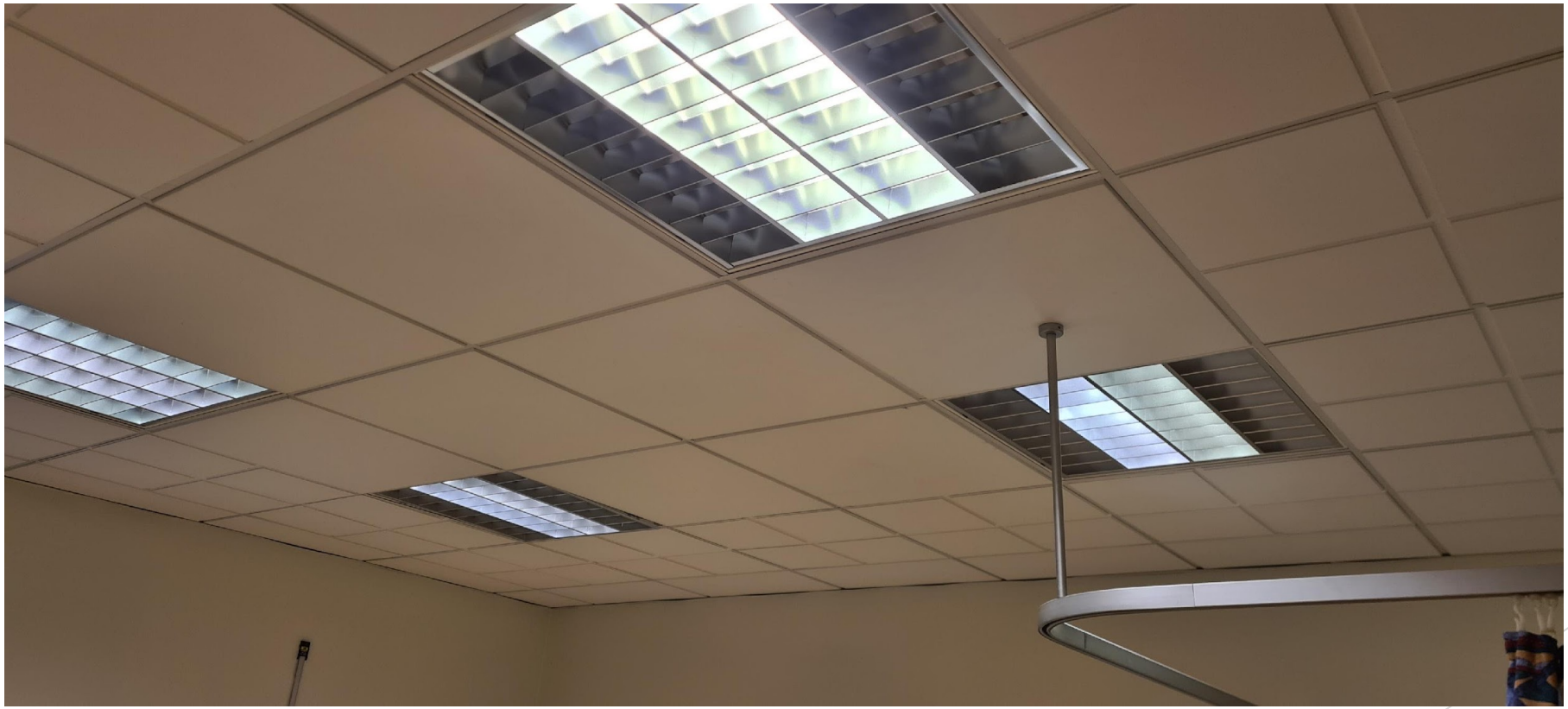
(↑) A higher % is better

How did we achieve this?

- **A few common myths leading to inappropriate antibiotic prescribing…**
- Purulent sputum means a bacterial infection is present and an antibiotic is needed
- A red tympanic membrane needs an antibiotic
- A flare-up of diverticulitis needs an antibiotic
- Urinalysis is a useful way of determining if an antibiotic is needed in elderly or catheterized patients
- A boil with a diameter greater than 1cm needs an antibiotic

If you are still prescribing now the same way you did 10 yrs ago, then you are almost certainly not following current best practice guidelines

Step 4
Review energy use
Old fluorescent lights dim and costly to run



New LED lights…
Bright and energy-saving



Step 5
Recycle more

Is all your recyclable waste being recycled?

Are staff encouraged to dispose of the paper and recyclable plastic and cans in recyclable waste bins?

Are you able to source biodegradable PPE?



Step 6
Remember Teamwork

Makes things happen…



That’s All Folks!

