

New Medicines Service (NMS)

Feb 2026 Update



- Overview of NMS
- Fees and Payment
- NMS and Depression



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An Advanced Service

- Provides **evidence-based** support for people with specified long-term conditions who are newly prescribed a medicine to help improve medicines adherence
- Currently pharmacist only service, but no specific training required; **self-assessment framework**
- Contractors must notify ICB that they will provide service using **NMS Pharmacy Contractor Declaration Form** (if they haven't already)

The Service

Three stages:

Recruitment

Rx for specified
new medicine

Informed verbal
consent

No NMS
fee

Intervention

7-14 days after
recruitment

Template
questions

£14 fee if
completed

Follow-up

14-21 days after
intervention

Template
questions

£14 fee if
completed

Fees and Payment

- Payment based on each completed stage of NMS
- Claims must be made by 5th of month following stage completion
 - Claim Intervention and Follow-up separately on MYS
 - May mean claiming across two months for one patient
- CAP on NMS consultations equivalent to c. 1% of items dispensed each month (account for split of claims)

Funding

Volume of prescription items per month	Combined maximum number of Intervention and Follow up consultations per month for which £14 will be received
0-1500	20
1501-2500	40
2501-3500	60
3501-4500	80
4501-5500	100
5501-6500	120
6501-7500	140
7501-8500	160
8501-9500	180
9501-10500	200
+1000	(+20)

Changes from 29th October 2025

- Specified timings for each stage made clearer
 - Intervention 7-14 days after recruitment
 - Follow-up 14-21 days after follow-up
- Clarification that subcontracting of NMS no longer allowed
- Range of eligible therapeutic areas expanded to include depression

The slide features a light teal background with a white gradient. In the top right corner, there is a cluster of geometric shapes including a large teal rectangle, a blue square, an orange square, a magenta square, a small blue square, and a group of three squares (blue, blue, teal) arranged in a small cluster. In the bottom left corner, there is another cluster of shapes including a magenta square, a purple square, an orange square, a blue square, and a small blue square.

NMS for Depression

Addition of Depression as Therapeutic Area

- No specific training, but CPPE distance learning for **Consulting with People with Mental Health Problems** useful
 - included in recent Pharmacy Quality Scheme
- Specific medicines when used for depression in ≥ 18 yrs only (not all antidepressant medicines)

SSRIs	Citalopram, Escitalopram, Fluoxetine, Paroxetine, Sertraline
SNRIs	Duloxetine
Tetracyclics	Mirtazapine



Depression

At least 5 symptoms each day for at least 2 weeks

- Low mood
 - Anhedonia
- } Core Symptoms

Plus:

Weight changes, irritability, sleep disturbance, EMW, psychomotor agitation, retardation, loss of energy, fatigue, recurrent thoughts of death, suicidal ideation



Antidepressants

- Not recommended 1st line for less severe depression unless patient's preference
- Start low, go slow, and **monitor closely for first 2 weeks** (NMS Intervention timeline)
- Check compliance and tolerability
- If some response, continue. Avoid abrupt stop
- Explain side effects and be aware of **possible suicide risk, self harm and hostility**





Help with Suicidal Ideation

- Training at www.zerosuicidealliance.com helpful
- GP referral may be appropriate, but think about urgency; has patient made plans?
- Signposting options include:
 - Local Mental Health Crisis Teams
 - NHS111 Option 2 (Mental Health Crisis)
 - National Suicide Prevention Helpline (0800 587 0800)
 - Samaritans (116 123)
 - Papyrus (0800 068 4141)



Side Effects: Antidepressants

SSRIs generally better tolerated. Many side effects are transient.

- Gastrointestinal effects
- Appetite and weight changes
- Insomnia or disturbed sleep
- Headache, dizziness or drowsiness
- Sexual dysfunction
- Increase in suicidal ideas/behaviour, hostility and self-harm





Consultation “Housekeeping”

- **Mental checklist: ready for my next patient?**
- **Stress Management: take a moment**
- **Resetting: checking out of the last consultation**
- **Physical or digital reset: tidying records, closing down digital files**

Helps to prevent emotional contagion



Summary

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NMS (including depression)

- Ensure you're familiar with the NMS Service Specification
 - Timelines, subcontracting rules, eligible medicines etc.
- Claim for each completed stage of NMS in the appropriate month
- Consider how you'll engage the pharmacy team to support
 - e.g. the addition of depression
- Acknowledge the potential differences of NMS consultations for depression



Thank you

Questions?