

Commissioning Support

Enhancing Self-Care Medicines use



This is an **interactive PDF**. To navigate, use the arrow buttons on each page or locate a specific section using the tabs and buttons within the document.

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Self-care Conditions

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Indigestion and Heartburn Infrequent Constipation Infrequent Migraine Insect Bites and Stings Mild Acne Mild Dry Skin <u>Sunburn</u> Sun Protection Hay Fever/Seasonal Rhinitis Minor Burns and Scalds Mild General Aches and Pains Mouth Ulcers Nappy Rash Oral Thrush Prevention of Dental Caries Ringworm/Athlete's Foot/ **Fungal Nail Infection** Teething/Mild Toothache Threadworms Travel Sickness Warts and Verrucae

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Conditions for which over-the-counter (OTC) items should not routinely be prescribed in primary care

The 2018 **<u>NHS England national guidance</u>** aims to reduce the routine prescribing of products for conditions that:

- Are considered to be self-limiting, and therefore do not need treatment as they will get better on their own accord
- Lend themselves to self-care i.e. the person suffering does not normally need to seek medical advice and can simply and effectively manage the condition by purchasing over-the-counter items from their local pharmacy
- Can be treated with over-the-counter products in a more cost effective manner than via a NHS prescription
- Have little evidence of clinical effectiveness.

Each section contains...

- ✓ Guidance
- Contacts for individuals requiring further advice or information
- Resources and further reading for those who want to expand their knowledge and understanding

This implementation tool has been developed to aid GPs, pharmacists, other healthcare professionals and supporting organisations to implement the national guidance for conditions that can be treated over-the-counter.

- The tool aims to provide a shared perspective and support for the implementation of NHS England's national self-care agenda and accelerate uptake, enabling commissioners, healthcare professionals and patients to understand and apply national advice
- The tool has been designed to guide clinicians and organisations through the decisions that need to be made and provide easy access to a variety of support materials to increase the uptake of self-care treatments and strategies by patients, enabling improved use of NHS resources
- Over-the-counter medicines are those that can be sold by local pharmacies, some but not all can be sold by local supermarkets and other shops. We promote the use of local pharmacies as a wider range of products are avaailable and this is supported by professional advice
- Some of the information contained has been gathered from organisations where previous introduction of self-care strategies has gone well to share learning and reduce duplication across the NHS
- This tool should be read in conjunction with the **national guidance**
- Any information contained within this tool should be used as a guide and tailored to local practice and patient needs as required.

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Background to Self-care

Why is the NHS promoting self- care?

In the 12 months prior to June 2017, the NHS spent approximately £569 million¹ on prescriptions for medicines, which could be purchased over-the-counter (OTC) from a pharmacy and/or other outlets such as petrol stations or supermarkets.

By reducing spend on treating conditions that are self-limiting, manageable with self-care or for which there is little evidence of clinical effectiveness, resources can be used for other higher priority areas that have a greater impact on patient care and ensure the long-term sustainability of the NHS.

¹ Refined BSA data to June 2017

NHS England Chief Executive Simon Stevens said:

Across the NHS our aim is to: 'Think like a patient, act like a taxpayer'. The NHS is probably the most efficient health service in the world, but we're determined to keep pushing further. Every pound we save from cutting waste is another pound we can then invest in better A&E care, new cancer treatments and much better mental health services.



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Key facts about the treatment of self-care conditions in the NHS. The NHS each year spends:

6 for the second second

£5.5m on mouth ulcers



£7.5m on indigestion and heartburn



£3m

on athlete's foot and other fungal infections – enough to fund 810 hip operations



£2.8 on diarrhoea - enough to fund 2912 cataract operations

What is self-care and why does it matter?

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People can play a central role to protect themselves from ill health, by improving or maintaining healthy lifestyles, choosing the most appropriate treatment and best managing their long-term conditions.

The term self-care is defined as 'Empowering people with the confidence and information to look after themselves when they can, and visit the GP when they need to, which gives people greater control of their own health and encourages healthy behaviours that help prevent ill health in the long term'.

Self-Care Forum

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Key NHS England resources

<u>Guidance on conditions for which over</u> <u>the counter items should not routinely be</u> <u>prescribed in primary care</u>

<u>Conditions for which over the counter items</u> <u>should not be routinely prescribed in primary</u> <u>care: Consultation report of findings</u>

Quick ref guide

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Self Care Forum

NHS Choices



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Key contacts

For any enquiries, comments or suggestions regarding this tool please contact:

GP GUIDANCE

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The 2018 guidance 'Conditions for which over-the-counter items should not routinely be prescribed in primary care' defines conditions that are suitable for treatment via self-care and with products that can be purchased over-the-counter.

A condition that is suitable for selfcare, can be treated with items that can easily be purchased over-thecounter from a pharmacy, such as indigestion, mouth ulcers and warts and verrucae.

All practice front line staff have a role in the promotion of self-care to patients. GPs should refer staff to the **further support section** in this guide, for a wider range of support materials.

Support for patients from healthcare professionals is critical, patients need to feel they have permission to self-care. Among doctors and NHS managers there is a belief that patients require clear and explicit guidance regarding when to selfcare and when to seek their advice. When appropriate, self-care should be encouraged in every consultation, allowing patients to determine whether they feel confident, or not, to implement care for themselves. Clinicians should advise patients of availability of over-the-counter products noting OTC licensing, as detailed in the product information table under each condition. Clinicians should use their clinical judgement to decide whether it is acceptable or appropriate to ask patients to purchase their medication.

Non-prescription medicines (over the counter medicines) do not require any written consent from a GP or other healthcare professional to allow school and nursery staff to administer them.



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When considering this guidance, clinicians will need to continue to rely on their clinical judgement for each individual patient. There are a number of **exceptions** that need to be considered.

NHS England has written to general practitioners providing reassurance that the commissioner will not find practices in breach of the GP contract if they follow the CCG guidance on routine prescribing of over-the-counter items. To view the letter please <u>click here</u>.

Please <u>click here</u> for further guidance regarding GMMMG formulary.



What treatment and preparations are included?

• Pharmacy Only (P) and General Sales Lists (GSL) treatments that can be purchased over-the-counter from a pharmacy with or without advice

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- GSL treatments (including a patient information leaflet) that can be purchased from other retail outlets such as supermarkets, petrol stations, convenience or discount stores
- Treatments for a condition that is considered to be self-limiting and so does not need treatment as it will heal/resolve by itself
- Treatments for a condition which lends itself to self-care, i.e. for which the person suffering does not normally need to seek medical care and/or treatment

Treatments available over-the-counter which should no longer be prescribed are outlined in this section with printable patient information.

When directing patients to self-care, consider using a non-prescription pad or print out the GP non-prescription leaflet.

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This national guidance applies to all patients, including those who would be exempt from paying prescription charges, unless they fall under the exceptions outlined below:

- For patients where the clinician considers that their ability to self-manage is compromised as a consequence of medical, mental health or significant social vulnerability; these patients will continue to receive prescriptions for over-the-counter items subject to the item being clinically effective
- Patients prescribed an over-the-counter treatment for a long-term condition (e.g. regular pain relief for chronic arthritis or treatments for inflammatory bowel disease)
- For the treatment of more complex forms of minor illnesses (e.g. severe migraines that are unresponsive to over-the-counter medicines)
- For those patients that have symptoms that suggest the condition is not minor (i.e. those with red flag symptoms for example indigestion with very bad pain)
- Treatment for complex patients (e.g. immunosuppressed patients)
- Patients on prescription-only treatments
- Patients prescribed OTC products to treat an adverse effect or symptom of a more complex illness and/or prescription-only medications should continue to have these products prescribed on the NHS
- Circumstances where the product licence doesn't allow the product to be sold overthe-counter to certain groups of patients. This may vary by medicine, but could include babies, children and/or women who are pregnant or breastfeeding. Refer to conditions page for further information regarding licence restrictions.
- Patients with a minor condition suitable for self-care that has not responded sufficiently to treatment with an OTC product.

Scenarios of some exceptional circumstances





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Adult Care Providers

There are many resources available to support with the use of over-the-counter medicines and promotion of self-care in adults residing in supported living.

Particularly relevant links are:

- <u>CQC recommendations Adult Social Care and</u> <u>supported living advice</u> and <u>Treating minor ailments</u> and promoting self-care in adult social care
- <u>The NICE guideline SC1 Managing medicines</u> in care homes
- **RMOC guidance Homely remedies**

Recommendations include:

- A GP may recommend the person, relatives or care staff to purchase a product to treat a minor ailment with an over-thecounter product for a particular person. Providers and clinicians need to work closely to ensure verbal or written instructions are recorded in the individual care plan
- Healthcare professionals can use their clinical judgement with regards to products that are available OTC but are prescribed for the treatment or prevention of long-term or serious conditions. These should be monitored and reviewed at appropriate intervals
- A homely remedy is a medicinal preparation used to treat minor ailments; it is purchased over-the-counter and does not require a prescription. They are kept as stock in the care home to allow access to products that would commonly be available in any household. When offering residents treatment for minor ailments with homely remedies, providers should have a supporting policy and documented process for how to do this safely

• It is good practice on admission to the care home or when a domiciliary service is commissioned to discuss health needs and medicines with the person and their family. This should also include the use of OTC products

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- There should be a clear care plan, including how reviews will be triggered, to ensure that medicines given are safe and still appropriate. All purchased medicines must be checked for potential interactions with prescribed medicines with an appropriate healthcare professional before use
- People (or their relatives) may provide their own OTC products following consultation with the GP or pharmacist. In a care home setting these are not for general use and must remain specific to that person. In all care settings receipt should be documented. If the care staff are responsible for administration, this should be recorded on a MAR chart and good practice should be followed
- All OTC products purchased on behalf of the service user or brought into a care setting should be checked, to make sure they are suitable for use, in date and stored according to the manufacturer's guidance.

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Self-care in care homes

CQC advise that it is important for people living in care homes to maintain their independence. This may mean they are able to look after and take their own medicines.

People have the right to choose to manage their own medicines and staff should consider a person's choice and whether there is a risk to them or others.

NICE guidance SC1

NICE says that staff should assume a person can self-administer (unless a risk assessment indicates otherwise).

When people are receiving short-term respite, or intermediate care, they need to keep their skills. This includes keeping the skills they need to take their own medicines when they return home.



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Managing medicines for adults receiving social care in community

NICE Guidance NG67

Medicines support is defined as any support that enables a person to manage their medicines. This varies for different people depending on their specific needs.

When social care providers have responsibilities for medicines support, they should have a documented medicines policy based on current legislation and best available evidence. The content of this policy will depend on the responsibilities of the social care provider. All medication policies should include guidance on how service users are supported to self-medicate with over-the-counter medicines and to self-care.

Prescribers should assess individuals on their clinical need, considering their ability to self-manage. If there are concerns that this is compromised as a consequence of medical, mental health or significant social vulnerability, then these patients will continue to receive prescriptions for over-the-counter items subject to the item being clinically effective.

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Over-the-counter Medicines in Schools and Nurseries

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Use of non-prescription (over-the-counter) medication in nurseries and schools

Non-prescription/over-the-counter (OTC) medication does not need a GP signature/authorisation in order for the school/nursery/ childminder to give it.

Practices are reminded that the MHRA licenses medicines and classifies them when appropriate as OTC (P or GSL), based on their safety profiles. This is to enable access to those medicines without recourse to a GP, and the classification applies to both inside and outside the educational environment.

It is appropriate for OTC medicines to be administered by a member of staff in the nursery or school, or self-administered by the pupil during school hours, following written permission by the parents, as they consider necessary.

It is a misuse of GP time to take up an appointment just to acquire a prescription for a medicine wholly to satisfy the needs of a nursery/school.

Further information regarding the use of medicines in schools can be found here:

Supporting pupils at school with medical conditions Statutory framework for the early years foundation stage



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NHS England National guidance

NHS England quick reference guide

NHS England FAQs

NHS England patient support material

PresQIPP support materials

BMA guidance on self-care

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Pharmacy Guidance



Overview

The following points should be considered by community pharmacists when supporting patients to self-care though over-the-counter medication.

- Establish a good communication system between the pharmacy and the GP practice especially if a supply cannot be given for whatever reason
- Be aware of patients repeatedly purchasing medication for the same condition. They may require a referral to their GP. Check patient for red flag symptoms and signpost as appropriate
- Always provide safety netting advice, making sure patients understand when to seek further medical advice
- Ensure all community pharmacy staff are aware of this guidance and promote self-care strategies where possible and appropriate. Only refer patients to their GP where it is clinically indicated, without raising patient expectations regarding obtaining a prescription
- Reassure patients with long-term chronic conditions that their doctor will continue to prescribe medication for their condition
- Advise patients that they should keep commonly used over-thecounter products such as painkillers, at home to help deal with most minor ailments. Refer patients to the **NHS list** compiled by the Royal Pharmaceutical Society

- Promote non-drug options where appropriate and available
- Where patients are purchasing medication, recommend evidence based products and ensure that the patient is aware of the least costly option

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- Check the licence indications for OTC drugs to ensure you as a pharmacist are providing a legal supply
- If patients are referred to pharmacy to self-care, but the pharmacist believes this is inappropriate, liaise directly with the referring healthcare professional to ensure patient needs are addressed
- Pharmacy staff need to check for red flags when assessing the patient. All staff undertaking this activity should be properly trained and aware of what the red flags are for each condition
- Where a patient is housebound, and poses concerns over their ability to self-care, the pharmacist should liaise with the patient's GP and agree the best approach for that patient.

SELF-CARE CONDITIONS

Items of Limited Clinical Effectiveness

Items of Limited Clinical Effectiveness



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Items of Limited Clinical Effectiveness

> Probiotics

Vitamins and Minerals

Items of Limited Clinical Effectiveness

Some medicines available on prescription are not considered to be clinically effective due to a lack of evidence. These products are no longer recommended for use within the NHS.

Probiotics

Rationale:

There is currently insufficient clinical evidence to support prescribing of probiotics within the NHS for the treatment or prevention of diarrhoea of any cause.

Example products that could be restricted:

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Probiotics e.g. sachets, liquid, acidophilus, (Yakult®).

Supporting guidance:

Public Health England's 'C.difficile in adults' guidance

NICE CG 84: Diarrhoea and vomiting caused by gastroenteritis in under 5s: diagnosis and management Items of Limited Clinical Effectiveness

Probiotics

> Vitamins and Minerals

Items of Limited Clinical Effectiveness

Some medicines available on prescription are not considered to be clinically effective due to a lack of evidence. These products are no longer recommended for use within the NHS.

Vitamins and Minerals

Rationale:

There is insufficient high quality evidence to demonstrate the clinical effectiveness of vitamins and minerals supplementation. Vitamins and minerals are essential nutrients which most people can and should get from eating a healthy, varied and balanced diet. In most cases, dietary supplementation is unnecessary.

Many vitamin and mineral supplements are classified as foods and not medicines; they therefore do not have to go through the strict criteria laid down by the Medicines and Health Regulatory Authority (MHRA) to confirm their quality, safety and efficacy before reaching the market.

Prescribing not in line with recognised exceptions should be discontinued. This guidance does not apply to prescription-only vitamin D analogues such as alfacalcidol and these should continue to be prescribed.

Example products that are restricted:

Supplements and vitamins with minerals e.g. maintenance dose vitamin D, vitamin C, multivitamins, zinc, cod liver oil, (I-Caps[®], Berocca[®], Sanatogen[®], Seven Seas[®]).

Exceptions:

• Medically diagnosed deficiency, including for those patients who may have a lifelong or chronic condition or have undergone surgery that results in malabsorption. Continuing need should, however, be reviewed on a regular basis. Note: maintenance or preventative treatment is not an exception

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- Calcium and/or vitamin D for osteoporosis
- Malnutrition including alcoholism
- Patients suitable to receive Healthy Start vitamins for pregnancy or children aged from 6 months to their fourth birthday. (NB: this is not on prescription but commissioned separately).

Supporting guidance:

NHS Choices: Supplements, Who Needs Them? A behind the Headlines Report, June 2011

NHS Choices: Do I need vitamin supplements?

Healthy Start Vitamins

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Self-limiting Conditions

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Self-limiting Conditions

A number of common conditions are considered to be self-limiting and so do not need treatment as they will heal of their own accord.

These conditions include:

Overview

- > Acute Sore Throat
- > Infrequent Cold Sores of the Lip
- > Conjunctivitis
- Coughs, Colds and Nasal Congestion

- Cradle Cap (Seborrhoeic Dermatitis - Infants)
- > <u>Haemorrhoids</u>
- > Infant Colic
- > Mild Cystitis

Please note:

OTC restrictions = over-the-counter products that cannot be purchased if the patient meets any of the criteria. Further information can be found from the product **information leaflet**.

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For further advice on over-the-counter medications, <u>click here</u>.

The brands listed are not exhaustive and other brands may be available which the community pharmacist may recommend to the patient. Prices listed in this tool are correct at the time of writing and are subject to change.



GPs should issue a <u>'non-</u> <u>prescription' sheet</u>' to patients being referred to purchase over-the-counter medication at end of each consultation.

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Cradle Cap (Seborrhoeic Dermatitis – Infants)

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Acute Sore Throat

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- Most sore throats are caused by a virus and most people get better on their own supported by self-care measures. However, where the sore throat is caused by bacterial infecton, antibiotics may be required and careful consideration should be made to avoid overuse of antibiotics and promote self-care where appropriate
- 'Red flag' symptoms.

Exceptions

'Red flag' symptoms

- People with severe recurrent tonsillitis should be referred to an ear, nose, and throat specialist
- Persistent sore throat for > 6 weeks
- Excessive drooling
- Trismus
- Unilateral facial swelling
- Dysphagia
- Dyspnoea
- Immunosuppressant medication such as carbimazole
- Persistent unilateral tonsillar enlargement
- Neck stiffness
- Photophobia
- Non-blanching rash.

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> Acute Sore Throat	~			~		•		
Infrequent Cold Sores of the lip	Products listed in table are We recommend patients sp	eak to a pharmacist for	individual advice. Ex					
Conjunctivitis	correct at time of writing ar	nd are subject to change	<u>.</u>					
Coughs, Colds and Nasal Congestion	Example OTC medication Benzydamine 0.15% mou			£££		Children under 12 years (oral rinse)		
Cradle Cap (Seborrhoeic	Benzydamine oromucosal	spray • Difflam	Difflam [®] Spray E E E Pregnancy, breastfeeding					
Dermatitis – Infants) Haemorrhoids	Benzocaine 0.71% throat	spray • Ultra C	hloraseptic®		Children under 6 yearsEpiglottitis	 Methaemoglobina Pregnancy, breastfe 		
Infant Colic	2,4-dichlorobenzyl alcoho amylmetacresol lozenges	l, • Strepsi	S®	££	DiabetesChildren under 6 years	 Pregnancy, breastfeeding Fructose intolerance, glucose- 		
Mild Cystitis	Benzocaine, tyrothricin loz	zenges • Tyrozet	S [®] ╋	££	(Strepsils [®]) • Children under 3 years (Tyrozets [®])	galactose malabso sucrose-isomaltose		
	Paracetamol 500mg table capsules (25p / 16 tablets) Paracetamol 500mg solub)	paracetamol®		 Long-term conditions requiring regular pain relief Children under 12 years Severe renal or severe hepatic impairment 			
	Ibuprofen 200mg, 400mg and tablets (£ / 16 tablet	capsules • Anadir	n® fen®	£ £ £ £ £ £	Stomach ulcer, perforation or bleeding (active or history of) Renal impairment Stomach ulcer, egular pain relief Asthma Unstable high blood		od pressure	
	Ibuprofen 100mg/5ml liqu suspension sugar free		n [®] for Children ths to 12 years		Hepatic impairmentCardiac impairment	Taking anticoagulaPregnancy, breastfe		
	Paracetamol liquid 120mg (infant suspension +2mon Paracetamol liquid 250mg (six plus suspension)	y/5ml • Calpol hths)	3	£ £ /100ml £ £ /80ml	Children under 2 months			

Pharmacy only medication

£ Less than £1

£ £ £1 - £5

£ £ More than £5

ENHANCING SELF-CARE MEDICINES USE SELF-LIMITING CONDITIONS

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Haemorrhoids

Infant Colic

Mild Cystitis

A prescription for treatment of cold sores should not routinely be offered to patients as the condition is self-limiting and will clear up on its own without the need for treatment. The patient should be reassured that oral herpes simplex infections are usually selflimiting, and that lesions should heal without scarring.

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Supporting resources NHS Choices NICE CKS Self-care forum GP handout

Self-care measures

- Apply an anti-viral cream at first sign of symptoms and before appearance of cold sore
- Topical anaesthetics or analgesics, mouthwash and lip barrier preparations are available over-the-counter, which some people may find helpful
- Paracetamol and/or ibuprofen should be taken to relieve pain and fever, if required and there are no contraindications
- Ensure adequate fluid intake to reduce the risk of dehydration
- Take care if using contact lenses, as there is a risk of transmission to the eye if lenses become contaminated
- Defer elective dental treatment until all lesions have fully healed
- Herpes simplex virus is easily transmitted to other people and patients should be advised how to reduce the risk of transmission:

- > Avoid kissing and oral sex until all lesions have fully healed
- > Do not share items that come into contact with lesions (for example lipstick)
- > Avoid touching the lesions, other than when applying topical preparations, which should be dabbed on rather than rubbed in to minimize mechanical trauma to the lesions
- > Wash hands with soap and water immediately after touching lesions
- Patients should try to avoid triggers, if possible. If sunlight is a trigger, advise the use of sunscreen or sunblock lip balm (sun protection factor 15 or greater)
- Patients should seek further medical advice if their symptoms worsen or no significant improvement is seen after 5–7 days.

