

Medicines Newsletter

January 2026

Welcome to our Medicines Newsletter

We are one of a network of 15 organisations working across the country to support adoption and spread of proven, nationally recognised medicines optimisation programmes. We also work on locally determined projects to facilitate collaboration, share learning and improve quality.

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Medicines safety improvement programme

We are almost one year into the national MedSIP project on [Helping people with learning disability, who have behaviour that challenges, to avoid harm from psychotropic medicines.](#)

In the East Midlands we are working with Leicester, Leicestershire and Rutland ICS and with Northamptonshire ICS to take a 'whole system approach to change' and are now at the stage of system action planning. If you work in these areas and would like to be included, please contact Lisa.towle1@nottingham.ac.uk

There is a wealth of free resources on [NHS Futures](#) to support the programme. **Clinical system searches**, that are clinically validated and DTAC compliant have also been developed and are free to access via the CDRC for [EMIS](#) and for [SystmOne](#)

We have been using four [design personas](#) to help to challenge pathways of care and identify what is working well and opportunities for improvement. A persona is a fictional character created to represent a group of service users. The personas are not intended to replace the valuable input of lived experience in service innovation but aim to ensure their voice and their support needs are considered at all times. Try the personas out or [get in touch](#).

Jointly with Health Innovation West Midlands, we delivered a national Innovation Exchange event earlier this month. This online event showcased innovations with the potential to help people with learning disability who have behaviour that challenges to avoid harm from psychotropic medicines. [Watch the recording or download the delegate pack.](#)

Polypharmacy programme

[Sign up to the Health Innovation Network Polypharmacy Shared Learning Network](#) to stay up to date with new research, learning opportunities, resources and events.

The Community of Practice (CoP) and Action Learning Set (ALS) continue locally and are led by the Pharmacy School, University of Nottingham and the Training Hubs respectively.

East Midlands polypharmacy Community of Practice (CoP)

The next CoP will take place on Tuesday 20th January 2026, 12noon – 2pm and will feature expert colleagues Dr Rupert Major and Philippa Jones discussing Polypharmacy in Renal care. [Register here](#). Watch previous recordings [here](#) or contact us to [find out more](#).

Improving Familial Hypercholesterolaemia (FH) Detection in Primary Care

FAMCAT2 is a validated clinical algorithm to aid early identification of people at increased risk of FH, using data routinely collected in primary care, to allow early intervention. [Watch this free webinar](#), led by the University of Nottingham, including PRIMIS, who were directly involved in the development, validation, and deployment of the algorithm, alongside practitioners who have successfully implemented FAMCAT2 within their localities.

HIEM is working with a service in the East Midlands to implement and test FAMCAT. [Contact us](#) for more information.

Adult ADHD Programmes and funding opportunity

We are leading work to expand access to, and support for, adults with ADHD through innovation. East Midlands health systems have been invited to apply for an [Innovation Fund](#) to implement digital technologies within Adult ADHD services (deadline **16th January 2026**).

We would welcome the opportunity to speak with you to understand current Adult ADHD care pathways (contact hannah.osgood@nottingham.ac.uk) or to scope digital tools to help people with ADHD to manage their medication (contact bethany.askey@nottingham.ac.uk)

Maternity and neonatal medicines interventions

We are working with all trusts/sites in the East Midlands to implement and sustain the [PERIPrem bundle](#). 6/11 bundle elements relate to prescribed medicines.

All our sites have adopted and sustained the use of Magnesium Sulphate, Corticosteroids, Caffeine and Antibiotics and we are working with them to ensure data accuracy and support QI work. Probiotics and Hydrocortisone are in discussion with sites whilst a growing evidence base emerges, and we are preparing for implementation as/when indicated.

Visit [our website](#) for more details or [get in touch](#) to get involved.

NIHR-funded research opportunity for GP practices

General practices are invited to take part in a fully funded feasibility trial for the IMAB-Qi intervention — a novel approach to improving medication adherence through structured medication reviews. [Read more and get involved](#).