

## Sussex Integrated Trainee Pharmacist Programme Thursday 30 October 2025 – 09:00 - 16:45

### Session 3: Sussex Medicines Optimisation Priorities, Mental Health, Case Based Discussions, Heart Failure, Quality Improvement Projects

Hosted by East Sussex NHS Healthcare Trust

All sessions during the day will be held in Level One Lecture Theatre within the Audrey Emerton Building (AEB) [The Audrey Emerton Building](#), Royal Sussex County Hospital, Eastern Road, Brighton, BN2 5BE.

Please click on the attached link that provides further information on travel directions, public transport, site and parking maps. [How to get here - University Hospitals Sussex NHS Foundation Trust](#)

There is a café on the top floor of AEB, and the Peabody's café on the ground floor of the Louisa Martindale Building to purchase refreshments which is open at 07:00 and a WHSmith with M&S opposite the café which also opens at 07:00. There is a large seating area between the café and WHSmith where you are welcome to eat your own lunch, however, please note there are no facilities to heat up your meal in this area.

#### **Target audience**

This is Session Three of once-monthly training events for trainee pharmacists working within secondary care – in Sussex and parts of Surrey – undertaking a short duration cross-sector placement or a split-sector programme in another sector. Through this programme, we aim to promote a culture of multi-sectoral working to support the safe transfer of medicines across primary, community and secondary care. The pre-work that is required for the relevant session is included within the programme. It is expected that this is completed prior to attending, in order that attendees gain the most benefit from the workshops within each session.

#### **Preparation for the Day**

1. Confirm with your Education Lead/Designated Supervisor where you will undertake the **in-person training event** and ensure this has been arranged and agreed upon in advance prior to the study day.
2. Please download the 'BNF' and 'eolas/microguide' apps onto your electronic devices and have ready access to your organisation's guidelines and procedures relevant to the sessions' topics. These may be useful for the discussions around session topics scheduled on the day.
3. Complete all recommended pre-reading/work. It is estimated this will take less than 3 hours.

#### **On the Day**

- We expect TPs to be fully engaged with each session for a more interactive and productive experience, and participants can learn from their peers.
- Please wear your organisation ID badges to aid the facilitators with the workshops you will be participating in.

#### **Evaluations of Each Session**

Your feedback is highly valued for learning and development of the programme. Please allow adequate time and thought when completing evaluations at the end of each session and use the appropriate survey links to evaluate each session.

#### **Whom to contact if you had booked to join the event day but are unable to attend**

Each training event is hosted by a different organisation. If you are expected to attend on the 30 October 2025 but subsequently become unavailable, please contact Alice Conway as well as your Education Lead/DS. *Pharmacy Educational Programme Director Trainee Pharmacists East Sussex NHS Healthcare Trust* [alice.conway@nhs.net](mailto:alice.conway@nhs.net)



Time	Session	Facilitator and MS Team Link	Learning objectives and pre-reading
09:00 - 09:15	<b>Register</b>		
09:15 - 09:30	Introduction to the day	Alice Conway <i>Pharmacy Educational Programme Director Trainee Pharmacists East Sussex NHS Healthcare Trust</i>	Outline the structure and ground rules for the day
9:30 - 10:00	Sussex Medicines Optimisation Priorities - Improving the primary, secondary/tertiary care interface	Eoin Moroney, <i>Practice Pharmacist for Montpelier Surgery</i>	<ul style="list-style-type: none"> <li>Be aware of the perspective of general practice the influence prescribing decisions</li> <li>Increase understanding of medication optimisation incentive schemes (MOISs) in general practice and how they can contribute to safe and good quality prescribing</li> <li>Identify the key pressures affecting prescribing decisions in primary care, such as patient-driven requests, cost-effectiveness, and meeting local and national targets</li> <li>Recognize the inconsistency in access to clinical information across various care settings and the challenges this presents for patient care for pharmacy colleagues</li> <li>Appraise the challenges and common prescribing issues that arise from secondary correspondence and how this can impact prescribing practice in primary care</li> <li>Discuss best practices to improve the clarity of communication between secondary and primary care, by understanding how information is received and processed in general practice</li> </ul>
10:00 - 11:00	Bridging the mental health gap - the role of pharmacists within common psychiatric disorders	Jules Haste <i>Clinical Pharmacy Lead, Sussex Partnership NHS Foundation Trust</i>	<ul style="list-style-type: none"> <li>Describe common psychiatric conditions with respect to diagnosis and symptoms and the potential stigma associated with these conditions</li> <li>Describe the mental health services provided in your locality the therapeutic areas and patient groups covered by them and roles of the different HCP that work within them</li> <li>Describe the risks associated with transfer of care between services, with a focus on medicines, for mental health patients and the role of pharmacy professionals in contributing to seamless care</li> </ul> <p>Pre-reading - It is estimated the pre-reading/work will take 2-3 hours Complete the CPPE mental health cards accessed <a href="#">Mental health cards</a></p>
11:00 - 11:20	<b>Comfort Break</b>		
11:20 - 12:00	Bridging the mental health gap - the role of pharmacists within common psychiatric disorders Mental Health workshop continued	Jules Haste <i>Clinical Pharmacy Lead, Sussex Partnership NHS Foundation Trust</i>	<ul style="list-style-type: none"> <li>The above session continued</li> </ul>
12:00 - 13:00	<b>Lunch</b>		

13:00 -14:00	Case Based Discussions	Ben Philip, <i>Trainee Pharmacist, UHS</i> Evelyn Kilsby, <i>Trainee Pharmacist, UHS</i> Chris Redhead, <i>Trainee Pharmacist, ESHT</i>  <b>Case-based Discussion Assessors:</b>  Alice Conway and Sabrina Dahlab ESHT	<ul style="list-style-type: none"> <li>• Present a CBD to your peers (if applicable)</li> <li>• Undertake a reflective self–assessment on your CBD presentation and question handling or peer assess an observed CBD</li> <li>• Evaluate new learning and identify any personal development needs</li> </ul> <p><b>Pre-work for this session for those presenting:</b> Download a copy of the CBD assessment form. This is for the self-assessment. It can be accessed <a href="#">E-portfolio and downloadable resources   Health Education England (hee.nhs.uk)</a> TPs presenting a CBD are to meet with the assessor during the study day or schedule a time for the following day. Please bring a copy of your completed self-assessment CBD form to the meeting.</p> <p><b>GPHC learning outcomes:</b> 1, 4, 5, 6, 7, 8, 11, 12, 13, 14, 15, 16, 17, 18, 21, 29, 30, 31, 32, 33, 34, 35, 54</p>
14:00 - 14:15	<b>Comfort Break</b>		
14:15 - 16:00	Pharmaceutical Care of Heart Failure	Alison Warren <i>Consultant Pharmacist Cardiology, University Hospitals Sussex (Brighton) and Sussex Integrated Care Board</i>	<ul style="list-style-type: none"> <li>• Describe the treatment options for heart failure</li> <li>• Discuss treatment plan for medicine optimisation when undertaking a heart failure patient review</li> </ul> <p>Participants are requested to read the following guidance – this should take 30 minutes to 1 hour <a href="#">Overview   Chronic heart failure in adults: diagnosis and management   Guidance   NICE</a></p>
16:00 - 16:30	Quality Improvement Projects	Anja St Clair Jones <i>Consultant Pharmacist Gastroenterology University Hospitals Sussex NHS Foundation Trust</i>	<ul style="list-style-type: none"> <li>• Develop an abstract and poster for a quality improvement project or audit</li> </ul>
16:30 - 16:45	<b>Evaluation and close</b>	Alice Conway	Complete evaluation forms