Self-limiting Conditions

Acute Sore Throat

> Infrequent Cold Sores of the lip

Conjunctivitis

- Coughs, Colds and Nasal Congestion
- Cradle Cap (Seborrhoeic Dermatitis – Infants)

Haemorrhoids

Infant Colic

Mild Cystitis

Infrequent Cold Sores of the Lip



GP GUIDANCE

Exceptions & Red Flags

Available Treatments

SELF-CARE

CONDITIONS

Exceptions

- Immunocompromised patients
- Consider seeking specialist advice or referral if the person:
- > Is pregnant (particularly near term)
- > Has frequent or persistent and/or severe episodes of recurrent oral herpes simplex infection
- 'Red flag' symptoms.

'Red flag' symptoms

Assess for any red flags that may suggest more serious underlying disease such as oral cancer, including:

- Unexplained ulceration in the oral cavity lasting for more than 3 weeks
- A suspicious lump on the lip or in the oral cavity
- A red, or red and white, patch in the oral cavity consistent with erythroplakia or erythroleukoplakia
- Patient is unable to swallow due to pain and is at risk of dehydration (especially in children).

	INTRODUCTION	GP GUIDANCE	PHARMACY GUIDANCE	ITEMS OF LIMITED CLINICAL EFFECTIVENESS	SELF-LIMITING CONDITIONS	SELF-CARE CONDITIONS	FURTHER SUPPOF MATERIALS		
Overview	Infred	quent Co	old Sore	es of t	he Lip				
Self-limiting Conditions	Self	-care Guidance	Exce	Exceptions & Red Flags			Available Treatments		
Acute Sore Throat Infrequent Cold Sores of the lip Conjunctivitis 	We recomme	d in table are licensed to tre nd patients speak to a pharr e of writing and are subject	macist for individual advice						
Coughs, Colds and Nasal Congestion	Example OTC medications (generic) Brand Price OTC restrictions								
Cradle Cap (Seborrhoeic Dermatitis – Infants)	Aciclovir cre	eam 5% (£)	• Zovirax®	£££	Immunocompromised and terminally illOnly for face and lips				
Haemorrhoids Infant Colic Mild Cystitis	Docosanol 1	10%	 Blistex[®] Cold Sore Cream 	££	 If you are allergic to ingredients Immunocompromise 	 Only for face ar 	nd lips		
	capsules (£	l 500mg tablets and 7 16 tablets) I 500mg soluble tablets	 Anadin paracetamo Mandanol[®] Panadol[®] 	® E E E E E	 Long-term condition Children under 12 ye Severe renal or sever 		relief		
		00mg, 400mg capsules (£ / 16 tablets)	 Anadin[®] Ibuprofen Nurofen[®] Calprofen[®] Cuprofen[®] 	2 2 2 2 2 2 2 2 2 2	 Long-term condition requiring regular pair relief Asthma Unstable high blood pressure Taking anticoagulant 	 Stomach ulcer, perforation or k (active or histor Renal impairme Hepatic impairr 	bleeding y of) ent ment		

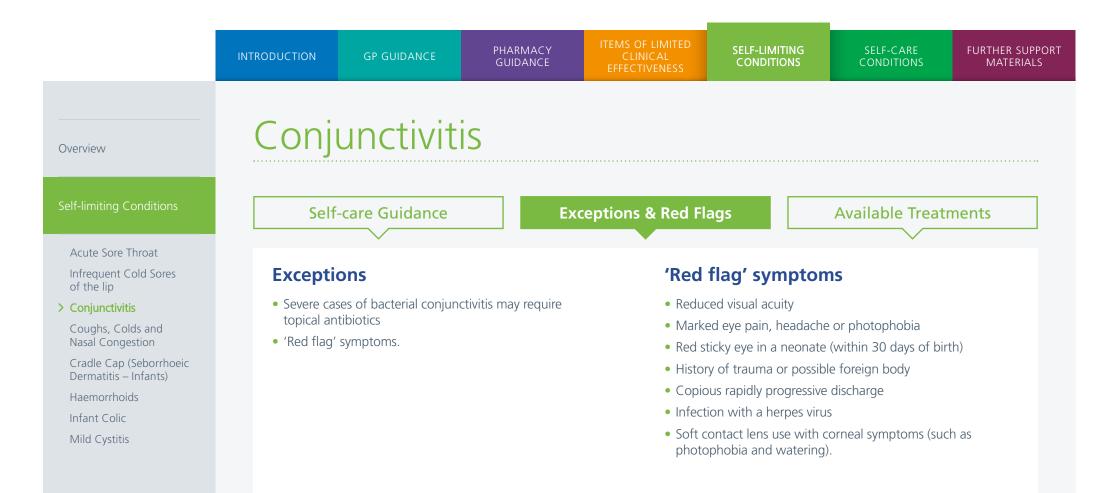
+ Pharmacy only medication

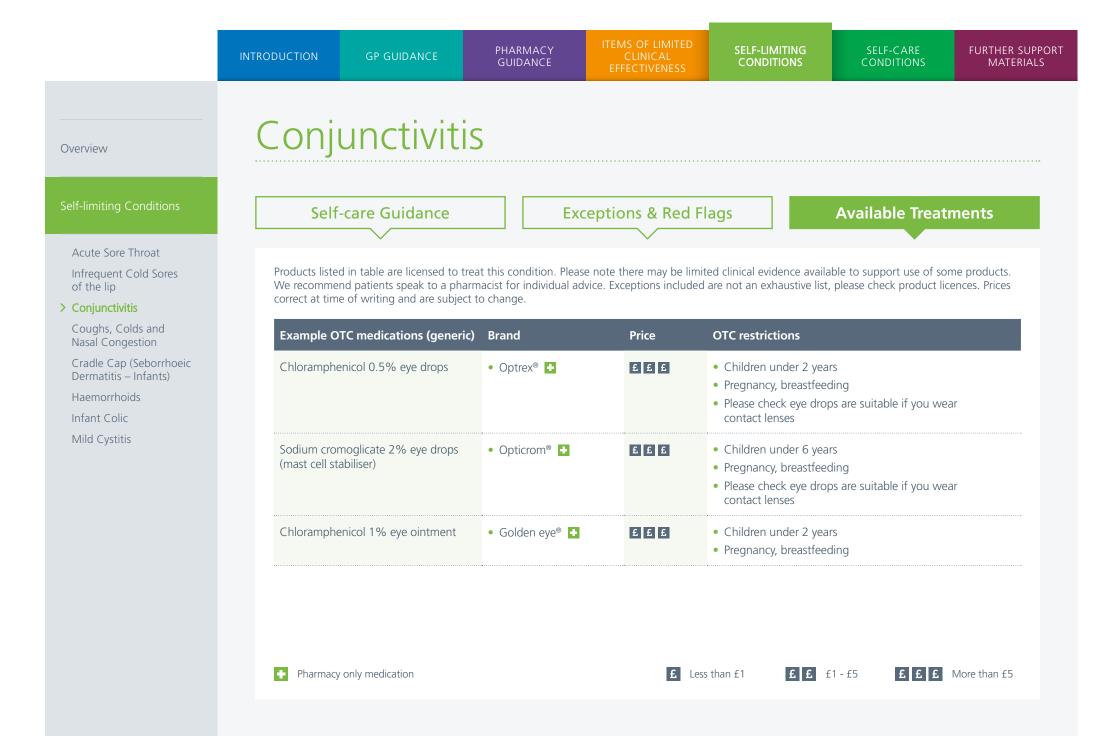
£ £ f1 - f5

£ £ More than £5



GP handout





Self-limiting Conditions

Acute Sore Throat

Infrequent Cold Sores of the lip

Conjunctivitis

Coughs, Colds and Nasal Congestion

Cradle Cap (Seborrhoeic Dermatitis – Infants)

Haemorrhoids

Infant Colic

Mild Cystitis

Coughs, Colds and Nasal Congestion

Self-care Guidance

Exceptions & Red Flags

Available Treatments

SELF-CARE

CONDITIONS

A prescription for treatment of coughs, colds and nasal congestion should not routinely be offered to patients as the condition is self-limiting and will clear up on its own without the need for treatment. Antibiotics and antihistamines are ineffective and may cause adverse effects.

Supporting resources

Ζ

<u>NICE CKS</u> <u>Self-care forum</u>

<u>GP handout</u>

Self-care measures

- Symptom relief and rest are the most appropriate management. During the course of the illness ensure the patient has adequate fluid intake, eats healthy food and gets adequate rest
- Paracetamol or ibuprofen should be taken if needed to relieve symptoms as follows:
- > Adults and children aged 5 years and over, if the person has a headache, muscle pain, or fever
- > Children aged under 5 years, if the child has a fever and appears distressed
- Vapour rubs may soothe respiratory symptoms in infants and small children when applied to the chest and back
- Gargling with salt water or sucking menthol sweets may help to relieve sore throat or nasal congestion
- Nasal saline drops may help relieve nasal congestion

- For adults and children over 6 years of age various products that combine analgesics with other drugs, such as decongestants, are available through a pharmacy. While these may relieve some symptoms, people should be aware of their limited benefit and potential for adverse effects before using them. For example:
 - > Intranasal or oral decongestants may relieve nasal congestion in the short term
 - > Cough medicines have limited benefit on cold symptoms in general, but may be useful in children over 6 years of age and adults
- A major route of transmission of the common cold is direct bodily contact. Hand washing should be promoted to reduce the risk of transmission.

INTRODUCTION

SELF-CARE

CONDITIONS

Overview

Coughs, Colds and Nasal Congestion

Self-care Guidance **Exceptions & Red Flags Available Treatments** Acute Sore Throat **Exceptions** 'Red flag' symptoms Infrequent Cold Sores of the lip • 'Red flag' and sepsis symptoms. Where symptoms are worsening Sinus and Nasal Congestion Conjunctivitis (for example after 3–5 days) or where • Nasopharyngeal cancer is rare – 460 > Coughs, Colds and symptoms are persisting (for example Nasal Congestion cases diagnosed per year in the UK. after 7–14 days) Symptoms include: Cradle Cap (Seborrhoeic • Young children and babies with Dermatitis – Infants) > Unilateral symptoms of obstruction symptoms of dehydration, laboured with blood stained discharge Haemorrhoids breathing, or prolonged fever > Persistent (>3weeks) unilateral Infant Colic • Persistent cough for more than symptoms of obstruction Mild Cystitis three weeks > Unilateral or bleeding polyps • Pleuritic chest pain > Polyps in children Dyspnoea > Objective facial swelling Haemoptysis > Paraesthesia of cheek • Persistent nocturnal cough > Persistent unexplained epistaxis • Wheeze > Loosening of teeth • Recurrent chest infections > Orbital pathology e.g. proptosis • Coughing up phlegm every morning for more than three months of the year Unintentional weight loss • History of night sweats • Persistent, palpable neck lumps

Overview	Coughs, Colo	ds and I	Vasal	Congest	tion	
Self-limiting Conditions	Self-care Guidance	Excer	otions & Red I	Flags	Available Treatr	nents
Acute Sore Throat	~		~		•	
Infrequent Cold Sores of the lip	Products listed in table are licensed to trea We recommend patients speak to a pharm	nacist for individual advice				
Conjunctivitis	correct at time of writing and are subject to	o change.				
 Coughs, Colds and Nasal Congestion 	Example OTC medications (generic)	Brand	Price	OTC restrictions		
Cradle Cap (Seborrhoeic Dermatitis – Infants)	Paracetamol 1000mg/ Pholcodine	• Day Nurse [®]	£££	• Children under 16 yea	ars	
Haemorrhoids	10mg/ Pseudoephedrine HCL 60mg in 30ml oral solution	Oral Solution 🚦		Pregnancy, breastfeed	ling	
Infant Colic				 High blood pressure Heart disease 		
Mild Cystitis	Paracetamol 500mg/ Pholcodine 5mg/ Pseudoephedrine HCL 30mg capsules	Day Nurse [®] Capsules	£££	Kidney disease		
		/				

£ £ More than £5

£ £ £1 - £5

CONDITIONS

Available Treatments

Overview

Cradle Cap (Seborrhoeic Dermatitis – Infants)

Exceptions & Red Flags



Self-limiting Conditions

Acute Sore Throat

Infrequent Cold Sores of the lip

Conjunctivitis

Coughs, Colds and Nasal Congestion

Cradle Cap (Seborrhoeic Dermatitis – Infants)

Haemorrhoids

Infant Colic

Mild Cystitis

A prescription for treatment of cradle cap should not routinely be offered to patients as the condition is self-limiting and will clear up on its own without the need for treatment. The parent/ carer of the patient should be reassured that the condition is not serious, does not usually trouble the infant and typically resolves spontaneously within a few months.

7

Self-care Guidance

Self-care measures

- Regular washing of the scalp with a baby shampoo, followed by gentle brushing with a soft brush to loosen scales and improve the condition of the skin
- Soaking the crusts overnight with white petroleum jelly or a slightly warmed vegetable or olive oil, and shampooing in the morning. If these methods do not achieve softening, a greasy emollient or soap substitute, such as emulsifying ointment, can be used, which helps to remove the scales more easily
- Cradle cap shampoos are widely available to purchase.

Supporting resources NHS Choices NICE CKS Self-care forum GP handout



INTRODUCTION

Cradle Cap (Seborrhoeic Dermatitis – Infants)

SELF-CARE

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> Signs of infection (for example crusting, oozing, and bleeding).

Acute Sore Throat

Infrequent Cold Sores of the lip

Conjunctivitis

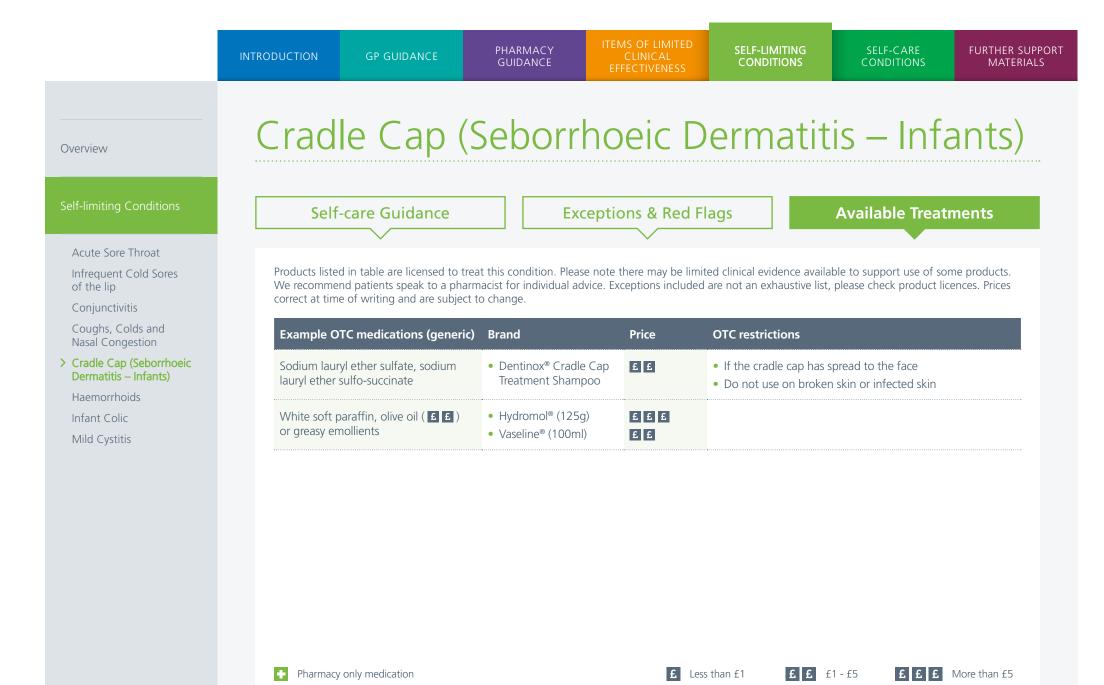
Coughs, Colds and Nasal Congestion

> Cradle Cap (Seborrhoeic Dermatitis – Infants)

Haemorrhoids

Infant Colic

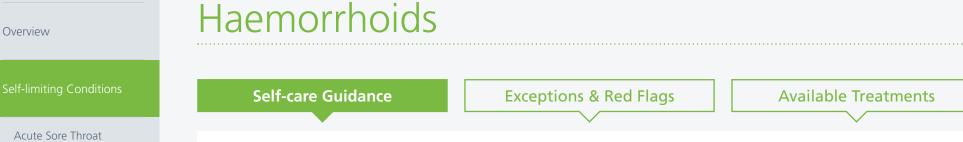
Mild Cystitis



ENHANCING SELF-CARE MEDICINES USE SELF-LIMITING CONDITIONS

CONDITIONS

Overview



Infrequent Cold Sores of the lip

Conjunctivitis

Coughs, Colds and Nasal Congestion

Cradle Cap (Seborrhoeic Dermatitis – Infants)

> Haemorrhoids

Infant Colic Mild Cystitis A prescription for treatment of minor haemorrhoids should not routinely be offered to patients as the condition is self-limiting and will clear up on its own without the need for treatment. Self-care treatment and lifestyle advice is to aid healing of minor symptoms. Clinical judgment is required to assess if severity of symptoms warrants further investigation or referral.

7

Self-care measures

- Gradually increase the amount of fibre in your diet
- Drink plenty of fluid
- Take simple analgesia e.g. paracetamol or ibuprofen for pain relief (see **OTC restrictions**). Avoid non-steroidal anti-inflammatory drugs (NSAIDS) if rectal bleeding is present
- Ensure good hygiene and keep anal region clean and dry to reduce irritation and aid healing
- Avoid stool withholding and undue strain during bowel movements
- Avoid medication that causes constipation such as painkillers that contain codeine
- Exercise regularly this can help prevent constipation
- Use creams, ointments or suppositories for symptomatic relief
- Dietary and lifestyle measures can reduce the risk of recurrence.

