

Community pharmacy: Highlighting Alcohol use in Medication appointments (CHAMP-1) research programme

Great North Pharmacy Research Collaborative Conference 2019

Duncan Stewart



CHAMP-1 Overview

- Where we have come from
- Where we are currently
- Where we are heading
- How you can take part

Programme aim

- To co-produce with the pharmacy profession and with patients, and evaluate in a definitive RCT, an intervention that develops the health and well being role of community pharmacies in relation to alcohol consumption, specifically within the context of established pharmaceutical services



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ANALYSIS



Rethinking brief interventions for alcohol in general practice

Jim McCambridge and **Richard Saitz** question the effectiveness of brief advice and counselling in primary care to prevent harm from heavy alcohol use and call for a more strategic approach

Jim McCambridge *professor of addictive behaviours and public health*¹, Richard Saitz *professor of community health sciences*²

¹Department of Health Sciences, University of York, York, UK; ²Department of Community Health Sciences, Boston University School of Public Health, Boston, MA, USA

- Screening and brief (motivational) intervention
 - No impact on alcohol consumption
- Low levels of alcohol knowledge among pharmacists and about possible issues in behaviour change
- Variability in communication skills

Source: Dhital et al. (2015), Addiction

MUR & NMS review

- Extent and nature of advice on health behaviours during consultations or other content rarely examined
- More person-centred practice when pharmacists:
 - Avoid using consultations as a medicine checking exercise
 - Adopt a flexible and informal communication style
 - Explore issues relevant to patients' health
 - Check patient understanding of issues raised in consultations
 - Use consultations to build relationships
- Alcohol largely absent from the literature

Intervention approach

- Need to go back to the drawing board
- Integration with existing practice/services
- May be very briefly focused on alcohol for many...and a lot for some
- Requires intervention with pharmacists first

Pharmacist co-production

- Within research team & NHS host (NECS)
- With advisory group & workshops
- In liaison with other professional organisations (e.g. PSNC, RPC, CCA etc.)
- In intervention development studies
- Current pilot trial

Trial expression of interest



PARTICIPATE IN RESEARCH
A NEW WAY OF TALKING ABOUT ALCOHOL IN
MEDICINES USE REVIEWS

What is the research about?
We have been working with community pharmacists and patients to develop this intervention. We are now looking for community pharmacists to take part in a randomised controlled trial.

What would I have to do?
Attend 3 training days
(Locum backfill (£200 per training day) and travel expenses provided)
Recruit patients receiving medicines review services

Why take part?
£1000 facilitation payment
Practice development support (intervention pharmacists)
Training and support to conduct the trial (all pharmacists)

Register your interest
Email dohs-medicine-review-study@york.ac.uk