

[View this email in your browser](#)



Newsletter

12th December 2025

Week 46

This newsletter contains important information for Pharmacy Owners and Staffs in Kent & Medway



- [Christmas and New Year Opening Time](#)
- [Blood Pressure Service](#)
- [Strike Action by resident doctors](#)
- [CPE Media Training](#)

- [CPPE Training](#)
- [Virtual Outcomes](#)

Other newsletters/useful information

- [Primary Care Buletin](#)
- [ICB Safeguarding department structure chart contact details](#)
- [ICB primary care contact details](#)
- [Pharmacy / Medicines Optimisation | Kent & Medway Primary Care Training Hub](#)



Bank Holiday Posters – Christmas & New Year 2025/26 - which pharmacies will be open across Southeast England

Please find attached [here](#) Christmas & New Year 2025/26 Bank Holiday Posters detailing which pharmacies will be open across Kent and Medway for your information.

Pharmacies are only listed on the posters if they are opening one or more of the Bank Holiday dates.

A map of the pharmacies that will be open on the Bank Holidays has been created; anybody can access the map via the link below.

[Click here to view map](#)



Blood Pressure Check Service – Ambulatory Blood Pressure Monitoring (ABPM)

As you will know, it is important patients who are identified with elevated blood pressure are offered an ABPM check. The specification confirms that pharmacy contractors signed up to the service **must ensure they have both a blood pressure monitor and an ABPM device.**

There are many benefits to completing ABPMs and GPs appreciate ABPM readings over one-off BP readings for several important clinical reasons:

- ABPM gives a fuller, more accurate picture - ABPM measures BP repeatedly which captures day–night variation, activity-related changes, and true baseline blood pressure.
- Reduces “white-coat” and “masked” hypertension errors - Some people have higher BP in clinical or unfamiliar settings (white-coat hypertension).
- Better diagnostic accuracy - National guidelines recommend ABPM as the gold standard for diagnosing hypertension.
- More reliable for treatment decisions - GPs base decisions about starting medication on sustained blood pressure, not a single reading.
- ABPM can detect nighttime hypertension

Validation, maintenance, and recalibration of all blood pressure monitors and ABPM devices should be carried out periodically according to manufacturers' instructions. We would like to remind contractors they will need to calibrate their blood pressure monitors and ABPM periodically (according to the manufacturers' instructions). Calibrating your blood pressure monitoring

equipment is extremely important in order to get accurate, precise, and reliable measures.

The pharmacy contractor must have a standard operating procedure (SOP) for the service, which includes the process for maintenance and validation of the equipment used. This should be reviewed regularly and following any significant incident or change to the service. The pharmacy contractor must ensure that all pharmacy staff involved in the provision of the service are familiar with and adhere to the SOP

Should your ABPM machine become nonfunctional then it is the responsibility of the pharmacy contractor to source a validated replacement.

We understand demand for an ABPM machine may outstrip supply and therefore an ABPM should be provided as soon as a device becomes available. Contractors should ensure they have appropriate procedures in place to manage provision in any periods where an ABPM is not going to be available, e.g. during periods where the ABPM device is temporarily unavailable due to it being with another patient, or during periods of equipment calibration or repair.

The Local Pharmaceutical Committee are available for support with how to use your ABPM machine and if you are experiencing issues - admin@kentlpc.org.uk



Strike action by resident doctors

The industrial action currently planned by resident doctors just days before Christmas is likely to have an impact on all NHS services. Although it is now still to be confirmed resident doctors may be striking from 7am on Wednesday, 17 December to 7am on Monday, 22 December.

This action is likely to cause disruption to services across the NHS, including to

general practice - practices will need to assess the likely impact of any resident doctors, based at their practice, taking part in the BMA action.

The ICB will be advising patients that the NHS is open for business and that they should continue to attend booked appointments unless they are told otherwise from their provider. Providers will need to communicate to patients if there is any change to scheduled appointments or other services as soon as possible.

We are promoting our Stop Think Choose campaign to encourage patients to choose the right service if they are ill or injured.

Our www.StopThinkChoose.co.uk website has information on pharmacies and urgent treatment centres.



Media training offer: Become an ambassador for community pharmacy

Training on giving media interviews and handling the press is being offered to pharmacy owners, team members and LPCs.

Raising awareness of the work community pharmacies do and the challenges they face is an essential part of Community Pharmacy England's work and something that the whole sector can get behind and support.

If you're interested in becoming an ambassador for community pharmacy and giving effective interviews to the press, save your space on one of the following sessions:

[Monday 26th January 2026, 7.30pm-9pm – online](#)

[Tuesday 10th February 2026, 7.30pm-9pm – online](#)



PGDs empowering pharmacy technicians to provide services

To empower pharmacy technicians to apply their skills and knowledge confidently and competently when using Patient Group Directions (PGDs) to deliver NHS services using contraception, emergency contraception and smoking cessation services as examples.

CPPE are delivering a series of face to face across training sessions across Kent, Surrey and Sussex.

Upcoming dates:

25.1.26 – Crawley

11.2.26 – Canterbury

22.3.26 – Maidstone

The booking for these is being finalised but all events will be available to book on the website shortly via the following link;

[PGDs: Empowering pharmacy technicians to provide services : CPPE training/](#)

For more information for CPPE pharmacy technicians programme click this link [here](#).



Skin Rashes in Children Part 4

Scabies, Slapped cheek syndrome and Scarlett fever

Now Live and FREE* to view



Useful information to support you in your practice.

- [Primary Care Buletin](#)
 - [ICB Safeguarding department structure chart contact details](#)
 - [ICB primary care contact details](#)
 - [Medicines Optimisation](#)
-

Community Pharmacy Kent

Address: The Hill Hub, 1A Highfield Road, Dartford, DA1 2JH

Tel: 01634 649101 | Email: Admin@kentlpc.org.uk

Copyright © 2024 Community Pharmacy Kent, All rights reserved.

To view our newsletter archives click [here](#).

Want to change how you receive these emails?

You can [update your preferences](#) or [unsubscribe from this list](#).