Supporting resources

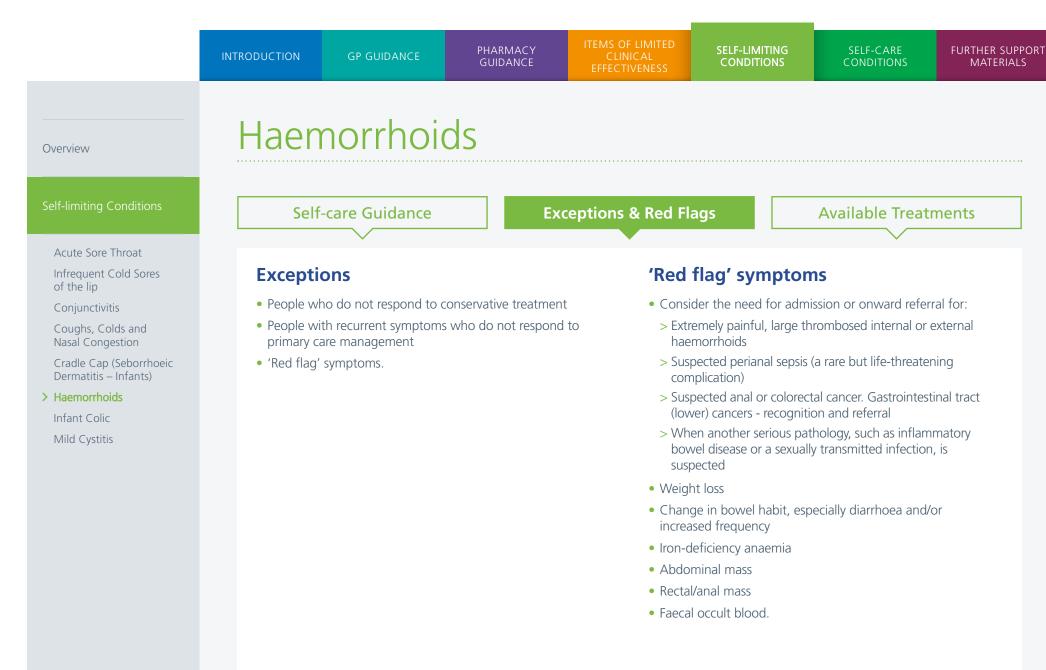
NHS Choices

NICE CKS

Self-care forum

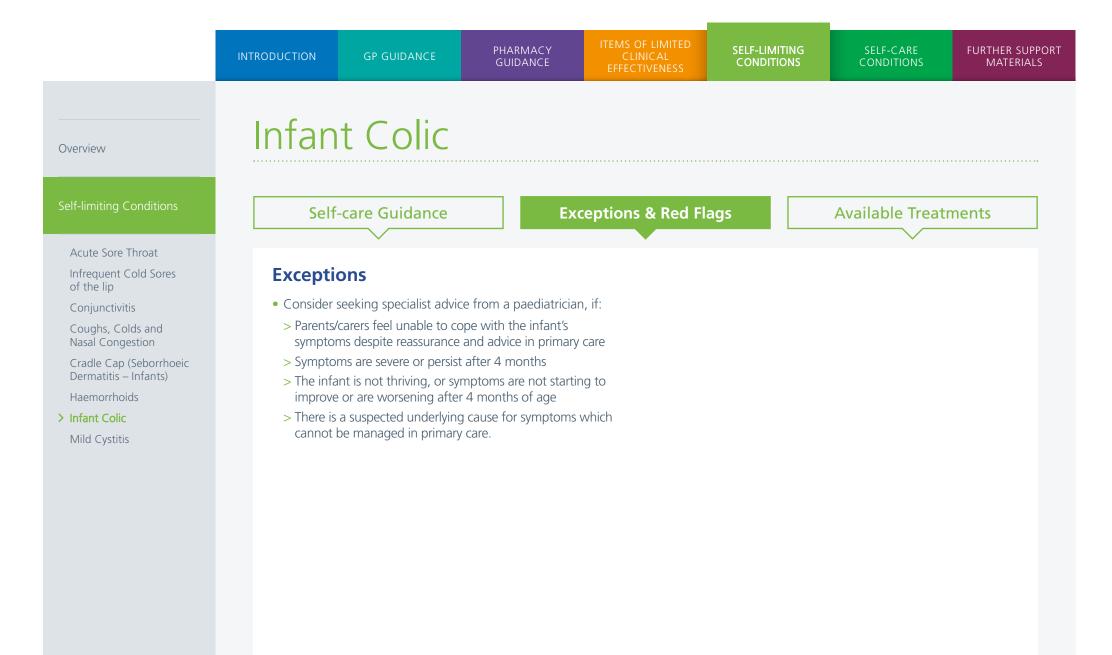
GP handout

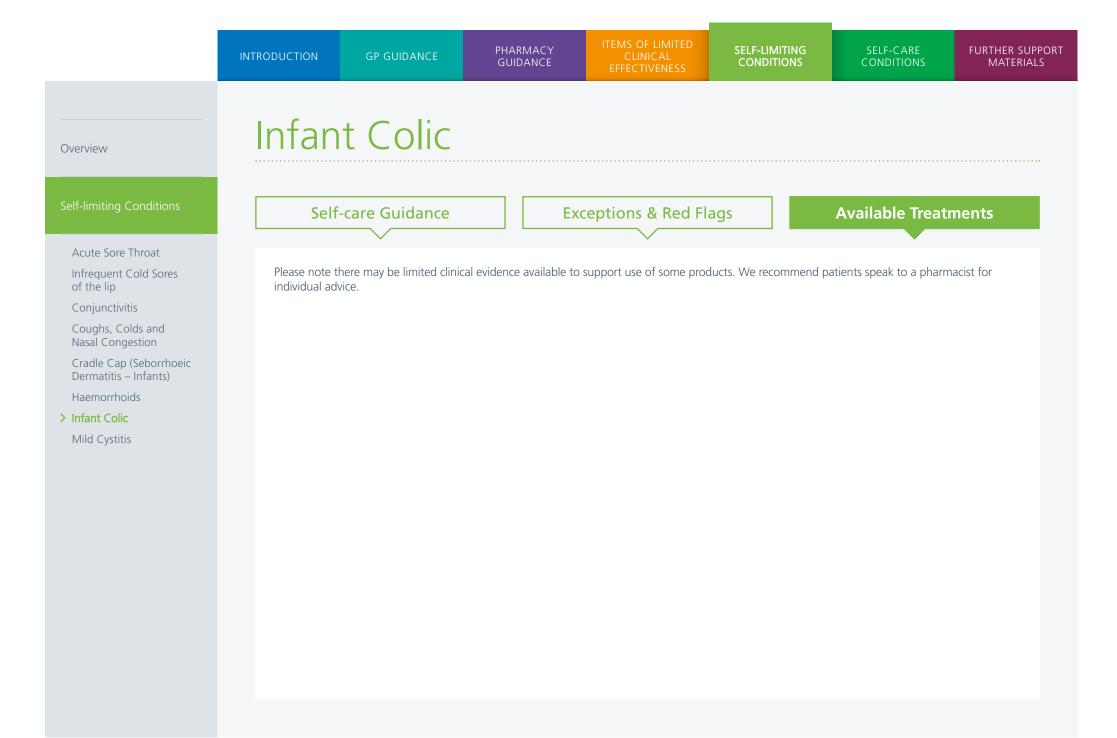
ENHANCING SELF-CARE MEDICINES USE SELF-LIMITING CONDITIONS



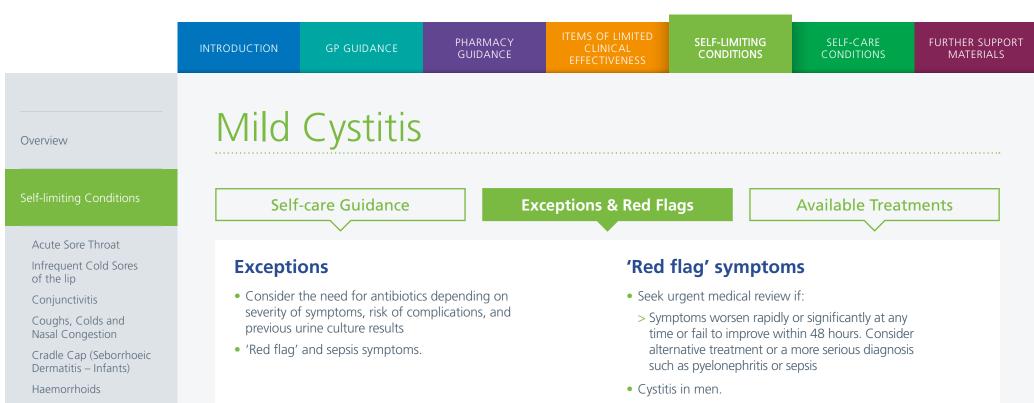
	INTRODUCTION	GP GUIDANCE		MS OF LIMITED CLINICAL FECTIVENESS	SELF-LIMITING CONDITIONS	SELF-CARE CONDITIONS	FURTHER SUP MATERIAL	
Dverview	Haen	norrhoid	S					
ielf-limiting Conditions	Self	-care Guidance	Excepti	ons & Red F	lags	Available Treatr	nents	
Acute Sore Throat Infrequent Cold Sores of the lip Conjunctivitis	We recomme	d in table are licensed to trea nd patients speak to a pharm e of writing and are subject t	nacist for individual advice. E>					
Coughs, Colds and Nasal Congestion	Example O	TC medications (generic)	Brand	Price	OTC restrictions			
Cradle Cap (Seborrhoeic Dermatitis – Infants)	balsam peru	ı, bismuth oxide, zinc oxide	• Anusol [®] cream	££	Not recommended for			
Haemorrhoids Infant Colic	balsam peru subgallate, :	ı, bismuth oxide, bismuth zinc oxide	• Anusol® ointment	££	 Children under 12 years (Germoloids[®]) Pregnancy, breastfeeding Rectal bleeding or blood in stools 			
Mild Cystitis	bismuth oxi	u, benzyl benzoate, de, bismuth subgallate, one acetate, zinc oxide	• Anusol® HC Ointment 🕂	£££				
	bismuth oxi	и, benzyl benzoate, de, bismuth subgallate, one acetate, zinc oxide	 Anusol[®] Plus HC Suppositories 	£££				
	lidocaine hy	drochloride, zinc oxide	 Germoloids[®] Cream, Germoloids[®] Ointment, Germoloids[®] Suppositories 	££				





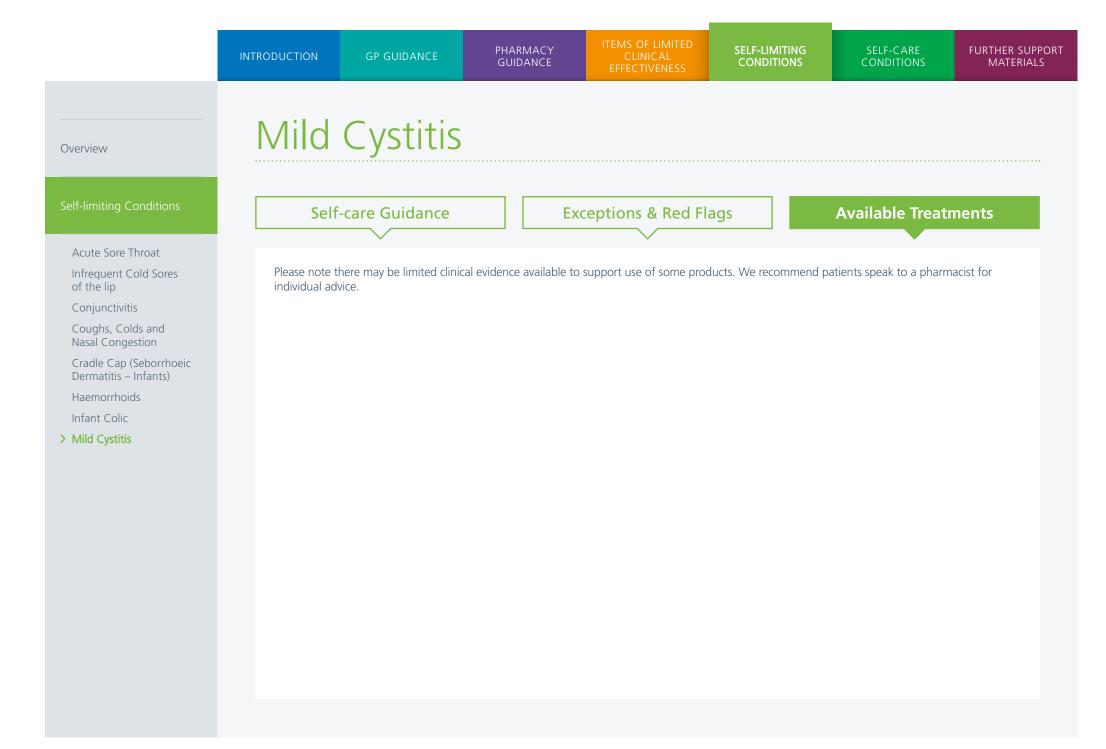


<section-header><section-header> Journame Advance Advance</section-header></section-header>		INTRODUCTION	GP GUIDANCE	PHARMACY GUIDANCE	ITEMS OF LIMITED CLINICAL EFFECTIVENESS	SELF-LIMITING CONDITIONS	SELF-CARE CONDITIONS	FURTHER SUPPORT MATERIALS
 Infrequent Cold Sores of the lip Conjunctivitis Conjunctivitis Conjunctivitis Condyns, Colds and Nasal Congestion Cradle Cap (Seborrhoeic Dermatitis - Infants): Haemorrhoids Infant Colic Mild Cystitis Mild Cystitis Supporting resources Mild Cystitis Self-care measures Orink enough fluid to avoid dehydration No evidence found for cranberry products or urine alkalinising agents to treat lower UTI. 				Ex	ceptions & Red Fla	ags	Available Treat	ments
A leaflet for older adults and carers	Infrequent Cold Sores of the lip Conjunctivitis Coughs, Colds and Nasal Congestion Cradle Cap (Seborrhoeic Dermatitis – Infants) Haemorrhoids Infant Colic	of mild cy routinely as the cor and will c without t Supp resou NHS Ch NICE Ch Self-car GP han Treating Urinary Leaflet Urinary A leaflet	vstitis should not be offered to patier indition is self-limitin clear up on its own the need for treatme orting inces i	 Take or such a: such a: (see or such a) ent. Drink ein produce 	ver-the-counter painkille s paracetamol or ibupro TC restrictions) enough fluid to avoid de dence found for cranber cts or urine alkalinising a	fen hydration ry		



Infant Colic

> Mild Cystitis

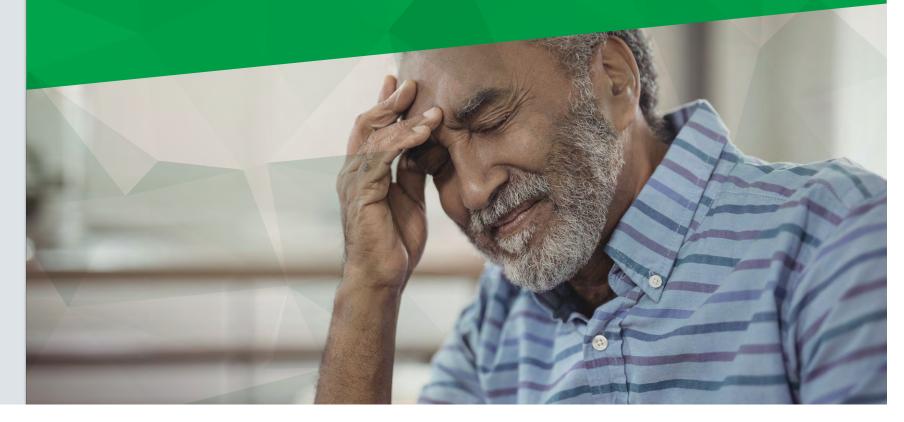


SELF-CARE CONDITIONS

Overview

Self-care Conditions

Self-care Conditions



Overview

Self-care Conditions

Minor conditions suitable for self-care

> Mild Irritant Dermatitis

Overview

- > Dandruff
- > Diarrhoea (Adults)
- > Dry Eyes/Sore (Tired) Eyes
- > Earwax
- > Excessive Sweating (Hyperhidrosis)
- > <u>Head Lice</u>
- > Indigestion and Heartburn
- > Infrequent Constipation
- > Infrequent Migraine
- > Insect Bites and Stings
- > Mild Acne
- > Mild Dry Skin
- > <u>Sunburn</u>
- > Sun Protection

- > Hay Fever/Seasonal Rhinitis
- > Minor Burns and Scalds
- > Mild General Aches and Pains
- > Mouth Ulcers
- > Nappy Rash
- > Oral Thrush
- > Prevention of Dental Caries
- > <u>Ringworm/Athletes Foot/</u> <u>Fungal Nail Infection</u>
- > Teething/Mild Toothache
- > <u>Threadworms</u>
- > Travel Sickness
- > Warts and Verrucae

Please note:

OTC restrictions = over-the-counter products that cannot be purchased if the patient meets any of the criteria. Further information can be found from the product **information leaflet**.

SELF-CARE

CONDITIONS

For further advice on over-the-counter medications, **click here**.

The brands listed are not exhaustive and other brands may be available which the community pharmacist may recommend to the patient. Prices listed in this tool are correct at the time of writing and are subject to change.



GPs should issue a <u>'non-prescription' sheet</u> to patients being referred to purchase over-the-counter medication at end of each consultation.

INTRODUCTION

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SELF-CARE

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Mild Irritant Dermatitis Overview Self-care conditions Self-care Guidance **Exceptions & Red Flags Available Treatments** > Mild Irritant Dermatitis Dandruff A prescription for treatment Self-care measures Diarrhoea (Adults) of mild irritant dermatitis Dry Eyes/Sore (Tired) Eyes • Use emollients frequently and apply liberally should not be routinely offered Earwax to patients as the condition is • Use of aqueous cream is not recommended as it is thought to cause a Excessive Sweating appropriate for self-care. disproportionate amount of skin reaction (Hyperhidrosis) • Use soap substitutes wherever possible Head Lice Indigestion and Heartburn • Avoidance of known irritants is required to support treatment and prevent recurrent Infrequent Constipation **Supporting** episodes of contact dermatitis. If contact is made with a known irritant, wash the 7 Infrequent Migraine area with warm water and an emollient. Use gloves to protect hands when in contact resources Insect Bites and Stings with irritants, but remove them occasionally as sweating can make symptoms worse. Mild Acne Cotton gloves under rubber gloves may be helpful if rubber gloves irritate the skin **NHS Choices** Mild Dry Skin • Check the ingredients on make-up and soap to make sure they do not contain any Sunburn **NICE CKS** irritants or allergens; in some cases, you may need to contact the manufacturer or Sun Protection Self-care forum check online to get this information. Hay Fever/Seasonal Rhinitis **GP** handout Minor Burns and Scalds Mild General Aches and Pains Mouth Ulcers Nappy Rash Oral Thrush Prevention of Dental Caries Rinaworm/Athletes Foot/ Fungal Nail Infection Teething/Mild Toothache Threadworms Travel Sickness

Warts and Verrucae

CONDITIONS

Overview

Self-care conditions

> Mild Irritant Dermatitis

Dandruff Diarrhoea (Adults) Dry Eyes/Sore (Tired) Eyes Earwax **Excessive Sweating** (Hyperhidrosis) Head Lice Indigestion and Heartburn Infrequent Constipation Infrequent Migraine Insect Bites and Stings Mild Acne Mild Dry Skin Sunburn Sun Protection Hay Fever/Seasonal Rhinitis Minor Burns and Scalds Mild General Aches and Pains Mouth Ulcers Nappy Rash Oral Thrush Prevention of Dental Caries Ringworm/Athletes Foot/ Fungal Nail Infection Teething/Mild Toothache Threadworms Travel Sickness Warts and Verrucae

Mild Irritant Dermatitis

GP GUIDANCE

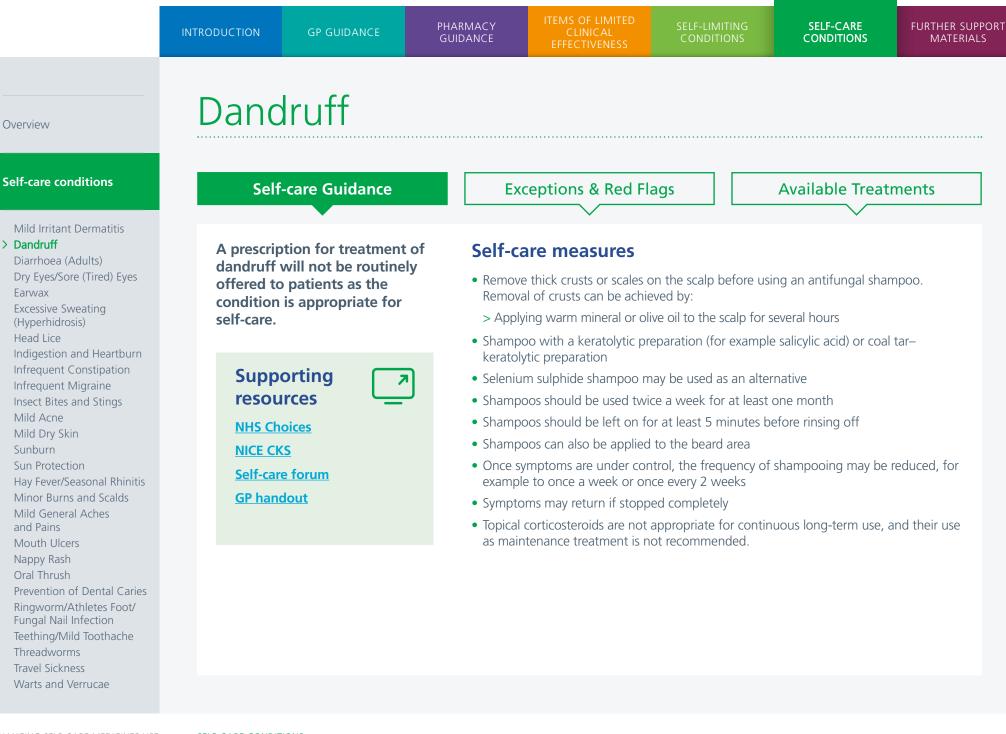
Self-care Guidance **Exceptions & Red Flags Available Treatments Exceptions** 'Red flag' symptoms • If the dermatitis is severe, chronic, recurring or persistent Infected dermatitis. and not responding to primary care treatments • Previously stable dermatitis has become difficult or impossible to control with standard treatments • Allergy to prescribed or over-the-counter topical treatments is suspected • More serious conditions such as eczema and psoriasis may require topical corticosteroids as part of the treatment strategy • 'Red flag' symptoms • See earlier for general exceptions

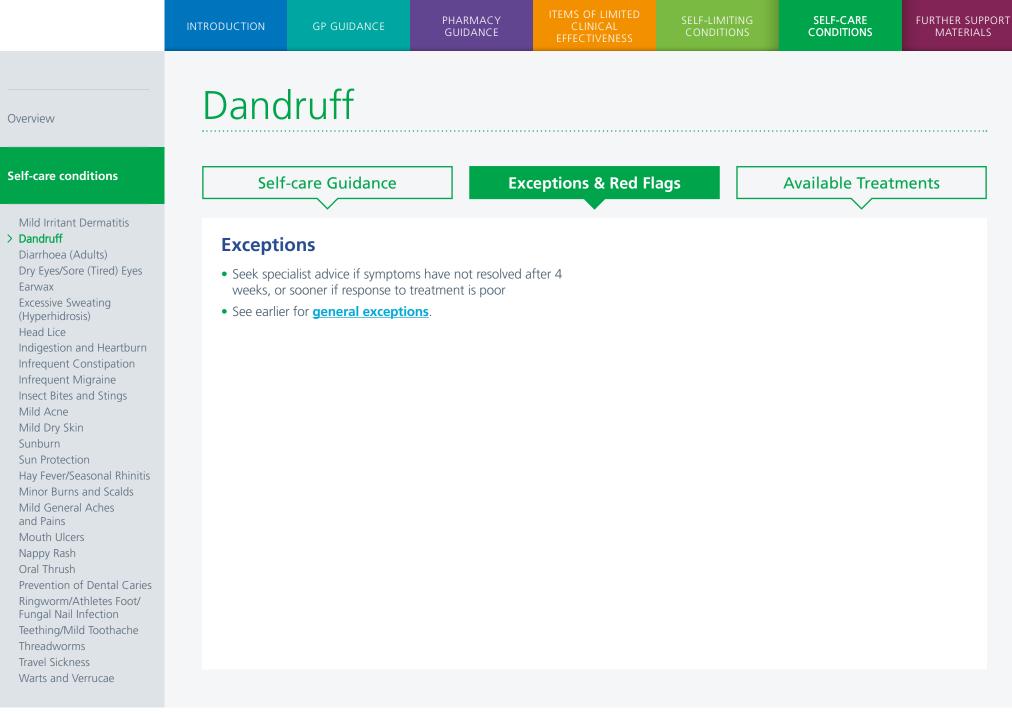
GP GUIDANCE

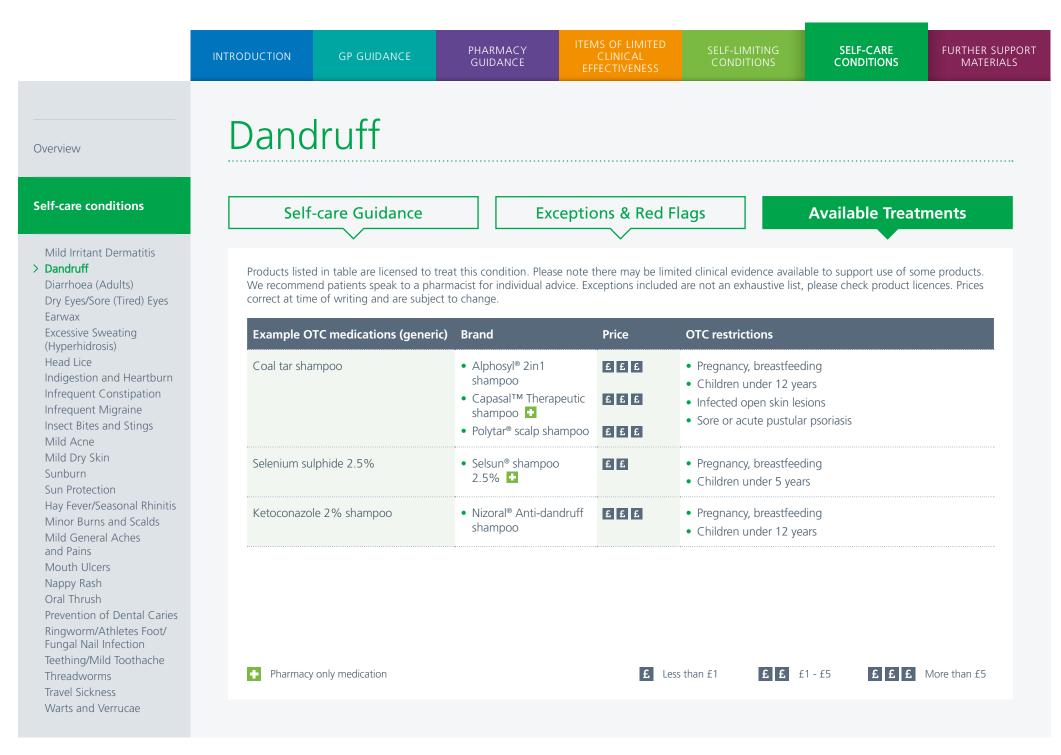
SELF-CARE

CONDITIONS

Mild Irritant Dermatitis Overview Self-care conditions Self-care Guidance **Exceptions & Red Flags Available Treatments** > Mild Irritant Dermatitis Dandruff Products listed in table are licensed to treat this condition. Please note there may be limited clinical evidence available to support use of some products. Diarrhoea (Adults) We recommend patients speak to a pharmacist for individual advice. Exceptions included are not an exhaustive list, please check product licences. Prices correct at time of writing and are subject to change. Dry Eyes/Sore (Tired) Eyes Earwax **Excessive Sweating** Example OTC medications (generic) Brand Price **OTC** restrictions (Hyperhidrosis) Head Lice • Children under 12 years (certain brands) Crotamiton • Eurax[®] ££ Indigestion and Heartburn - Eurax[®] licensed for children over 3 years Infrequent Constipation Crotamiton, hydrocortisone • Eurax HC[®] ££ - Hc45[®] Hydrocortisone Cream licensed Infrequent Migraine for children over 10 years Insect Bites and Stings • Hc45 Hydrocortisone ££ Hydrocortisone acetate 1% Pregnancy, breastfeeding Mild Acne Cream[®] • Broken or inflamed skin Mild Dry Skin • Use on the eyes and face Sunburn Ano-genital region Sun Protection Hay Fever/Seasonal Rhinitis Minor Burns and Scalds Mild General Aches and Pains Mouth Ulcers Nappy Rash Oral Thrush Prevention of Dental Caries Ringworm/Athletes Foot/ Fungal Nail Infection Teething/Mild Toothache 44 Pharmacy only medication £ Less than £1 **£ £** £1-£5 **£ £ £** More than £5 Threadworms Travel Sickness Warts and Verrucae







