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Betsi Cadwaladr
University Health Board

Prescribed Medication Support Service

**Pwll Glas Resource Centre,
Pwll Glas Road, Mold, Flintshire, CH7 1RA
Tel: 01352 706725
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Aims and Objectives:

- To reduce the number of people dependent on prescribed medication, e.g. (hypnotics and anxiolytics)
- To tackle levels of prescribing that are higher than national targets (SaFF)
- To promote good prescribing practices through collaborative working with GP's and other Primary Care professionals/CMHT and Consultant colleagues.
- To give direct clinical support to long term users of prescribed medication who wish to look at reducing or come off and to give advice to patients prior to the issuing of new prescriptions
- To enable clients to understand their dependence and help them make appropriate life changes.

Interventions:

The service is continually developing and we are constantly striving to learn from the people we see and help. Medication can help some to cope in the short term but dependency can quickly develop if not monitored regularly so we aim to tailor a package of care which empowers the individual through education, advice and expertise.

The Service offers different levels of intervention depending on the individual needs of the clients e.g. a

One-off telephone consultation, to a full range of service options which could include:-

- An Holistic Assessment
- SMART goal setting/Care planning
- Education about improving health and wellbeing e.g. sleep hygiene, diet and coping skills
- Bespoke individual reducing programmes
- Counselling, based on the Cycle of change and Motivational work
- Online CBT (Serenity programme) Auricular Acupuncture
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- Bibliotherapy/Book prescriptions
- Advice/Sign posting to other services
- Telephone Support
- Follow-up clinics in GP surgeries or CMHT bases



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- Pill cutters and plan packs
- T.E.N.S. Units
- Preventative work

In conclusion, we have learned over the years that a slow approach will yield the best results and clients are more likely to succeed if they go at their own pace. Counselling and support is crucial to help people to make important life changes.

Referrals can be made by:

- SPOA (Single Point of Access, Primary Mental Health)
- GP's, Community Pharmacists, other primary care professionals
- Consultant Psychiatrists/ CMHT'S
- Open referral policy.

We will prioritise pregnant women and older persons but we do aim to assess all referrals within 28 days.

The service covers Betsi Cadwaladr University Health Board with the exception of North Powys.

The Team:

