

# My personal experience of PBSGL

## Kirsten McCulloch (Pharmacist)



My name is Kirsten McCulloch and I am a Renal Pharmacist at Raigmore Hospital, Inverness. I have been qualified for 11 years and have experience of working in both hospital and primary care.

I first experienced PBSGL at introductory sessions that were organised by our NES Post-graduate tutor. At these sessions, the groups were relatively small but there was a good mixture of pharmacists from hospital, primary care and community pharmacy. This resulted in good discussion and it was really helpful to hear how pharmacists with different backgrounds dealt with issues that were relevant to my practice.

A couple of years later, I moved to primary care, gained my prescribing qualification and I received an email advising of PBSGL facilitator training. I trained as a facilitator because *Prescription for Excellence* had recently been published and I felt PBSGL would be a good opportunity to get independent prescribers, from different areas of pharmacy, to participate in CPD together.

I advertised my new group to local pharmacists and I received a lot of interest: so much so that I had to start a waiting list! The PBSGL administrators were invaluable in supporting me to help get the group up and running. We now have a good mix of pharmacists, who predominantly practise in hospital and primary care, and we meet every 6 weeks (with a break over the summer). We meet in the Centre for Health Sciences, Inverness, which is a central venue with plenty parking, so it's good for everyone travelling from further afield. Some members travel 20 miles to participate, so I try to encourage everyone to keep coming by providing home baking! This is especially important when the nights get dark!

I've really enjoyed participating in PBSGL and have even had the opportunity to be involved in writing new modules, which I found very satisfying. I always learn something during the meetings and it's a really good chance to network and seek different perspectives on issues you come across day to day. Now that I am in a specialist role I find the modules helpful in keeping my generalist skills up to date, which helps maintain my confidence when prescribing.

If you are at all interested I would recommend getting in touch with NES.