Diarrhoea (Adults)

SELF-CARE

CONDITIONS

Overview

Self-care conditions Self-care Guidance **Exceptions & Red Flags Available Treatments** Mild Irritant Dermatitis

> Diarrhoea (Adults)

Dandruff

Dry Eyes/Sore (Tired) Eyes Earwax Excessive Sweating (Hyperhidrosis) Head Lice Indigestion and Heartburn Infrequent Constipation Infrequent Migraine Insect Bites and Stings Mild Acne Mild Dry Skin Sunburn Sun Protection Hay Fever/Seasonal Rhinitis Minor Burns and Scalds Mild General Aches and Pains Mouth Ulcers Nappy Rash Oral Thrush Prevention of Dental Caries Rinaworm/Athletes Foot/ Fungal Nail Infection Teething/Mild Toothache Threadworms Travel Sickness Warts and Verrucae

A prescription for treatment of diarrhoea will not be routinely offered to patients as the condition is appropriate for self-care. Diarrhoea will usually clear up without treatment in 3-7 days, particularly if it's caused by an infection. **NB:** This recommendation does not apply to children

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Supporting resources **NHS Choices NICE CKS** Self-care forum **GP** handout

Self-care measures

- Stay at home and get plenty of rest
- It's important to drink plenty of fluids to avoid dehydration, particularly if you're also vomiting. Take small, frequent sips of water
- Ideally, adults should drink a lot of liquids that contain water, salt, and sugar. Examples are water mixed with juice, and soup broth. If you're drinking enough fluid, your urine will be light yellow or almost clear
- Consider using an oral rehydration solution (ORS) to treat or prevent dehydration if you're at risk – for example, if you're frail or elderly. They are dissolved in water and replace salt, glucose, and other important minerals that are lost if you are dehydrated
- Most experts agree you should eat solid food as soon as you feel able to. Eat small, light meals and avoid fatty or spicy foods. Good examples are potatoes, rice, bananas, soup, and boiled vegetables. Salty foods help the most
- You don't need to eat if you've lost your appetite, but you should continue to drink fluids and eat as soon as you feel able to.



CONDITIONS

Overview

Self-care conditions

- Mild Irritant Dermatitis Dandruff
- > Diarrhoea (Adults)

Dry Eyes/Sore (Tired) Eyes Earwax Excessive Sweating (Hyperhidrosis) Head Lice Indigestion and Heartburn Infrequent Constipation Infrequent Migraine Insect Bites and Stings Mild Acne Mild Dry Skin

- Sunburn
- Sun Protection
- Hay Fever/Seasonal Rhinitis
- Minor Burns and Scalds
- Mild General Aches
- and Pains
- Mouth Ulcers
- Nappy Rash
- Oral Thrush
- Prevention of Dental Caries
- Ringworm/Athletes Foot/
- Fungal Nail Infection
- Teething/Mild Toothache
- Threadworms
- Travel Sickness
- Warts and Verrucae

Diarrhoea (Adults)

Self-care Guidance **Exceptions & Red Flags Available Treatments Exceptions** 'Red flag' symptoms • The person is systemically unwell and may require hospital Symptoms >4 weeks admission and/or antibiotics Fever • Patients over 60 years with symptoms lasting over 48 hours Abdominal pain and tenderness • Presence of blood or pus Blood in the stool • Recent travel abroad to a high risk area • Weight loss • History of Clostridium difficile Iron-deficiency anaemia • Acute diarrhoea is an extremely common • Change in bowel habit presentation in primary care, so it is important • Inability to retain oral fluids not to miss more serious pathology • Evidence of dehydration, severe dehydration or shock • 'Red flag' symptoms • Nocturnal symptoms — organic cause more likely See earlier for general exceptions Coexisting medical conditions: immunodeficiency, lack of stomach acid, inflammatory bowel disease, valvular heart disease, diabetes mellitus, renal impairment, rheumatoid disease, systemic lupus erythematosus • The patient is taking medication such as immunosuppressants or systemic steroids, proton pump inhibitors, angiotensinconverting enzyme inhibitors, diuretics.

	INTRODUCTION	GP GUIDANCE	PHARMACY GUIDANCE	ITEMS OF LIMIT CLINICAL EFFECTIVENES		SELF-CARE CONDITIONS	FURTHER SUPPORT MATERIALS
Overview	Diarr	hoea (A	dults)				
Self-care conditions	Self	-care Guidance	Ex	ceptions & Re	ed Flags	Available Treat	tments
Mild Irritant Dermatitis Dandruff > Diarrhoea (Adults) Dry Eyes/Sore (Tired) Eyes Earwax	We recomme		macist for individual ad		e limited clinical evidence av luded are not an exhaustive		
Excessive Sweating (Hyperhidrosis)	Example O	TC medications (generic) Brand	Price	OTC restrictions		
Head Lice Indigestion and Heartburn Infrequent Constipation Infrequent Migraine Insect Bites and Stings	Oral rehydra	ation sachets	 Dioralyte Relief[®] powder sachets Dioralyte[®] oral p sachets 		 Not licensed unde Liver or renal disea Low potassium/so 	ase	
Mild Acne Mild Dry Skin Sunburn Sun Protection Hay Fever/Seasonal Rhinitis Minor Burns and Scalds	Loperamide (£ £)	2mg capsules	 Imodium[®] Dioraleze[®] Entrocalm[®] 	£ £ £ £ £ £	 Children under ag Inflammatory bow Post bowel surger Post pelvic radiation Colorectal cancer 	vel disease y	
Mild General Aches and Pains	Bismuth sub	salicylate syspension	 Pepto-bismol[®] 	££	Not licensed for u	nder 16 years	
Mouth Ulcers Nappy Rash Oral Thrush Prevention of Dental Caries Ringworm/Athletes Foot/ Fungal Nail Infection Teething/Mild Toothache Threadworms Travel Sickness Warts and Verrucae	+ Pharmacy	only medication		£	Less than £1 £ £	f1-f5 £ f. £	More than £5

Dry Eyes/Sore (Tired) Eyes

SELF-CARE

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Overview

Self-care conditions Self-care Guidance **Available Treatments Exceptions & Red Flags** Mild Irritant Dermatitis Dandruff A prescription for treatment Self-care measures Diarrhoea (Adults) of dry eyes/sore (tired) eyes > Dry Eyes/Sore (Tired) Eyes Avoid alcohol and exposure to cigarette smoke will not be routinely offered Earwax to patients as the condition is • Protect eyes from environmental factors such as wind, hot air, smoke and dust by Excessive Sweating appropriate for self-care. wearing wrap around glasses (Hyperhidrosis) • Minimise time spent using computers and avoid prolonged periods of computer use, Head Lice Indigestion and Heartburn lower computer screens to below eye level, take regular breaks, and increase blink Infrequent Constipation frequency with computer use and reading Supporting Infrequent Migraine Increase humidity and reduce time spent in air conditioned environments, if possible resources Insect Bites and Stings • Keep eyes clean – use wipes, warm compresses and eyelid massages Mild Acne **NHS Choices** Mild Dry Skin • Contact lens wearers should reduce time wearing lenses, remove lenses when Sunburn **NICE CKS** experiencing symptoms and see an optician if symptoms persist. Changing lens type Sun Protection or solution may help Self-care forum Hay Fever/Seasonal Rhinitis • Tear supplements can be used if lifestyle measures do not relieve symptoms. Drops **GP** handout Minor Burns and Scalds are best for daytime use with ointments or gels reserved for use before bed. Mild General Aches Consider preservative free formulations if the person is intolerant of preservative in and Pains tear supplements. Mouth Ulcers Nappy Rash Oral Thrush Prevention of Dental Caries Rinaworm/Athletes Foot/ Fungal Nail Infection Teething/Mild Toothache Threadworms Travel Sickness Warts and Verrucae

Dry Eyes/Sore (Tired) Eyes

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and Pains Mouth Ulcers Nappy Rash Oral Thrush

Threadworms Travel Sickness Warts and Verrucae

Prevention of Dental Caries Ringworm/Athletes Foot/ Fungal Nail Infection Teething/Mild Toothache



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Mild Irritant Dermatitis Dandruff Diarrhoea (Adults)

> Dry Eyes/Sore (Tired) Eyes

Earwax Excessive Sweating (Hyperhidrosis) Head Lice Indigestion and Heartburn Infrequent Constipation Infrequent Migraine Insect Bites and Stings Mild Acne Mild Dry Skin Sunburn Sun Protection Hay Fever/Seasonal Rhinitis Minor Burns and Scalds Mild General Aches and Pains Mouth Ulcers Nappy Rash Oral Thrush Prevention of Dental Caries Ringworm/Athletes Foot/ Fungal Nail Infection Teething/Mild Toothache Threadworms Travel Sickness

Warts and Verrucae

Dry Eyes/Sore (Tired) Eyes



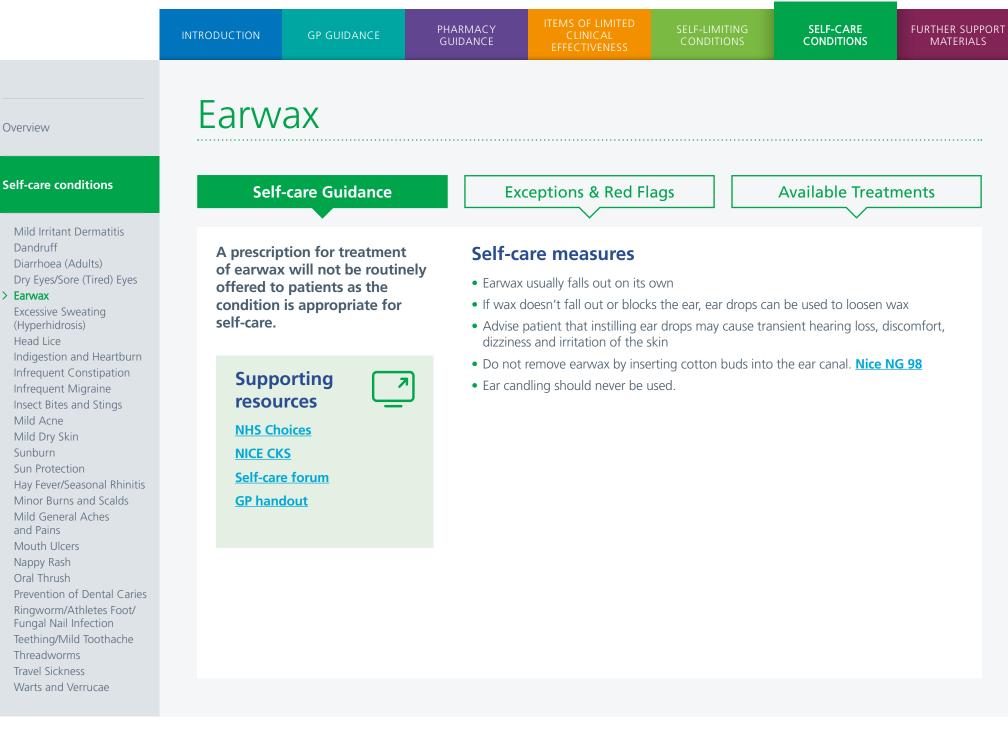
Products listed in table are licensed to treat this condition. Please note there may be limited clinical evidence available to support use of some products. We recommend patients speak to a pharmacist for individual advice. Exceptions included are not an exhaustive list, please check product licences. Prices correct at time of writing and are subject to change.

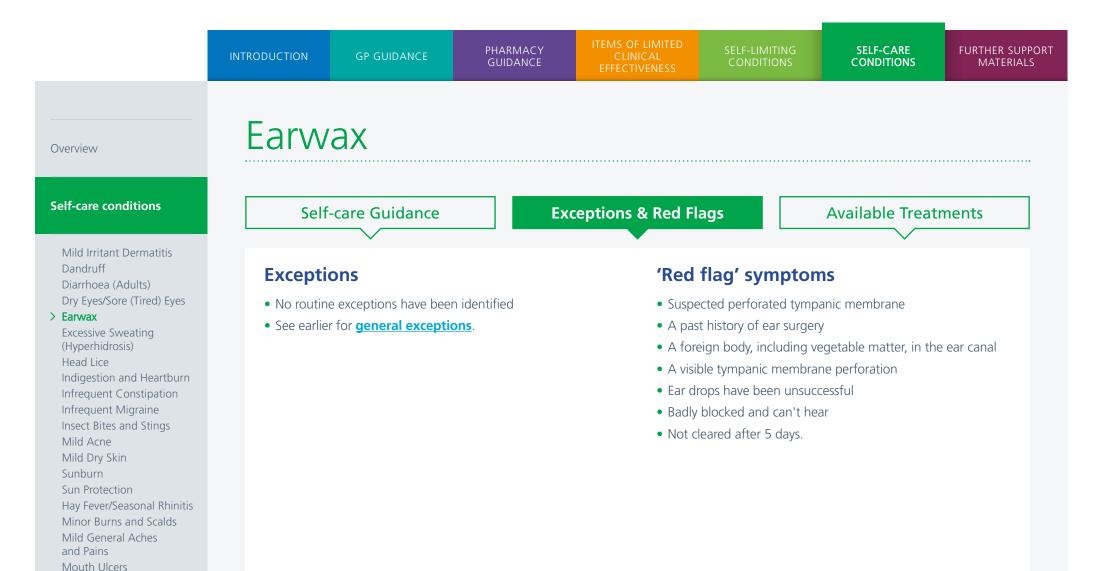
Example OTC medications (generic)	Brand	Price	OTC restrictions
Hypromellose 0.1%/0.3% eye drops	 Tears Naturale[®] Eye Drops Isopto Plain[®] 	E E	 Children under 18 years (Carbomer) Pregnancy, breastfeeding (check individual brands)
Carbomer 0.2% ophthalmic gel	• Viscotears Liquid Gel® 🛨	££	
Sodum hyaluronate 0.2% preservative free eye drops			
Carmellose 0.5% eye drops unit dose	• Celluvisc [®] 0.5% (0.4ml) pack of 30 ●	££	

£ Less than £1

£ £ f1-f5 **£ £ £** N

£ £ £ More than £5

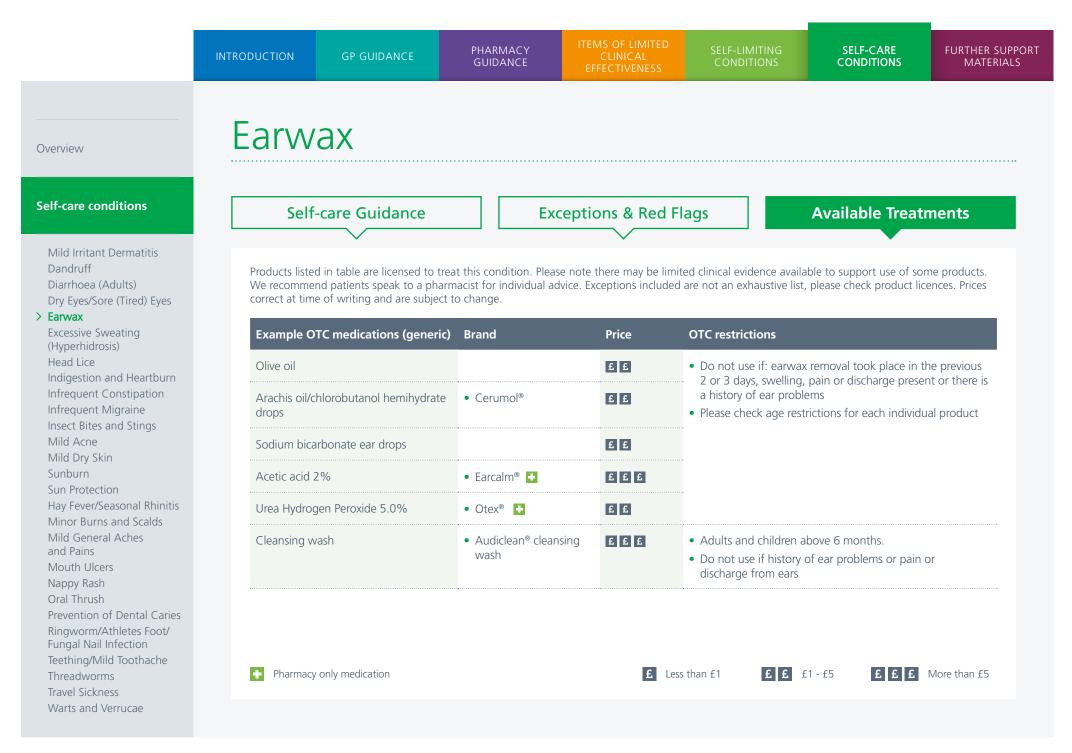




Nappy Rash Oral Thrush

Threadworms Travel Sickness Warts and Verrucae

Prevention of Dental Caries Ringworm/Athletes Foot/ Fungal Nail Infection Teething/Mild Toothache



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Excessive Sweating (Hyperhidrosis)

Self-care conditions Self-care Guidance **Exceptions & Red Flags** Available Treatments Mild Irritant Dermatitis Dandruff A prescription for treatment of Self-care measures Diarrhoea (Adults) excessive sweating will not be Dry Eyes/Sore (Tired) Eyes • Use a commercial antiperspirant (as opposed to a deodorant) frequently e.g. routinely offered to patients as Earwax 20% aluminium chloride hexahydrate preparations such as roll-on antiperspirants the condition is appropriate for > Excessive Sweating and sprays, which are available over-the-counter self-care. (Hyperhidrosis) • Modify behaviour to avoid identified triggers (such as crowded rooms, alcohol, Head Lice caffeine, or spicy foods), where possible Indigestion and Heartburn Infrequent Constipation • Avoid: tight clothing and man-made fabrics e.g. nylon and enclosed boots **Supporting** 7 Infrequent Migraine or sports shoes resources Insect Bites and Stings • Wear white or black clothing to minimize the signs of sweating Mild Acne **NHS Choices** • Consider using dress shields (also known as armpit or sweat shields) to absorb Mild Dry Skin excess sweat and protect delicate or expensive clothing Sunburn **NICE CKS** Sun Protection • Wear moisture-wicking socks, changing them at least twice daily Self-care forum Hay Fever/Seasonal Rhinitis • Use absorbent soles, and use absorbent foot powder twice daily **GP** handout Minor Burns and Scalds • If skin irritation occurs with the application of topical aluminum salt preparations, use Mild General Aches topical emollients and soap substitutes to reduce irritation and reduce the frequency and Pains Mouth Ulcers of topical aluminum salt application until symptoms resolve. Nappy Rash Oral Thrush Prevention of Dental Caries Rinaworm/Athletes Foot/ Fungal Nail Infection Teething/Mild Toothache Threadworms Travel Sickness Warts and Verrucae

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Self-care conditions

Mild Irritant Dermatitis Dandruff Diarrhoea (Adults) Dry Eyes/Sore (Tired) Eyes Earwax

> Excessive Sweating (Hyperhidrosis)

Head Lice Indigestion and Heartburn Infrequent Constipation Infrequent Migraine Insect Bites and Stings Mild Acne Mild Dry Skin Sunburn Sun Protection Hay Fever/Seasonal Rhinitis Minor Burns and Scalds Mild General Aches and Pains Mouth Ulcers Nappy Rash Oral Thrush Prevention of Dental Caries Ringworm/Athletes Foot/ Fungal Nail Infection Teething/Mild Toothache Threadworms Travel Sickness Warts and Verrucae

Excessive Sweating (Hyperhidrosis)



• See earlier for general exceptions.

