

CPD unplanned learning form – primary care pharmacy

1. Describe an unplanned event or activity that enabled you to learn something new or refresh your knowledge or skills.

I attended the prescribing sub-group meeting for my area. The medicines management team discussed 'de-prescribing' quinine for leg cramps.

I learnt about how quinine is not to be used routinely for nocturnal leg cramps. (Ref: www.mhra.gov.uk/Safetyinformation/DrugSafetyUpdate/CON085085). I also learnt that quinine should only be used when cramps regularly disrupt sleep, when other treatable causes of cramp have been excluded and when non-pharmacological treatments have not worked (e.g. passive stretching exercises). After a trial of at least 4 weeks, treatment should be stopped if there is no benefit. If treatment continues, the benefits should be assessed around every 3 months.

There is a description of the activity you took part in that enabled new learning

2. Give an example of how this learning benefited the people using your services.

When I go and assess patients who are having difficulties taking their medications I try to de-prescribe medications with the GP which are no longer necessary for the patient. By learning about quinine, I am able to now look at these patients who are prescribed quinine to see if a trial discontinuation of quinine could be done for patients taking it long-term for nocturnal leg cramps.

I assessed a patient after this learning occurred who was struggling to remember to take her night medication. When I asked her how long she had been taking this for she said that she had been on it for years. She told me that she doesn't get cramps at night anymore and said she forgets to take the quinine regularly. I was then able to speak to the patient's GP to suggest that he reviews whether he could de-prescribe the quinine. The GP reviewed the patient's records and the quinine was de-prescribed. The patient was reviewed again by the GP 6 weeks later and she had not had any night cramps during this period. The patient was very happy that she no longer had to take night medications.

There is a description how you have applied the learning

There is a description how the learning – once you have applied it – has benefited the people using your services, illustrated with an example