

PHARMACY NEWSLETTER



Healthy Lifestyles Isle of Wight

WELCOME

Healthy Lifestyles is your local weight management and stop smoking service which went live on the 1st of January 2021.

You can securely refer clients to Healthy Lifestyles directly via:

- Electronic referral form at www.healthylifestylesiow.co.uk
- Referral form sent via NHS email to healthylifestyles.isleofwight@nhs.net
- Offer an **appointment** if you are providing the service on behalf of HL via a service level agreement

Smokers will receive up to 12 weeks of evidence-based smoking cessation intervention which includes behavioural support in combination with a pharmacological product. We can provide:

- **NRT**
- **E-cigarette** voucher – we are working with local vape shops
- **Champix**

Our **tier 2** 12 week weight management service is provided to those aged 18+ with a **BMI of 25+**. Weekly 1½ hour group sessions include a nutrition workshop, light exercise class and weigh in.



QUIT FOR COVID-19

We continue to emphasise the importance of quitting smoking and the impact of COVID-19 on those who smoke. A review and metanalysis of 15 studies concluded:

- The calculated relative risk (RR) showed that current smokers were **1.45x more likely** [95% CI:1.03-2.04] to have severe complications when compared to former & never smokers.
- Current smokers also had a higher mortality rate of **38.5%** [1]
- The current concern about covid-19 provides a “teachable moment” in which smokers may be **uniquely receptive** to stop smoking advice [2]

[1] <https://bit.ly/2YEdqb7>

[2] <https://bit.ly/3c3Zkn1>

WORKING TOGETHER

CHAMPIX PGD & NRT

Healthy Lifestyles has taken over contract management for both the Champix PGD and issuing of NRT supply for our clients. If you are not currently providing either of these service but would like to get on board, do get in touch!

LEVEL 2 SLA

We are delighted to announce the launch of the L2 service level agreement on the Island.

This new service is open to all pharmacies interested in offering an in-house stop smoking service for their customers. The aim of the SLA is to increase accessibility for people who want support to give up smoking.

REIMBURSEMENT

Anyone offering the L2 service at their pharmacy will be entitled to:

- a **£25** payment for each client setting a quit date and attending at least 2 sessions within the first 4 weeks.
- either a **£50** payment for a CO verified quit at 4 weeks or **£25** for a self reported quit.
- additional payment of **£30** for a 12 week follow up quit.
- NRT reimbursement.

L2 ADVISOR TRAINING

If you would like to nominate one of your staff members for this service, or already have an employee who has completed smoking cessation training - get in touch to see how we can help you offer this service in-house.

Please see training details for new advisors below.

This training comprises of 2 steps:

1 Online NCSCCT practitioner training which

can be accessed at the following link:

<https://elearning.ncsct.co.uk/england>

2 Follow up 1-day online training. Current dates available are:

- **May:** Wednesday 12th May 2021
- **June:** Friday 11th June 2021
- **Sept:** Wednesday 15th Sept 2021



'WE'RE HERE TO HELP'

Healthy Lifestyles has launched a local campaign on the Island called 'we're here to help'.

It would be great to see your pharmacy get involved on social media. You can find resources for the campaign attached in this email.

Don't forget to tag us on:
@HealthyLifeIOW

CONTACT US

www.healthylifestylesiow.co.uk

01264 563039 | 0800 772 3649 | Text QUIT to 66777

s4h.enhancedservices@nhs.net

GP/Pharmacy & Secondary Care Manager - Chris McMahon

chris.mcmahon@solutions4health.co.uk

07773 474 305

 @HealthyLifeIOW

 @HealthyLifeIOW