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Self-care conditions

Mild Irritant Dermatitis Dandruff Diarrhoea (Adults) Dry Eyes/Sore (Tired) Eyes Earwax

Excessive Sweating (Hyperhidrosis)

Head Lice
Indigestion and Heartburn
Infrequent Constipation
Infrequent Migraine
Insect Bites and Stings
Mild Acne
Mild Dry Skin
Sunburn
Sun Protection
Hay Fever/Seasonal Rhinitis
Minor Burns and Scalds
Mild General Aches
and Pains
Mouth Ulcers
Nappy Rash
Oral Thrush
Prevention of Dental Caries
Ringworm/Athletes Foot/
Fungal Nail Infection
Teething/Mild Toothache
Threadworms
Travel Sickness
Warts and Verrucae

Excessive Sweating (Hyperhidrosis)

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Exceptions & Red Flags

Example OTC medications (generic)	Brand	Price	OTC restrictions		
Aluminum chloride hexahydrate 20%	 Driclor[®] Perspirex[®] antiperpirant roll on Anydrol Forte[®] roll on 	333 333 333	Broken or infected sExternal use only	kin	
		E F			
 Pharmacy only medication 		£ Les	is than £1 £	£1 - £5 £ £ £	More that



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INTRODUCTION

NHS Choices

Self-care forum

GP handout

NICE CKS

PHARMACY

GUIDANCE

- Try not to scratch affected area. Repeat • Detection combing should be done
- after all treatments to confirm the success of the treatment. Children of primary school age should be examined regularly at home

treatment, if necessary

> Children being treated for head lice can still attend school

SELF-CARE

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FURTHER SUPPORT

MATERIALS

- > There is no evidence that head lice have a preference for either clean or dirty hair
- > There is no need to treat clothing or bedding that has been in contact with lice
- The following products are not recommended for the treatment of head lice infestation due to a lack of consistent evidence for their safety and efficacy
 - > Essential oil-based treatments (such as tea tree oil, eucalyptus oil, and lavender oil) and herbal remedies
 - > Electric combs in addition, expert consensus is that they should not be used because they are expensive and can pose a safety risk if used incorrectly
- > Nitlotion[®] (contains coconut oil)
- > Hair conditioner.

Nappy Rash

Oral Thrush

Threadworms

Travel Sickness Warts and Verrucae

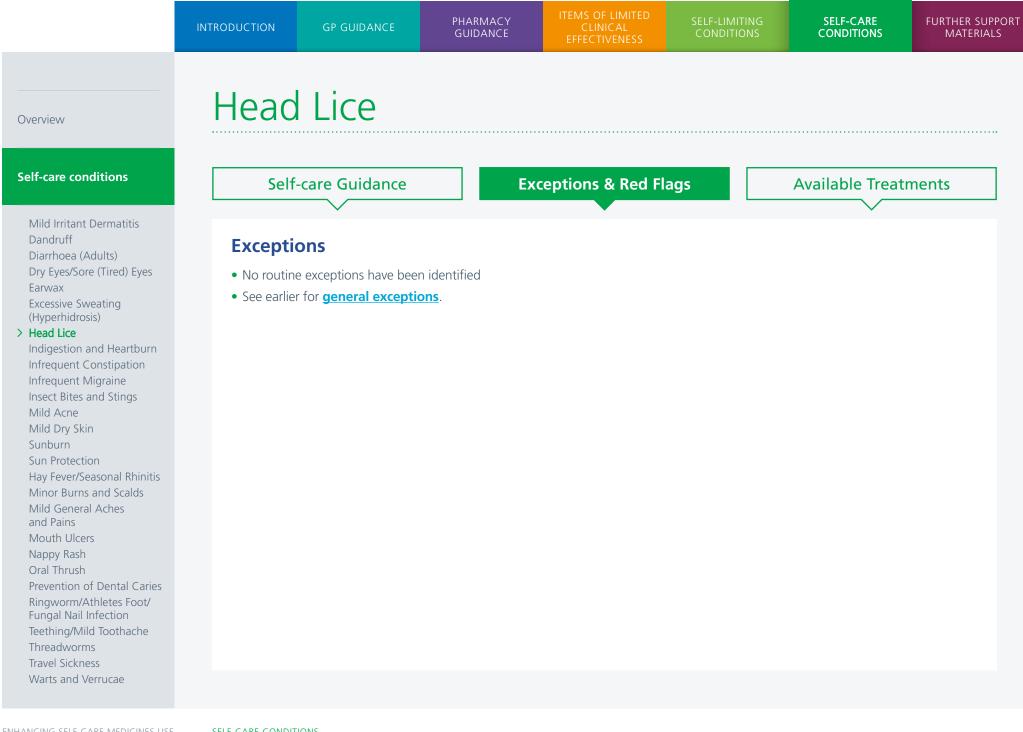
Prevention of Dental Caries

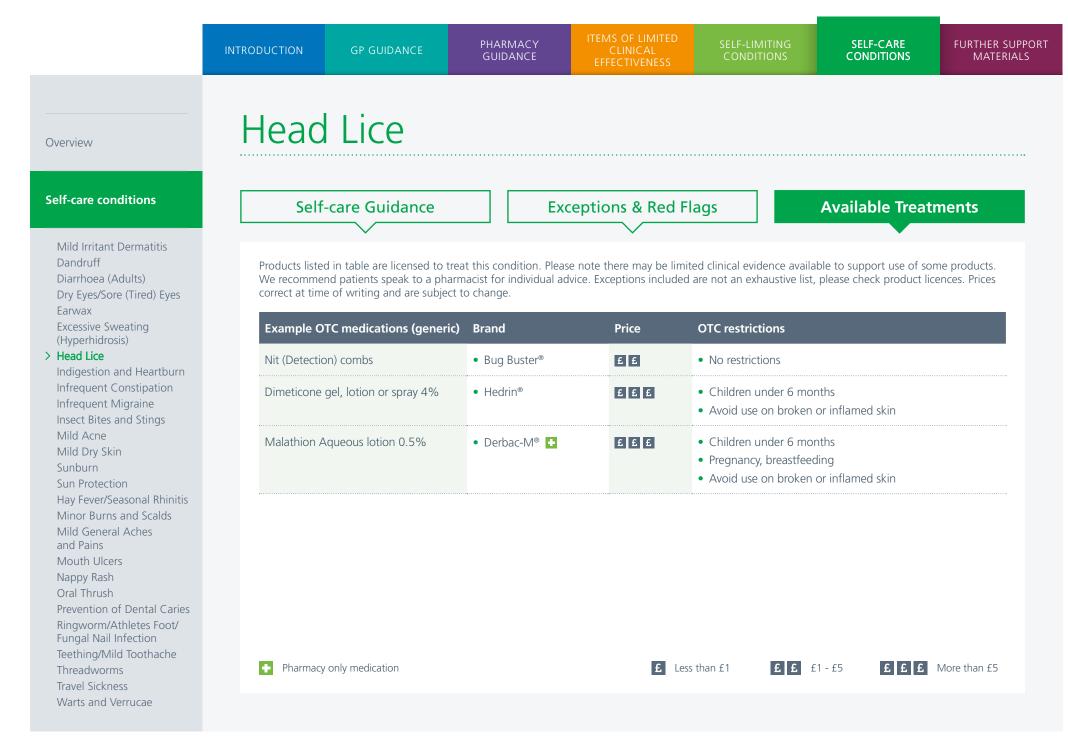
Rinaworm/Athletes Foot/

Teething/Mild Toothache

Fungal Nail Infection

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Self-care conditions

- Mild Irritant Dermatitis Dandruff Diarrhoea (Adults) Dry Eyes/Sore (Tired) Eyes Earwax Excessive Sweating (Hyperhidrosis) Head Lice
- > Indigestion and Heartburn Infrequent Constipation Infrequent Migraine Insect Bites and Stings Mild Acne Mild Dry Skin Sunburn Sun Protection Hay Fever/Seasonal Rhinitis Minor Burns and Scalds Mild General Aches and Pains Mouth Ulcers Nappy Rash Oral Thrush Prevention of Dental Caries Rinaworm/Athletes Foot/ Fungal Nail Infection Teething/Mild Toothache Threadworms Travel Sickness Warts and Verrucae

Indigestion and Heartburn

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Self-care Guidance

Exceptions & Red Flags



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A prescription for treatment of minor, short-term indigestion and heartburn will not be routinely offered to patients as these are appropriate for self-care. Patients should seek medical advice if their symptoms do not respond to treatment, or if their symptoms worsen.

Supporting resources NHS Choices NICE CKS

Self-care forum

<u>Self-care forun</u>

<u>GP handout</u>

Self-care measures

- The following lifestyle changes may help symptoms:
- > Lose weight if overweight or obese
- > Avoid any trigger foods, such as coffee, chocolate, tomatoes, fatty or spicy foods
- > Eat smaller meals and eat evening meal at least 3 hours before going to bed, if possible
- > Stop smoking, if appropriate
- > Reduce alcohol consumption to recommended limits, if appropriate
- Raise the head of the bed if nightime symptoms are a problem
- Widely available treatments include:
- > Antacids (such as aluminum hydroxide and magnesium carbonate, hydroxide and trisilicate)

- > Alginates (such as sodium alginate) and compound alginate preparations are available over-the-counter in local pharmacies, in petrol stations and in supermarkets
- > H2-receptor antagonists, such as ranitidine, and proton pump inhibitors (PPIs), such as omeprazole and pantoprazole, are widely available (PPIs only from pharmacies)
- These medicines should not be taken for prolonged periods without consulting a health professional
- Avoid aspirin-like drugs (NSAIDs) (e.g. ibuprofen)
- Seek the advice of a pharmacist or other healthcare professional if you think medication you take is causing the problem. e.g. aspirin, ibuprofen.

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Self-care conditions

Mild Irritant Dermatitis Dandruff Diarrhoea (Adults) Dry Eyes/Sore (Tired) Eyes Earwax Excessive Sweating (Hyperhidrosis) Head Lice

> Indigestion and Heartburn

Infrequent Constipation Infrequent Migraine Insect Bites and Stings Mild Acne Mild Dry Skin Sunburn Sun Protection Hay Fever/Seasonal Rhinitis Minor Burns and Scalds Mild General Aches and Pains Mouth Ulcers Nappy Rash Oral Thrush Prevention of Dental Caries Ringworm/Athletes Foot/ Fungal Nail Infection Teething/Mild Toothache Threadworms Travel Sickness Warts and Verrucae

Indigestion and Heartburn



- An upper abdominal swelling or mass
- Chronic GI bleeding
- Over 55 years with unexplained and persistent dyspepsia
- Iron deciciency anaemia.

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Self-care conditions

 Mild Irritant Dermatitis
 Dandruff
 Diarrhoea (Adults)
 Dry Eyes/Sore (Tired) Eyes
 Earwax
 Excessive Sweating (Hyperhidrosis)
 Head Lice
 Indigestion and Heartburn

Infrequent Constipation Infrequent Migraine Insect Bites and Stings Mild Acne Mild Dry Skin Sunburn Sun Protection Hay Fever/Seasonal Rhinitis Minor Burns and Scalds Mild General Aches and Pains Mouth Ulcers Nappy Rash Oral Thrush Prevention of Dental Caries Ringworm/Athletes Foot/ Fungal Nail Infection Teething/Mild Toothache Threadworms Travel Sickness

Warts and Verrucae

Indigestion and Heartburn



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Example OTC medications (generic)	Brand	Price	OTC restrictions
Sodium alginate, Calcium carbonate, Sodium bicarbonate tablets	 Gaviscon[®] tablets Gaviscon Double action[®] 	££ ££	Children under 12 yearsRenal failureHypercalcaemia
Calcium Carbonate, Magnesium Carbonate tablets	 Rennie[®] chewable tablets 	££	NephrocalcinosisKidney stones
Ranitidine tablets (£ £)	• Zantac®	£ £ £	 Children under 16 years Peptic ulceration Elderly taking NSAIDs Pregnancy, breastfeeding
Esomeprazole 20mg tablets	Nexium Control [®]	£££	Children under 18 years
Pantoprazole 20mg tablets	• Pantoloc Control® 🗗	£££	 Adults over 55 years Pregnancy, breastfeeding Jaundice or liver disease

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Infrequent Constipation (Adults)

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Self-care co

Indigestio > Infrequent Infrequent

Warts and Verrucae

elf-care conditions	Self-care Guidance	Exceptions & Red Flags	Available Treatments
Mild Irritant Dermatitis Dandruff Diarrhoea (Adults) Dry Eyes/Sore (Tired) Eyes Earwax	A prescription for treatment of infrequent constipation in adults will not be routinely offered to patients as the	 Self-care measures Eat a healthy balanced diet and have regular their juices), and vegetables 	meals. Include whole grains, fruits (and
Excessive Sweating (Hyperhidrosis) Head Lice	condition is appropriate for self-care.	• Fibre intake should be increased gradually (to adults should aim to consume 30g of fibre p	5.
Indigestion and Heartburn		Avoid dehydration and drink plenty of water	
Infrequent Constipation Infrequent Migraine Insect Bites and Stings Mild Acne	Supporting resources	 Being physically active helps your bowels mominimum of 150 minutes per week of activit to hold a conversation (or 75 minutes of high levels should be gradual 	y leaving them out of breath but still able
Mild Dry Skin Sunburn Sun Protection	NHS Choices NICE CKS	 Respond to your bowel's natural pattern and you feel the urge to go 	do not delay going to the toilet when
Hay Fever/Seasonal Rhinitis	Self-care forum	• Simple pain killers such as paracetamol can h	elp to relieve pain
Minor Burns and Scalds Mild General Aches and Pains Mouth Ulcers	<u>GP handout</u>	 Medicines to ease constipation are available bowels. These include bulk-forming preparat and suppositories 	
Nappy Rash Oral Thrush Prevention of Dental Caries		Seek advice from a healthcare professional be	efore stopping any prescribed medication.
Ringworm/Athletes Foot/ Fungal Nail Infection			
Teething/Mild Toothache			
Threadworms Travel Sickness			

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Infrequent Constipation (Adults)

Self-care conditions Self-care Guidance **Available Treatments Exceptions & Red Flags** Mild Irritant Dermatitis Dandruff **Exceptions** 'Red flag' symptoms Diarrhoea (Adults) Dry Eyes/Sore (Tired) Eyes • Suspected serious underlying cause such as colorectal cancer • Frequent constipation Earwax • Opioid induced constipation • Suspected secondary cause of constipation, which cannot be **Excessive Sweating** managed in primary care • When self-care measures have been ineffective, or symptoms (Hyperhidrosis) have not adequately responded, treatment with prescription • Symptoms that persist or recur despite optimal self-care Head Lice Indigestion and Heartburn laxatives could be offered management in primary care > Infrequent Constipation • 'Red flag' symptoms • Symptoms are not improving with treatment Infrequent Migraine See earlier for general exceptions. • Constipation is regular and lasts a long time Insect Bites and Stings Mild Acne • Bloating that lasts a long time Mild Dry Skin Blood in faeces Sunburn • Unexpected weight loss (or a child has not grown Sun Protection or gained weight) Hay Fever/Seasonal Rhinitis Minor Burns and Scalds Continual extreme tiredness Mild General Aches and Pains Mouth Ulcers Nappy Rash Oral Thrush Prevention of Dental Caries Ringworm/Athletes Foot/

Warts and Verrucae

Fungal Nail Infection Teething/Mild Toothache

Threadworms Travel Sickness Infrequent Constipation (Adults)

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Self-care conditions

Diarrhoea (Adults)

Excessive Sweating (Hyperhidrosis) Head Lice

Dry Eyes/Sore (Tired) Eyes

Indigestion and Heartburn > Infrequent Constipation Infrequent Migraine Insect Bites and Stings

Hay Fever/Seasonal Rhinitis Minor Burns and Scalds Mild General Aches

Prevention of Dental Caries Ringworm/Athletes Foot/ Fungal Nail Infection Teething/Mild Toothache

Dandruff

Earwax

Mild Acne Mild Dry Skin Sunburn Sun Protection

and Pains Mouth Ulcers Nappy Rash Oral Thrush

Threadworms Travel Sickness Warts and Verrucae



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Ispaghula Husk Granules	 Fybogel[®] Manevac[®] 	££	Children under 6 yearsDiabetes
Lactulose	• Duphalac®	EE	 Galactosaemia Gastro-intestinal obstruction, digestive perforation or risl of digestive perforation
Bisacodyl 5mg tablets	• Dulcolax®	EE	 Acute inflammatory bowel diseases Severe dehydration Pregnancy and breastfeeding Children under 4 years
Senna tablets (🖻)	 Senokot[®] tablets and liquid 	EE	Severe dehydrationChildren under 18 yearsPregnancy, breastfeeding
Glycerol suppositories (generic)		££	Not licensed for children under 12 years
Docusate 100mg capsules	• Dioctyl capsules 🚹	££	Not licensed for children under 12 years

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Earwax

Head Lice

Mild Acne

Sunburn Sun Protection

and Pains

Mouth Ulcers

Nappy Rash

Oral Thrush

Threadworms Travel Sickness Warts and Verrucae

Mild Dry Skin

Excessive Sweating

> Infrequent Migraine

Insect Bites and Stings

Indigestion and Heartburn Infrequent Constipation

Hay Fever/Seasonal Rhinitis

Prevention of Dental Caries

Rinaworm/Athletes Foot/

Teething/Mild Toothache

Fungal Nail Infection

Minor Burns and Scalds

Mild General Aches

(Hyperhidrosis)

Self-care conditions Self-care Guidance **Available Treatments Exceptions & Red Flags** Mild Irritant Dermatitis Dandruff A prescription for treatment of Self-care measures Diarrhoea (Adults) infrequent migraine will not be Dry Eyes/Sore (Tired) Eyes • Treat with OTC products such as a triptan, paracetamol or ibuprofen tablets routinely offered to patients as (see OTC restrictions)

- Opioids are present in some OTC combination treatments for migraine but are not recommended for use because they may increase nausea and can increase the risk of medication overuse headache
- Maintain a generally healthy lifestyle and keep a headache diary to Identify and reduce triggers such as:
- > Menstrual cycle in women
- > Altered sleep patterns
- > Stress relaxation after stress, so-called 'weekend migraine'
- > Specific foods these should only be suspected as a trigger when migraine occurs within 6 hours of intake, and this effect is reasonably reproducible. Once a food has been identified as a trigger, a trial of avoidance can be undertaken to see if the migraine improves. Chocolate, cheese, caffeine, and alcohol have been reported as precipitants
- > Strong smells, bright light
- > Dehydration and missed meals
- > Jet lag
- > Strenuous exercise is thought to trigger migraine in those unaccustomed to it, however regular exercise may help to prevent migraine.

the condition is appropriate for self-care. While the underlying disorder cannot be cured. it can be effectively treated with self-care measures, and usually improves over time.

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Infrequent Migraine

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NICE CKS

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Self-care conditions

Mild Irritant Dermatitis Dandruff Diarrhoea (Adults) Dry Eyes/Sore (Tired) Eyes Earwax Excessive Sweating (Hyperhidrosis) Head Lice Indigestion and Heartburn Infrequent Constipation

> Infrequent Migraine

Insect Bites and Stings Mild Acne Mild Dry Skin Sunburn Sun Protection Hay Fever/Seasonal Rhinitis Minor Burns and Scalds Mild General Aches and Pains Mouth Ulcers Nappy Rash Oral Thrush Prevention of Dental Caries Ringworm/Athletes Foot/ Fungal Nail Infection Teething/Mild Toothache Threadworms Travel Sickness Warts and Verrucae

Infrequent Migraine

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- Preventive treatment does not adequately reduce the frequency of headaches
- See earlier for general exceptions.

• Frequent migraines.

