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# An evaluation of mental health clinical pharmacist prescribers within primary care medical practices in NHS Highland



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## BACKGROUND

A pilot has been conducted during which two specialist mental health clinical pharmacist prescriber (SMHCPP) consulted with patients by appointment at one of two GP Practices.

## PURPOSE

To evaluate the SMHCPP delivered pharmaceutical care to patients with anxiety and/or depression in NHS Highland.



## METHODS

Both pharmacists posted out a study pack to each of their patients. Patient study packs included a questionnaire based on the CARE Measure plus 5-point Likert scale attitudinal statements all subject to statistical analysis. Ethical approval had been gained.

## RESULTS

Ten of 70 surveys were returned (response rate 14.3%) with an even gender split. Most were employed (n=8). Wellbeing was good (n=2), fair (n=5) or poor (n=2). All (n=10) thought **the pharmacist excellent at 'making you feel at ease', 'really listening', 'being interested in you as a whole person', 'showing care and compassion', 'being positive', 'explaining things clearly'**. Most said the **pharmacist was excellent at 'letting you tell your story' (n=9), 'fully understanding your concerns' (n=9), 'helping you take control' (n=8) and 'making a plan of action with you' (n=7)**. All (n=10) strongly agreed/agreed they were **'confident that a pharmacist will prescribe as safely as a GP'** also that they wanted their 'pharmacist and doctor to work together to make sure I am receiving the best treatment'. However, 'given the choice, I prefer to consult a GP rather than a pharmacist' half (n=5) were unsure, some strongly agreed (n=1)/agreed (n=1) but others strongly disagreed (n=2)/disagreed (n=1).

## CONCLUSIONS

Overall, this small sample from a difficult to reach population were positive about care they received from the SMHCPP.