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Self-care conditions

Mild Irritant Dermatitis Dandruff Diarrhoea (Adults) Dry Eyes/Sore (Tired) Eyes Earwax Excessive Sweating (Hyperhidrosis) Head Lice Indigestion and Heartburn Infrequent Constipation

> Infrequent Migraine

Insect Bites and Stings Mild Acne Mild Dry Skin Sunburn Sun Protection Hay Fever/Seasonal Rhinitis Minor Burns and Scalds Mild General Aches and Pains Mouth Ulcers Nappy Rash Oral Thrush Prevention of Dental Caries Ringworm/Athletes Foot/ Fungal Nail Infection Teething/Mild Toothache Threadworms Travel Sickness Warts and Verrucae

Infrequent Migraine



Exceptions & Red Flags

Available Treatments

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Example OTC medications (generic)	Brand	Price	OTC restrictions			
Sumatriptan 50mg tablets (generic)	• Imigran recovery [®] 🕂	£££	Under 18 years of age and over 65 years of age			
Paracetamol 500mg tablets and capsules (£ / 16 tablets) Paracetamol 500mg soluble tablets	 Anadin paracetamol[®] Mandanol[®] Panadol[®] 	£ £ £ £ £	 Long-term conditions requiring regular pain relief Children under 12 years Severe renal or severe hepatic impairment 			
Ibuprofen 200mg, 400mg capsules and tablets (£ / 16 tablets)	 Anadin[®] Ibuprofen Nurofen[®] Calprofen[®] Cuprofen[®] 	22 22 22 22 22 22 22 22 22 22 22 22 22	 Long-term conditions requiring regular pain relief Asthma Unstable high blood pressure Taking anticoagulants Pregnancy, breastfeeding 			
Prochlorperazine maleate sublingual 3mg tablet	 Buccastem[®] M tablet 3mg 	£ £ £	 Impaired liver function Existing blood dyscrasias Epliepsy Parkinson's Disease Protastic hypertrophy Narrow angle glaucoma Pregnancy, breastfeeding Children under 18 years 			
Co-codamol 8/500mg tablets, capsules, effervescent tablets (£ £)	 Migraleve[®] Yellow tablets Paracodol[®] 	£ £ £ £ £ £	 Children under 12 years Severe liver disease Pregnancy, breastfeeding 			

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Insect Bites and Stings

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Self-care conditions Self-care Guidance **Exceptions & Red Flags Available Treatments** Mild Irritant Dermatitis Dandruff A prescription for treatment Self-care measures Diarrhoea (Adults) of insect bites and stings Dry Eyes/Sore (Tired) Eyes • Usually no treatment other than simple first aid is required will not be routinely offered Earwax to patients as these are • If a **sting or tick** is visible in the skin, remove it using tweezers Excessive Sweating appropriate for self-care. • Wash the affected area with soap and water (Hyperhidrosis) Head Lice • Apply a cold compress (such as a flannel or cloth cooled with cold water) or an ice Indigestion and Heartburn pack to any swelling for at least 10 minutes Infrequent Constipation Supporting • Raise or elevate the affected area if possible, as this can help reduce swelling Infrequent Migraine resources > Insect Bites and Stings • Keep the area clean and avoid scratching the area, to reduce the risk of infection Mild Acne • Oral analgesics such as paracetamol and ibuprofen can help ease pain (see **OTC NHS Choices** Mild Dry Skin restrictions). Oral antihistamines or topical corticosteroids may help reduce Sunburn **NICE CKS** itching. Topical antipruritics, topical antihistamines and topical anesthetics sold Sun Protection over-the-counter are of uncertain value in the treatment of insect bites. Self-care forum Hay Fever/Seasonal Rhinitis **GP** handout Minor Burns and Scalds Mild General Aches and Pains Mouth Ulcers Nappy Rash Oral Thrush Prevention of Dental Caries Rinaworm/Athletes Foot/ Fungal Nail Infection Teething/Mild Toothache Threadworms Travel Sickness Warts and Verrucae

CONDITIONS

Overview

Self-care conditions

- Mild Irritant Dermatitis Dandruff Diarrhoea (Adults) Dry Eyes/Sore (Tired) Eyes Earwax Excessive Sweating (Hyperhidrosis)
- Head Lice Indigestion and Heartburn Infrequent Constipation Infrequent Migraine

> Insect Bites and Stings

Mild Acne Mild Dry Skin Sunburn Sun Protection Hay Fever/Seasonal Rhinitis Minor Burns and Scalds Mild General Aches and Pains Mouth Ulcers Nappy Rash Oral Thrush Prevention of Dental Caries Ringworm/Athletes Foot/ Fungal Nail Infection Teething/Mild Toothache Threadworms Travel Sickness Warts and Verrucae

Insect Bites and Stings



• Symptoms are worsening despite treatment in primary care.

Overview

Self-care conditions

Mild Irritant Dermatitis Dandruff Diarrhoea (Adults) Dry Eyes/Sore (Tired) Eyes Earwax Excessive Sweating (Hyperhidrosis) Head Lice Indigestion and Heartburn Infrequent Constipation Infrequent Migraine

> Insect Bites and Stings

Mild Acne Mild Dry Skin Sunburn Sun Protection Hay Fever/Seasonal Rhinitis Minor Burns and Scalds Mild General Aches and Pains Mouth Ulcers Nappy Rash Oral Thrush Prevention of Dental Caries Ringworm/Athletes Foot/ Fungal Nail Infection Teething/Mild Toothache Threadworms

Travel Sickness

Warts and Verrucae

Insect	Bites	and	Stings



GP GUIDANCE

Exceptions & Red Flags

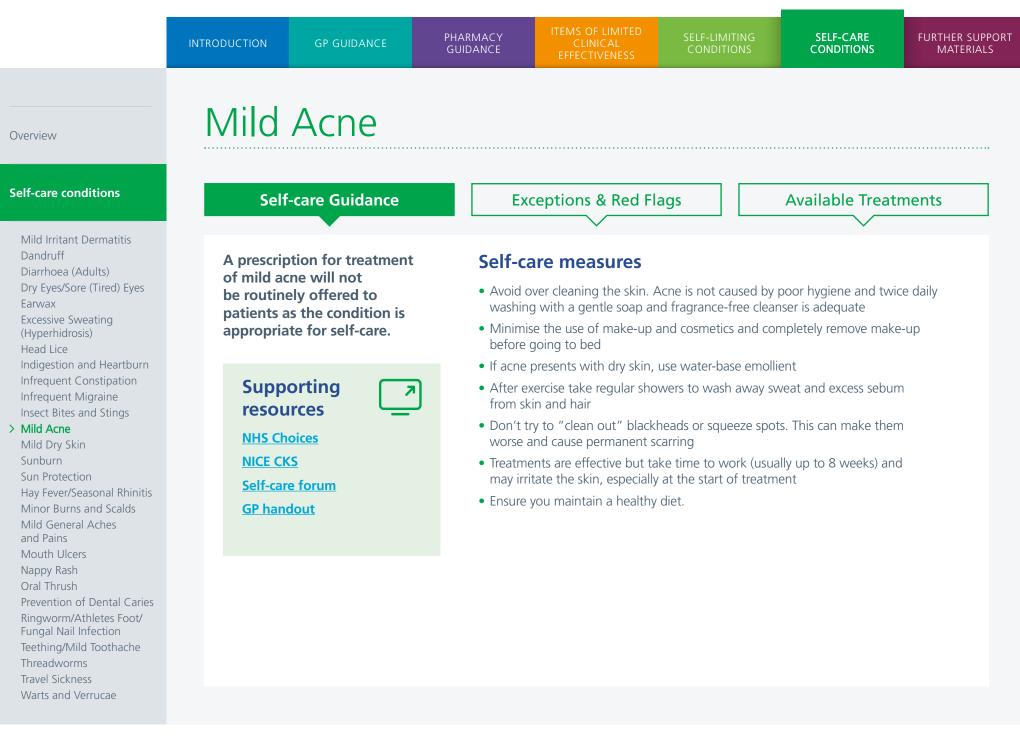
Available Treatments

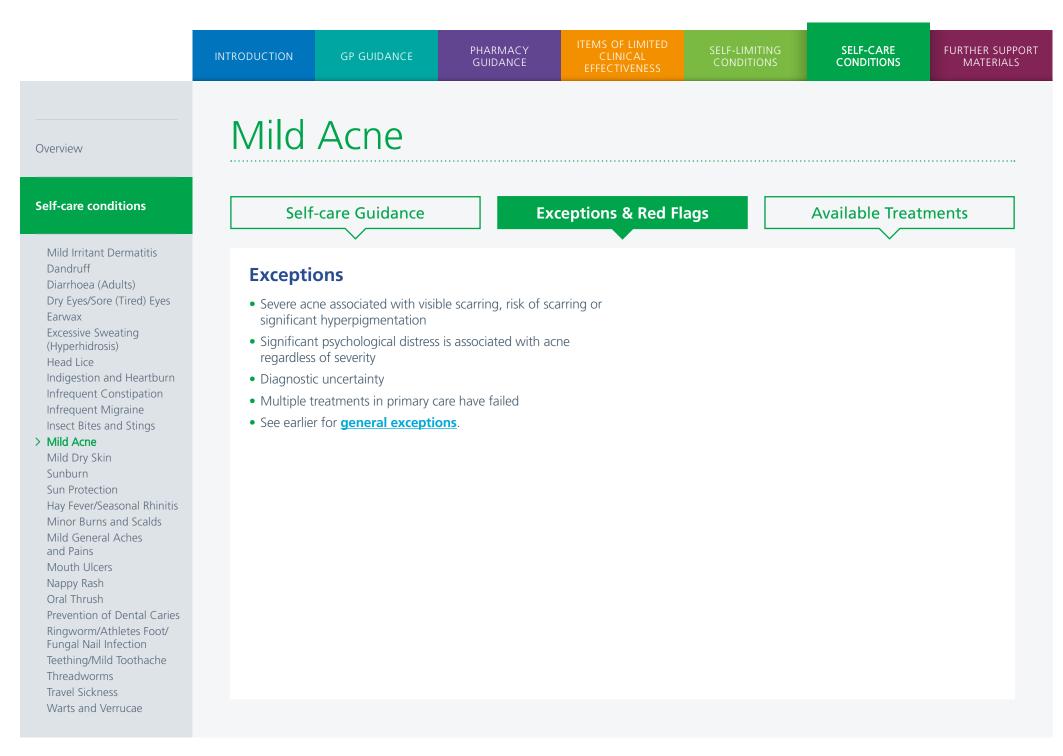
SELF-CARE

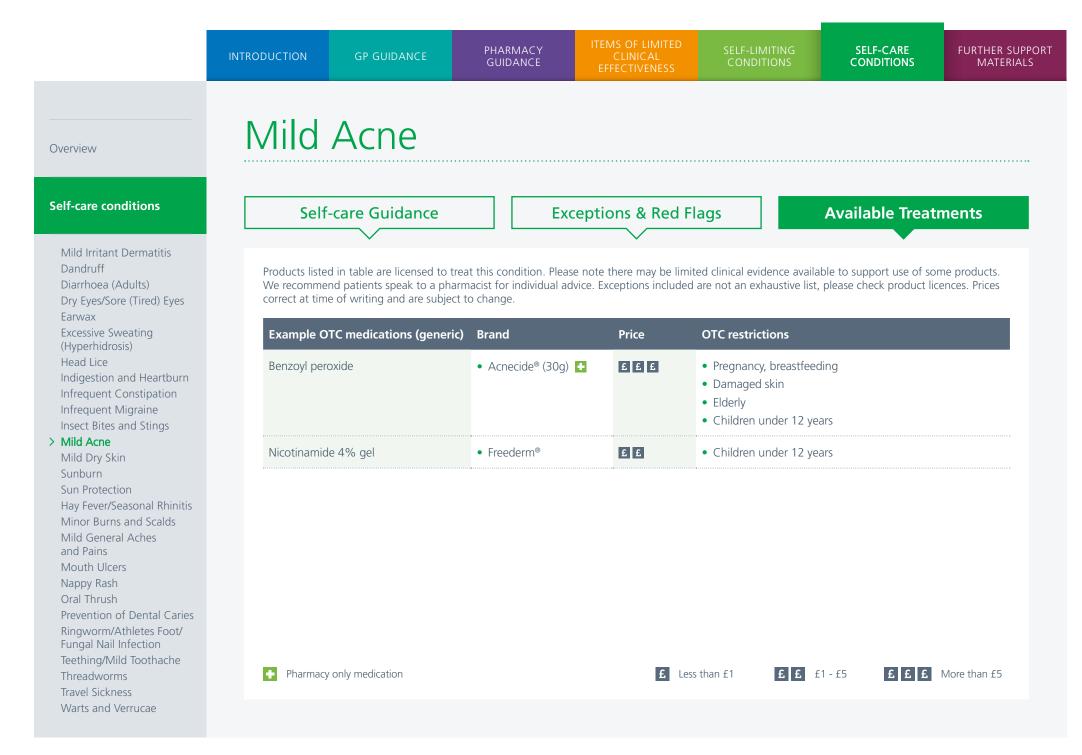
CONDITIONS

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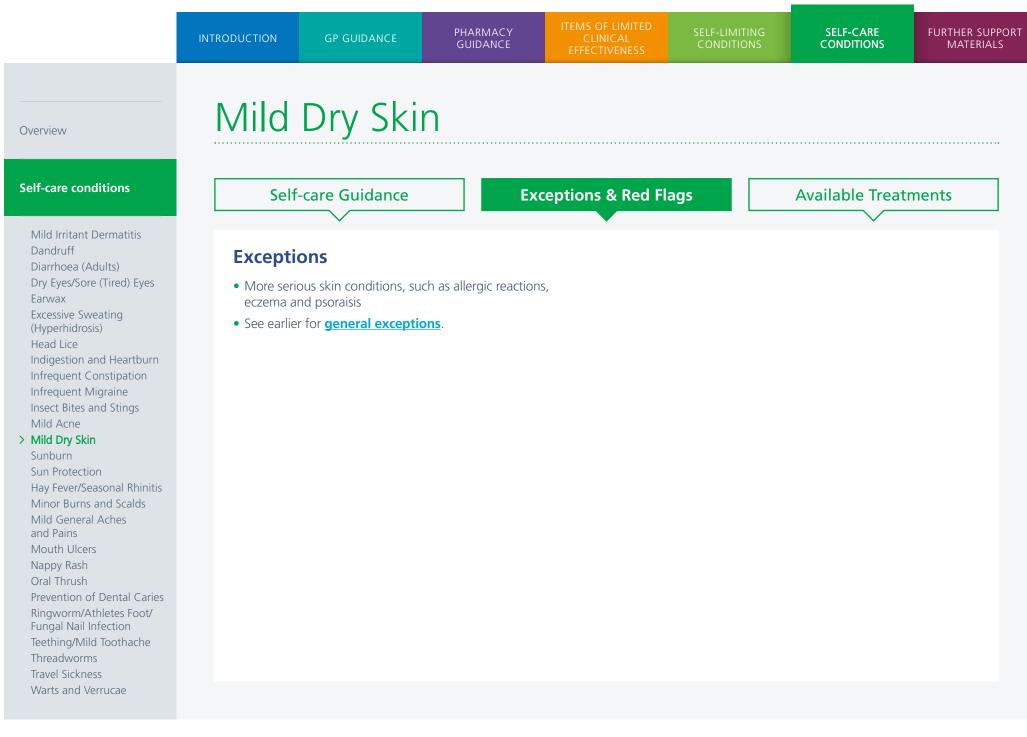
Example OTC medications (generic)	Brand	Price	OTC restrictions
Chlorphenamine tablets/syrup	• Piriton® 🚹	£ £ (30 tablets), £ £ (150ml)	Tablets not licensed for under 6 yearsSyrup not licensed for under 1 years
Cetirizine tablets 10mg (🗈) / liquid	 Zirtek[®] Piriteze[®] Benadryl[®] Benadryl[®] liquid 	2 2 2 2 2 2 2 2 2 2 2 2 2 2 2	 Children under 6 years - tablets Children under 2 years – syrup Pregnancy, breastfeeding Liver impairment
Loratadine 10mg tablets (£) or Loratadine 5mg/5ml syrup	 Clarityn[®] Clarityn[®] liquid 	££	 Rare hereditary problems of galactose intolerance, the Lapp lactase deficiency or glucose- galactose malabsorption
Mepyramine maleate 2%	• Anthisan [®] Bite & Sting Cream 2% (20g)	££	Broken or infected skinChildren under 2 years
Lidocaine hydrochloride/zinc sulphate/ cetrimide	• Savlon® Bites & Stings Pain Relief Gel	££	Children under 12 yearsAnimal bitesBroken or infected skin
Calamine/zinc oxide	Calamine lotion	££	Broken or infected skin

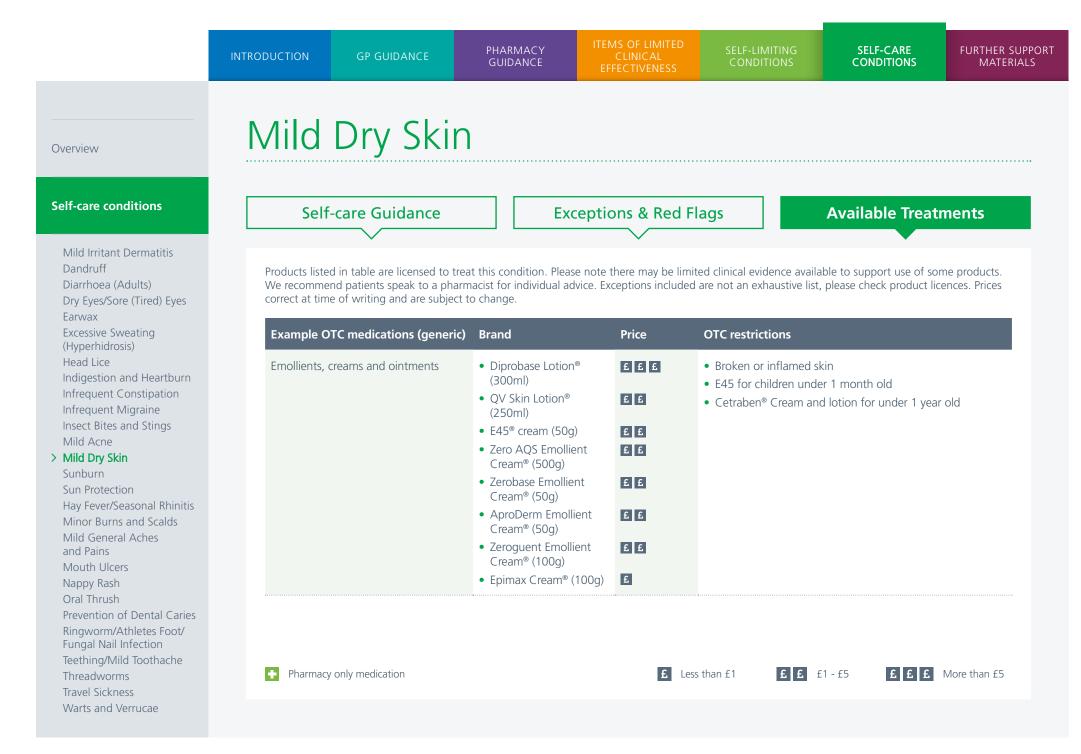


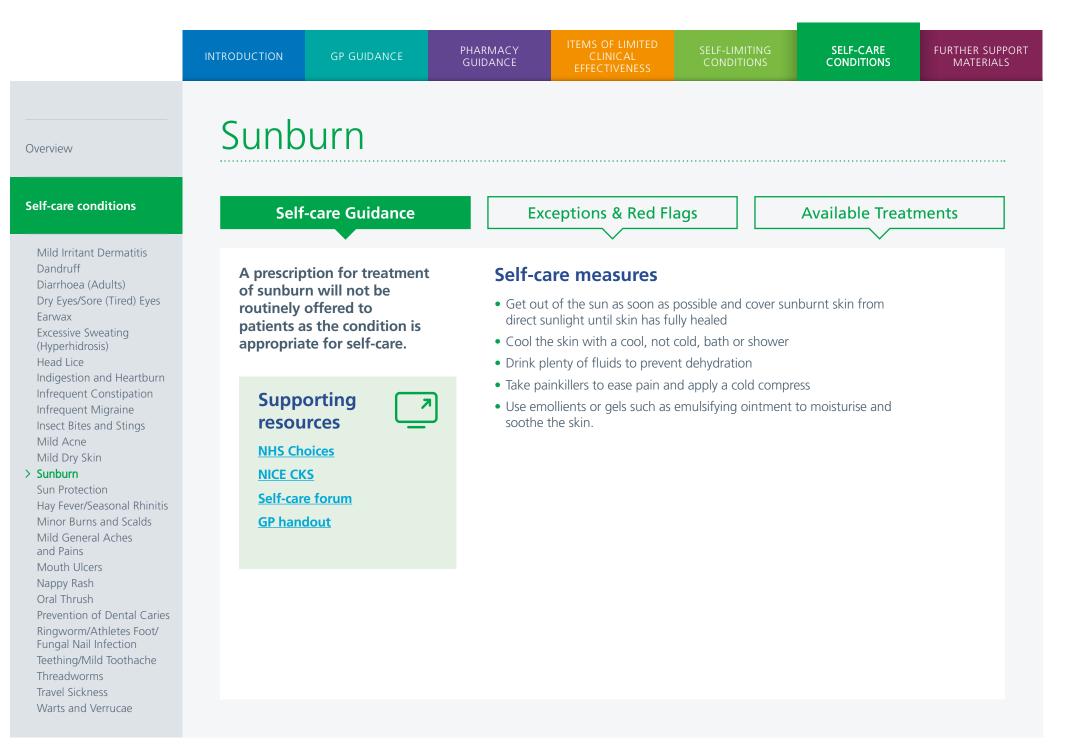


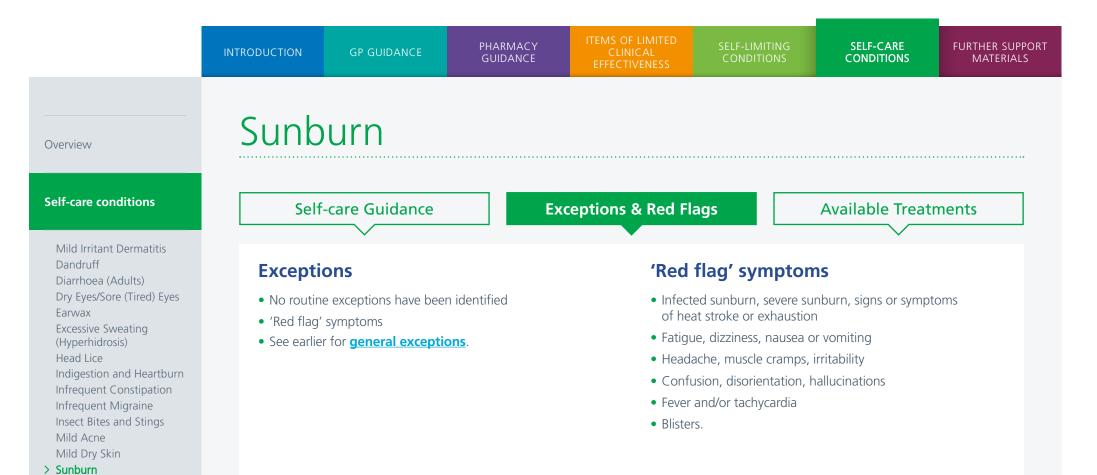


	INTRODUCTION	GP GUIDANCE	PHARMACY GUIDANCE	ITEMS OF LIMITED CLINICAL EFFECTIVENESS	SELF-LIMITING CONDITIONS	SELF-CARE CONDITIONS	FURTHER SUPPORT MATERIALS
Overview	Mild	Dry Skir	٦				
Self-care conditions	Self	-care Guidance	Ex	ceptions & Red Fl	ags	Available Treat	ments
Mild Irritant Dermatitis Dandruff Diarrhoea (Adults) Dry Eyes/Sore (Tired) Eyes Earwax Excessive Sweating (Hyperhidrosis) Head Lice Indigestion and Heartburn Infrequent Constipation Infrequent Migraine Insect Bites and Stings Mild Acne > Mild Dry Skin Sunburn Sun Protection Hay Fever/Seasonal Rhinitis Minor Burns and Scalds Mild General Aches and Pains Mouth Ulcers Nappy Rash Oral Thrush Prevention of Dental Caries Ringworm/Athletes Foot/ Fungal Nail Infection Teething/Mild Toothache Threadworms Travel Sickness Warts and Verrucae	of mild dr be routine patients a appropria	oices e forum	 Moistu as need Emollie shower emollie Avoid s dyes, o 	are measures rise your skin with an e ded nts are best applied aft ring because this is whe nts liberally skin care products and s r other chemicals fort, warm baths or sho	er washing hands, tak en the skin most need soaps that contain alco	king a bath or s moisture. Apply	









ENHANCING SELF-CARE MEDICINES USE SELF-CARE CONDITIONS

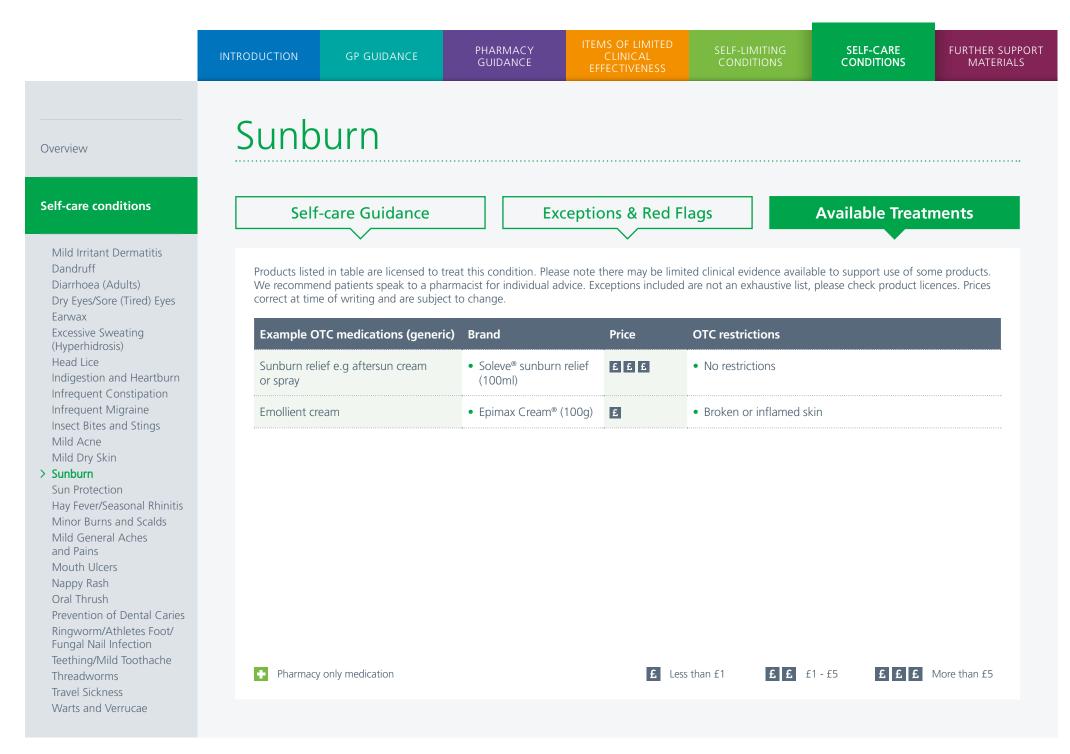
Sun Protection

and Pains Mouth Ulcers Nappy Rash Oral Thrush

Threadworms Travel Sickness Warts and Verrucae

Hay Fever/Seasonal Rhinitis Minor Burns and Scalds Mild General Aches

Prevention of Dental Caries Ringworm/Athletes Foot/ Fungal Nail Infection Teething/Mild Toothache



	INTRODUCTION	GP GUIDANCE	PHARMACY GUIDANCE	ITEMS OF LIMITED CLINICAL EFFECTIVENESS	SELF-LIMITING CONDITIONS	SELF-CARE CONDITIONS	FURTHER SUPPORT MATERIALS
Overview	Sun F	Protectio	on				
Self-care conditions	Self	-care Guidance	Ex	ceptions & Red Fla	ags	Available Treat	ments
Mild Irritant Dermatitis Dandruff Diarrhoea (Adults) Dry Eyes/Sore (Tired) Eyes Earwax Excessive Sweating (Hyperhidrosis) Head Lice Indigestion and Heartburn Infrequent Constipation Infrequent Migraine Insect Bites and Stings Mild Acne Mild Dry Skin Sunburn 5 Sun Protection Hay Fever/Seasonal Rhinitis Minor Burns and Scalds Mild General Aches and Pains Mouth Ulcers Nappy Rash Oral Thrush Prevention of Dental Caries Ringworm/Athletes Foot/ Fungal Nail Infection Teething/Mild Toothache Threadworms Travel Sickness Warts and Verrucae	protection routinely patients a appropria	oices e forum	 Use sur against Spend 1 and 3p Cover u Take ex Make s 	Are measures hscreen preparations with UVB and 4 or 5 star rat time in the shade when m from March to Octob up with suitable clothing tra care with children ure the sunscreen is not sunscreen is applied libe	ting to protect agains the sun is strongest. per g, hat and sunglasses t past its expiry date	t UVA In the UK, this is betw	

CONDITIONS

Overview

Self-care conditions

Mild Irritant Dermatitis Dandruff Diarrhoea (Adults) Dry Eyes/Sore (Tired) Eyes Earwax **Excessive Sweating** (Hyperhidrosis) Head Lice Indigestion and Heartburn Infrequent Constipation Infrequent Migraine Insect Bites and Stings Mild Acne Mild Dry Skin Sunburn

> Sun Protection

Hay Fever/Seasonal Rhinitis Minor Burns and Scalds Mild General Aches and Pains Mouth Ulcers Nappy Rash Oral Thrush Prevention of Dental Caries Ringworm/Athletes Foot/ Fungal Nail Infection Teething/Mild Toothache Threadworms Travel Sickness Warts and Verrucae







Exceptions

- Sunscreen should only be prescribed for skin protection against ultraviolet radiation and/or visible light in abnormal cutaneous photosensitivity causing severe cutaneous reactions in genetic disorders (including xeroderma pigmentosum and porphyrias), severe photodermatoses (both idiopathic and acquired) and in those with increased risk of ultraviolet radiation causing severe adverse effects due to chronic disease (such as haematological malignancies), medical therapies and/or procedures.
- See earlier for general exceptions.

	INTRODUCTION	GP GUIDANCE	PHARMACY GUIDANCE	ITEMS OF LIMITED CLINICAL EFFECTIVENESS	SELF-LIMITING CONDITIONS	SELF-CARE CONDITIONS	FURTHER SUPPORT MATERIALS
Overview	Sun I	Protectic	n				
Self-care conditions Mild Irritant Dermatitis	Self	-care Guidance	Exce	eptions & Red	Flags	Available Treat	ments
Dandruff Diarrhoea (Adults) Dry Eyes/Sore (Tired) Eyes Earwax Excessive Sweating	We recomme correct at tim	d in table are licensed to tre end patients speak to a pharn le of writing and are subject TC medications (generic)	macist for individual adv to change.				
(Hyperhidrosis) Head Lice Indigestion and Heartburn Infrequent Constipation Infrequent Migraine Insect Bites and Stings Mild Acne	General sur readily avail supermarke	ion cream/sprays/gels n-protection products are able in pharmacies and its depending on brand	 Anthelios[®] XL Mel cream (50ml) Sunsense[®] Ultra Lo (125ml) Uvistat[®] Cream (12) Uvistat[®] SPF50 Lip 	25ml) £££	No restrictions		
Mild Dry Skin Sunburn Sun Protection Hay Fever/Seasonal Rhinitis Minor Burns and Scalds Mild General Aches and Pains Mouth Ulcers Nappy Rash Oral Thrush Prevention of Dental Caries Ringworm/Athletes Foot/ Fungal Nail Infection Teething/Mild Toothache Threadworms Travel Sickness Warts and Verrucae	• Pharmac	y only medication	screen (5g)		Less than £1 £ £	£1 - £5 £££	More than £5

INTRODUCTION

SELF-CARE

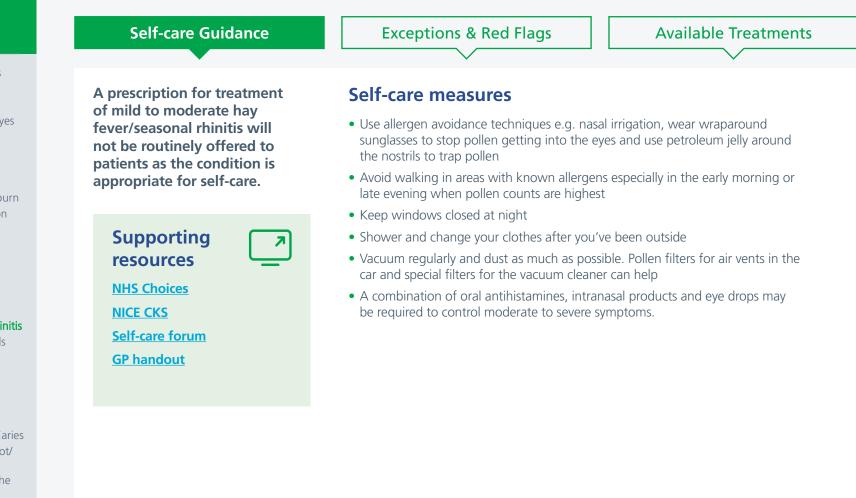
CONDITIONS

Overview Self-care conditions SelfMild Irritant Dermatitis Dandruff Diarrhoea (Adults) Dry Eyes/Sore (Tired) Eyes Earwax Excessive Sweating () terestrides in)

(Hyperhidrosis) Head Lice Indigestion and Heartburn Infrequent Constipation Infrequent Migraine Insect Bites and Stings Mild Acne Mild Dry Skin Sunburn Sun Protection

 Hay Fever/Seasonal Rhinitis
 Minor Burns and Scalds
 Mild General Aches and Pains
 Mouth Ulcers
 Nappy Rash
 Oral Thrush
 Prevention of Dental Caries
 Ringworm/Athletes Foot/ Fungal Nail Infection
 Teething/Mild Toothache
 Threadworms
 Travel Sickness
 Warts and Verrucae

Hay Fever/Seasonal Rhinitis



• See earlier for general exceptions.

SELF-CARE

CONDITIONS

Overview



- Mild Irritant Dermatitis Dandruff Diarrhoea (Adults) Dry Eyes/Sore (Tired) Eyes Earwax **Excessive Sweating** (Hyperhidrosis) Head Lice Indigestion and Heartburn Infrequent Constipation Infrequent Migraine Insect Bites and Stings Mild Acne Mild Dry Skin Sunburn Sun Protection
- > Hay Fever/Seasonal Rhinitis

Minor Burns and Scalds Mild General Aches and Pains Mouth Ulcers Nappy Rash Oral Thrush Prevention of Dental Caries Ringworm/Athletes Foot/ Fungal Nail Infection Teething/Mild Toothache Threadworms Travel Sickness Warts and Verrucae

Hay Fever/Seasonal Rhinitis



• There are persistent symptoms despite optimal management in primary care.

CONDITIONS

Available Treatments

£ £ £ More than £5

Hay Fever/Seasonal Rhinitis Overview Self-care conditions Self-care Guidance **Exceptions & Red Flags** Mild Irritant Dermatitis Dandruff Products listed in table are licensed to treat this condition. Please note there may be limited clinical evidence available to support use of some products. Diarrhoea (Adults) We recommend patients speak to a pharmacist for individual advice. Exceptions included are not an exhaustive list, please check product licences. Prices correct at time of writing and are subject to change. Dry Eyes/Sore (Tired) Eyes Earwax Excessive Sweating Example OTC medications (generic) Brand Price **OTC** restrictions (Hyperhidrosis) Head Lice Chlorphenamine 4mg tablets or • Tablets not licensed for children under 6 years • Piriton® 🕂 ££ Indigestion and Heartburn chlorphenamine 2mg/5ml syrup • Syrup not licensed for children under 1 year Infrequent Constipation Infrequent Migraine Claritvn[®] • Children under 6 years - tablets Loratadine 10mg tablets (£) or ££ Insect Bites and Stings Loratadine 5mg/5ml syrup Clarityn[®] liquid £££ • Children under 2 years – syrup Mild Acne Pregnancy, breastfeeding Mild Dry Skin Cetirizine tablets 10mg (£) / liquid £££ 7irtek[®] Liver impairment Sunburn Piriteze[®] £££ • Rare hereditary problems of galactose intolerance, Sun Protection • Benadryl[®] £££ the Lapp lactase deficiency or glucose- galactose > Hay Fever/Seasonal Rhinitis malabsorption ££ • Benadryl[®] liquid Minor Burns and Scalds Mild General Aches and Pains Sodium cromoglicate 2% eye drops • Opticrom[®] allergy eye ££ • Children under 6 years drops 🕂 Mouth Ulcers Nappy Rash Beclometasone nasal spray Beconase[®] nasal sprav • Under 18 years Oral Thrush £££ Prevention of Dental Caries Rinaworm/Athletes Foot/ Fungal Nail Infection Teething/Mild Toothache 44 Pharmacy only medication £ Less than £1 **£ £** f1-f5 Threadworms Travel Sickness Warts and Verrucae

INTRODUCTION	GP GUIDAN

CE

SELF-CARE

CONDITIONS

Minor Burns and Scalds Overview Self-care conditions Self-care Guidance **Exceptions & Red Flags Available Treatments** Mild Irritant Dermatitis Dandruff A prescription for treatment Self-care measures Diarrhoea (Adults) of minor burns and scalds Dry Eyes/Sore (Tired) Eyes • Cool the burn with cool or lukewarm running water for 20 minutes as soon as will not be routinely offered Earwax possible after the injury. Never use ice, iced water, or any creams or greasy substances to patients as these are Excessive Sweating like butter appropriate for self-care. (Hyperhidrosis) • The following measures may provide symptom relief: Head Lice Indigestion and Heartburn > Taking a cool bath or shower Infrequent Constipation **Supporting** > Applying topical emollients, such as emulsifying ointment after the burn Infrequent Migraine has cooled completely resources Insect Bites and Stings > Applying cold compresses Mild Acne **NHS Choices** • Treat the pain from a burn with paracetamol or ibuprofen (see **OTC restrictions**). Mild Dry Skin Children under 16 years of age should not be given aspirin Sunburn **NICE CKS** Sun Protection • Drink plenty of fluids to help wound healing and reduce risk of complications Self-care forum Hay Fever/Seasonal Rhinitis • Massage the area daily with an emollient, such as emulsifying ointment, until the burn **GP** handout > Minor Burns and Scalds is no longer dry or itchy. Mild General Aches and Pains Mouth Ulcers Nappy Rash Oral Thrush Prevention of Dental Caries Rinaworm/Athletes Foot/ Fungal Nail Infection Teething/Mild Toothache Threadworms Travel Sickness Warts and Verrucae

Exceptions

attention

limited to:

• More serious burns always require professional medical

• Burns requiring hospital A&E treatment include but are not

> Burns on the face, hands, arms, feet, legs or genitals that

Overview

Self-care conditions

- Mild Irritant Dermatitis
 Dandruff
 Diarrhoea (Adults)
 Dry Eyes/Sore (Tired) Eyes
 Earwax
 Excessive Sweating
 (Hyperhidrosis)
 Head Lice
 Indigestion and Heartburn
 Infrequent Constipation
 Infrequent Migraine
 Insect Bites and Stings
 Mild Acne
 Mild Dry Skin
- Sunburn Sun Protection
- Hay Fever/Seasonal Rhinitis

> Minor Burns and Scalds

Mild General Aches and Pains Mouth Ulcers Nappy Rash Oral Thrush Prevention of Dental Caries Ringworm/Athletes Foot/ Fungal Nail Infection Teething/Mild Toothache Threadworms Travel Sickness Warts and Verrucae

Minor Burns and Scalds

Self-care Guidance

> All chemical and electrical burns

• See earlier for general exceptions.

> Burns that cause white or charred skin

> Large or deep burns

cause blisters

• 'Red flag' symptoms

Exceptions & Red Flags

Available Treatments

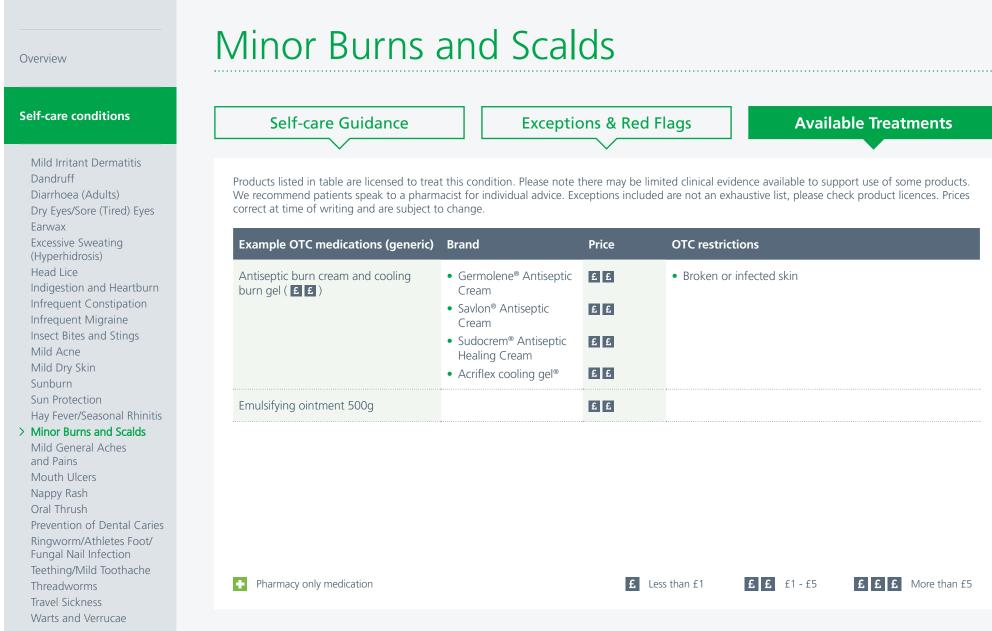
SELF-CARE

CONDITIONS

'Red flag' symptoms

- Consider arranging urgent hospital referral if there are signs or symptoms of heat exhaustion or heat stroke, such as:
- > Fatigue, dizziness, nausea or vomiting
- > Headache, muscle cramps, irritability
- > Confusion, disorientation, hallucinations
- > Fever and/or tachycardia
- Arrange for urgent medical review if blisters develop.

CONDITIONS



CONDITIONS

Overview

Dandruff

Earwax

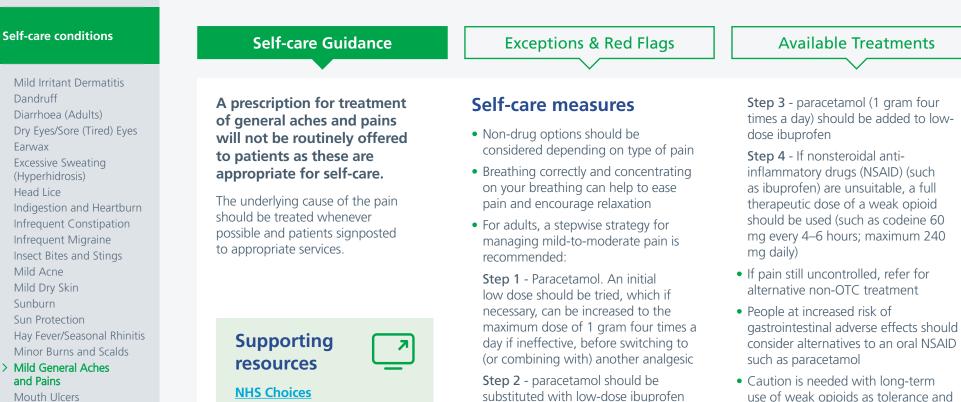
Head Lice

Mild Acne

Sunburn

and Pains

Mild General Aches and Pains



(400 mg three times a day). If

contraindicated

necessary, the dose of ibuprofen

chould be increased to a maximum of

2.4 grams daily, except where this is

Mouth Ulcers Nappy Rash Oral Thrush Prevention of Dental Caries Rinaworm/Athletes Foot/ Fungal Nail Infection Teething/Mild Toothache Threadworms Travel Sickness Warts and Verrucae

NICE CKS

Self-care forum

GP handout

• Effervescent preparations should be avoided due to high salt content

dependence can occur

• For children (under 16 years of age), either paracetamol or ibuprofen alone are suitable first-line choices.

ENHANCING SELF-CARE MEDICINES USE SELF-CARE CONDITIONS Mild General Aches and Pains

Overview

Dandruff

Earwax

(Hyperhidrosis)

Indigestion and Heartburn

Infrequent Constipation

Infrequent Migraine

Insect Bites and Stings

Head Lice

Mild Acne

Sunburn

Mild Dry Skin

Sun Protection

> Mild General Aches

Self-care conditions Self-care Guidance **Exceptions & Red Flags** Available Treatments Mild Irritant Dermatitis **Exceptions** 'Red flag' symptoms Diarrhoea (Adults) Dry Eyes/Sore (Tired) Eyes > Severe unremitting pain that remains • People with: Cauda equina syndrome Bilateral sciatica > Long-term pain Excessive Sweating

- > Severe pain
- > Palliative pain
- 'Red flag' symptoms.

- Severe or progressive bilateral neurological deficit of the legs
- Urinary retention with overflow urinary incontinence
- Loss of sensation of rectal fullness.
- Faecal incontinence
- Perianal, perineal or genital sensory loss
- Spinal fracture red flags include:
- > Sudden onset of severe central spinal pain which is relieved by lying down.
- > History of major trauma
- > Minor trauma in people with osteoporosis or those who use corticosteroids
- > Structural deformity of the spine
- Cancer red flags include:
- > The person being 50 years of age or more
- > Gradual onset of symptoms

when the person is supine, aching night pain that prevents or disturbs sleep, pain aggravated by straining and thoracic pain

SELF-CARE

CONDITIONS

- > Localised spinal tenderness
- > No symptomatic improvement after four to six weeks of conservative low back pain therapy
- > Unexplained weight loss
- > Past history of cancer breast, lung, gastrointestinal, prostate, renal, and thyroid cancers
- Infection red flags include:
- > Fever
- > Tuberculosis, or recent urinary tract infection
- > Diabetes
- > History of intravenous drug use
- > HIV infection, use of immunosuppressants, or the person being otherwise immunocompromised.

and Pains Mouth Ulcers Nappy Rash Oral Thrush

Hay Fever/Seasonal Rhinitis

Minor Burns and Scalds

- Prevention of Dental Caries Rinaworm/Athletes Foot/ Fungal Nail Infection Teething/Mild Toothache Threadworms
- Travel Sickness Warts and Verrucae

GP GUIDANCE

SELF-CARE

CONDITIONS

Mild General Aches and Pains Overview Self-care conditions Self-care Guidance **Exceptions & Red Flags Available Treatments** Mild Irritant Dermatitis Dandruff Products listed in table are licensed to treat this condition. Please note there may be limited clinical evidence available to support use of some products. Diarrhoea (Adults) We recommend patients speak to a pharmacist for individual advice. Exceptions included are not an exhaustive list, please check product licences. Prices correct at time of writing and are subject to change. Dry Eyes/Sore (Tired) Eyes Earwax Excessive Sweating Example OTC medications (generic) Brand Price **OTC** restrictions (Hyperhidrosis) Head Lice Paracetamol 500mg tablets and Anadin paracetamol[®] ££ • Long-term conditions requiring regular pain relief Indigestion and Heartburn capsules (£ / 16 tablets) • Children under 12 years Mandanol[®] £ Infrequent Constipation Paracetamol 500mg soluble tablets • Panadol[®] ££ Severe renal or severe hepatic impairment Infrequent Migraine Insect Bites and Stings Ibuprofen 200mg, 400mg capsules • Anadin[®] Ibuprofen ££ • Long-term conditions • Stomach ulcer, perforation Mild Acne and tablets (£ / 16 tablets) or bleeding (active or requiring regular pain relief Nurofen[®] ££ Mild Dry Skin history of) Asthma Calprofen[®] ££ Sunburn Renal impairment Unstable high blood pressure ££ Cuprofen[®] Sun Protection Hepatic impairment • Taking anticoagulants Hay Fever/Seasonal Rhinitis Cardiac impairment Ibuprofen 100mg/5ml liquid/ • Nurofen[®] for Children ££ • Pregnancy, breastfeeding Minor Burns and Scalds suspension sugar free 3 months to 12 years > Mild General Aches and Pains Paracetamol liquid 120mg/5ml Calpol[®] Children under 2 months £ £ /100ml Mouth Ulcers (infant suspension +2months) Nappy Rash Paracetamol liquid 250mg/5ml Oral Thrush £ £ /80ml (six plus suspension) Prevention of Dental Caries Rinaworm/Athletes Foot/ Fungal Nail Infection Teething/Mild Toothache Pharmacy only medication £ Less than £1 **£ £** f1-f5 **£ £ £** More than £5 Threadworms Travel Sickness Warts and Verrucae

	INTRODUCTION	GP GUIDANCE	PHARMACY GUIDANCE	ITEMS OF LIMITED CLINICAL EFFECTIVENESS	SELF-LIMITING CONDITIONS	SELF-CARE CONDITIONS	FURTHER SUPPO MATERIALS
Overview	Mou	th Ulcer	S				
Self-care conditions	Self	-care Guidance	Exc	ceptions & Red Fla	ags	Available Treat	ments
Mild Irritant Dermatitis Dandruff Diarrhoea (Adults) Dry Eyes/Sore (Tired) Eyes Earwax Excessive Sweating (Hyperhidrosis) Head Lice Indigestion and Heartburn Infrequent Constipation Infrequent Migraine Insect Bites and Stings Mild Acne	of mouth routinely as the cor for self-ca infrequen interfering (for exam	otion for treatment ulcers will not be offered to patients ndition is appropria are. If ulcers are at, mild, and not g with daily activiti ple eating), treatmo be needed.	 Use a so Drink conditional drinks libration Eat soft and to a solution Get registrouid drinks 	Are measures oft-bristled toothbrush ool drinks through a stra ike fruit juice ter foods and avoid: che ist and very spicy or acio ular dental checks. If pa see their dentist for furt trigger factors' (such as	wing gum, rough cru dic food atient experiences rep her advice	unchy food such as cri beated symptoms, they	
Mild Dry Skin Sunburn Sun Protection Hay Fever/Seasonal Rhinitis Minor Burns and Scalds Mild General Aches and Pains	Support resources NHS Ch NICE CK	oices	 gluten-o People orthodo dental t Patients 	with local trauma (e.g. f pontic appliances, and bit creatment s should seek dental or i toms last for more than	from sharp and/or br ting during chewing) medical attention if:	oken teeth, dentures a	

> Mouth ulcers keep coming back

> Area becomes more painful and red as this may be a sign of infection.

> Mouth Ulcers

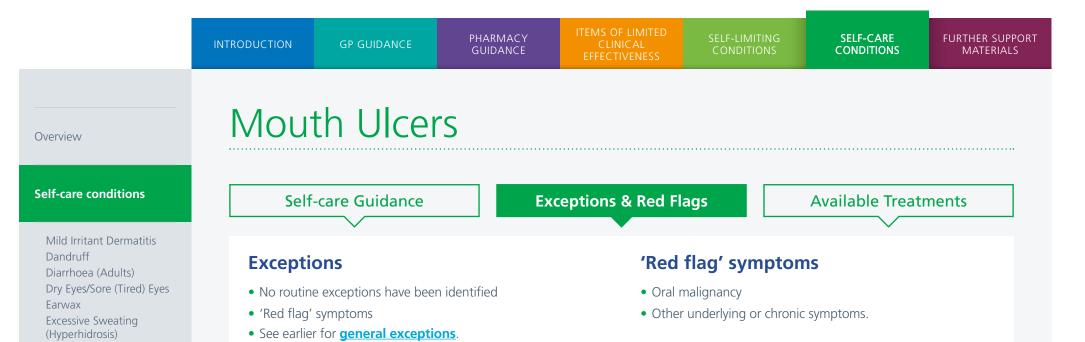
Nappy Rash Oral Thrush Prevention of Dental Caries Ringworm/Athletes Foot/ Fungal Nail Infection Teething/Mild Toothache Threadworms Travel Sickness Warts and Verrucae

ENHANCING SELF-CARE MEDICINES USE SELF-CARE CONDITIONS

Self-care forum

GP handout

FURTHER SUPPORT MATERIALS



Head Lice

Mild Acne Mild Dry Skin Sunburn Sun Protection

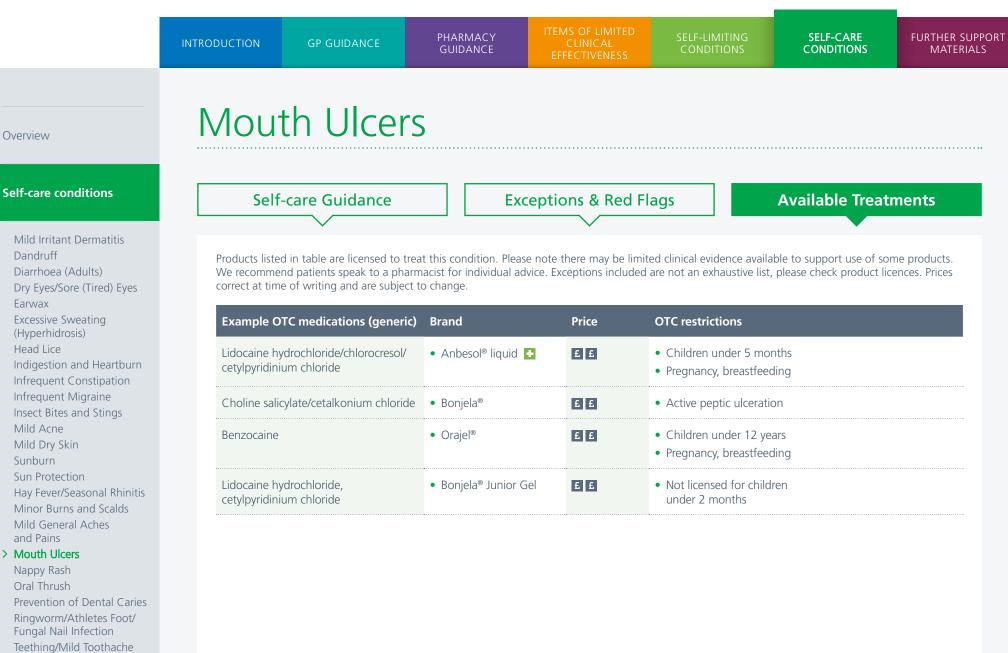
and PainsMouth UlcersNappy RashOral Thrush

Threadworms Travel Sickness Warts and Verrucae

Indigestion and Heartburn Infrequent Constipation Infrequent Migraine Insect Bites and Stings

Hay Fever/Seasonal Rhinitis Minor Burns and Scalds Mild General Aches

Prevention of Dental Caries Ringworm/Athletes Foot/ Fungal Nail Infection Teething/Mild Toothache



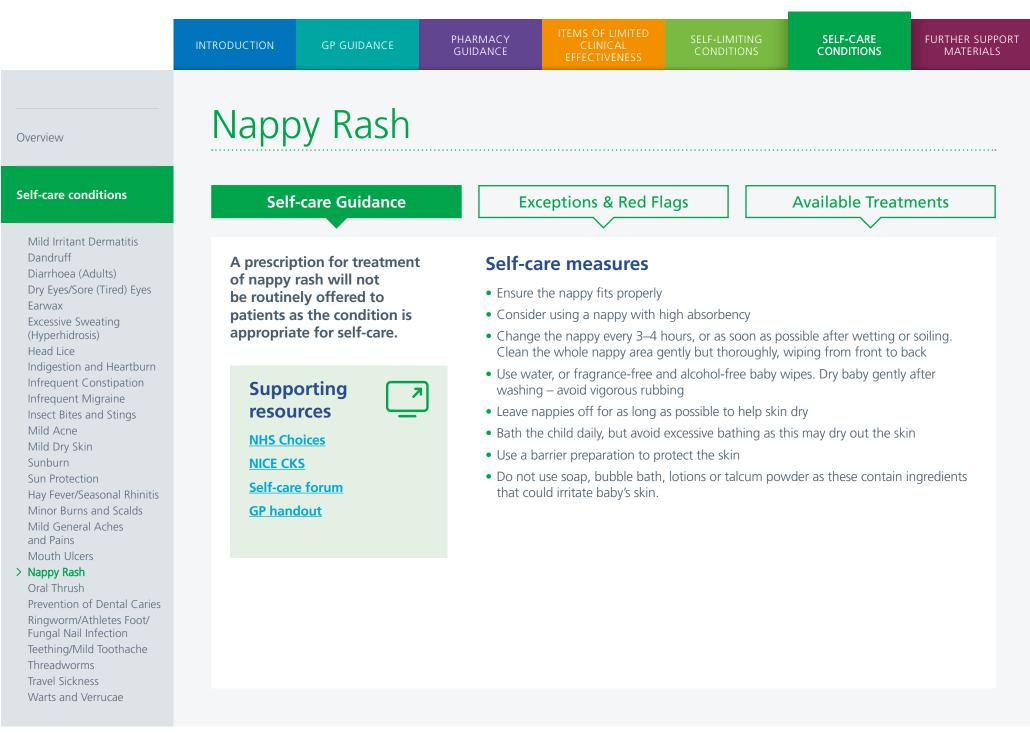
Pharmacy only medication

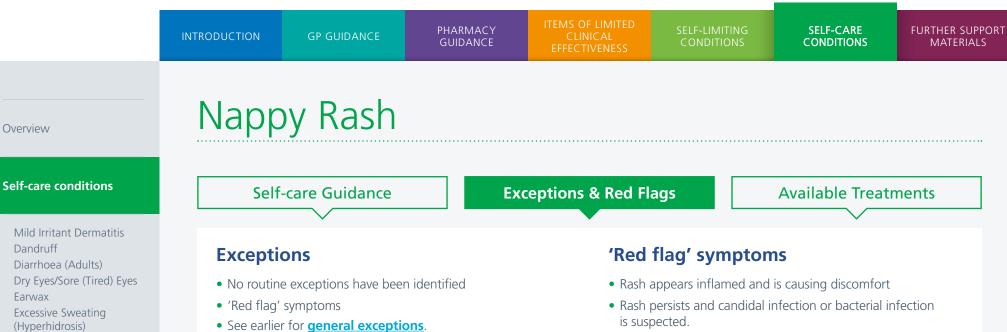
£ Less than £1

£ £ f1 - f5 **£**

£ £ £ More than £5

Threadworms Travel Sickness Warts and Verrucae





• See earlier for general exceptions.

Head Lice

Mild Acne Mild Dry Skin Sunburn Sun Protection

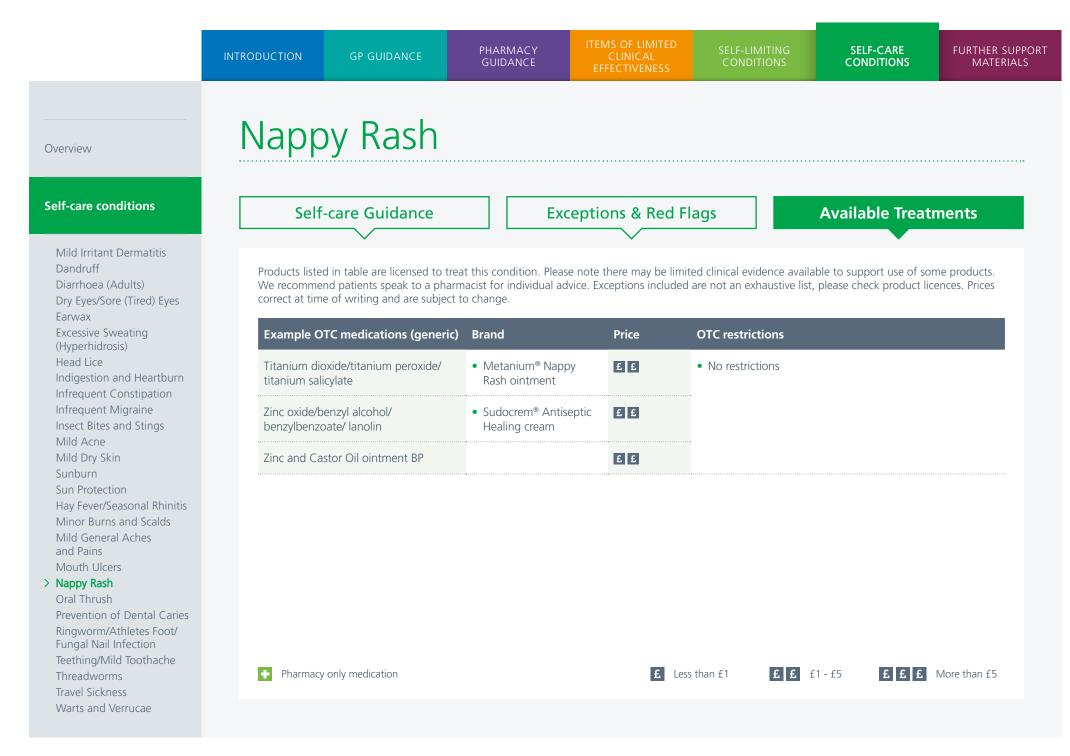
and Pains Mouth Ulcers > Nappy Rash Oral Thrush

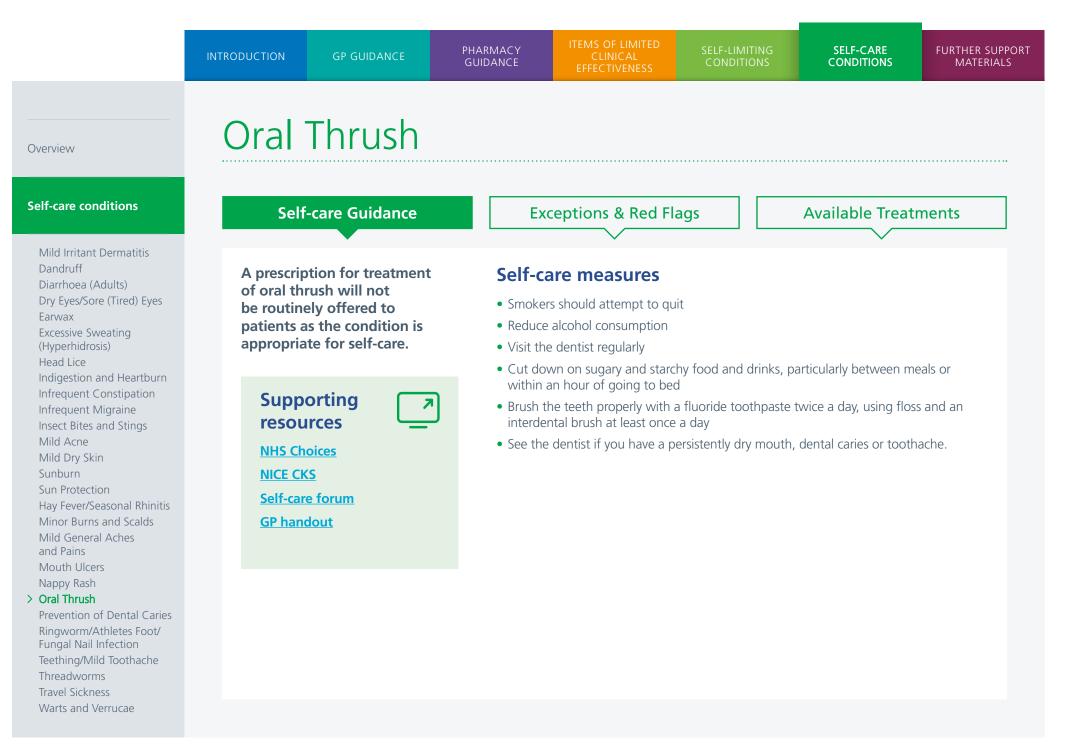
> Threadworms Travel Sickness Warts and Verrucae

Indigestion and Heartburn Infrequent Constipation Infrequent Migraine Insect Bites and Stings

Hay Fever/Seasonal Rhinitis Minor Burns and Scalds Mild General Aches

Prevention of Dental Caries Ringworm/Athletes Foot/ Fungal Nail Infection Teething/Mild Toothache







Infrequent Constipation Infrequent Migraine Insect Bites and Stings

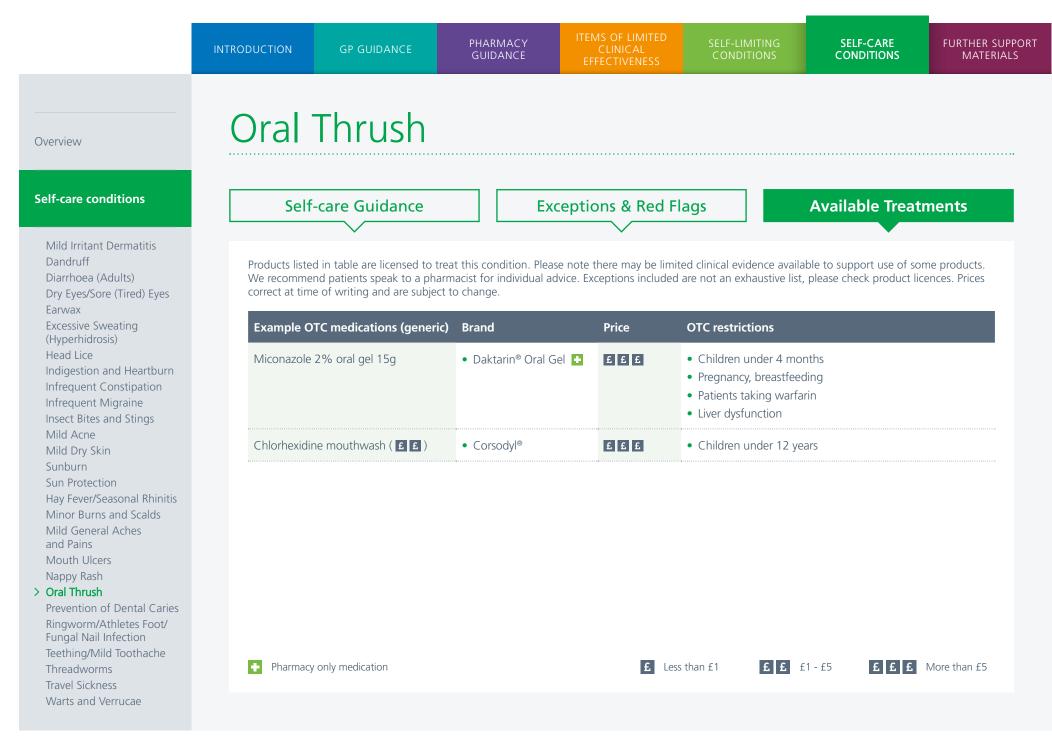
Hay Fever/Seasonal Rhinitis Minor Burns and Scalds Mild General Aches

Prevention of Dental Caries Ringworm/Athletes Foot/ Fungal Nail Infection Teething/Mild Toothache

Mild Acne Mild Dry Skin Sunburn Sun Protection

and Pains Mouth Ulcers Nappy Rash > Oral Thrush

> Threadworms Travel Sickness Warts and Verrucae



INTRODUCTION

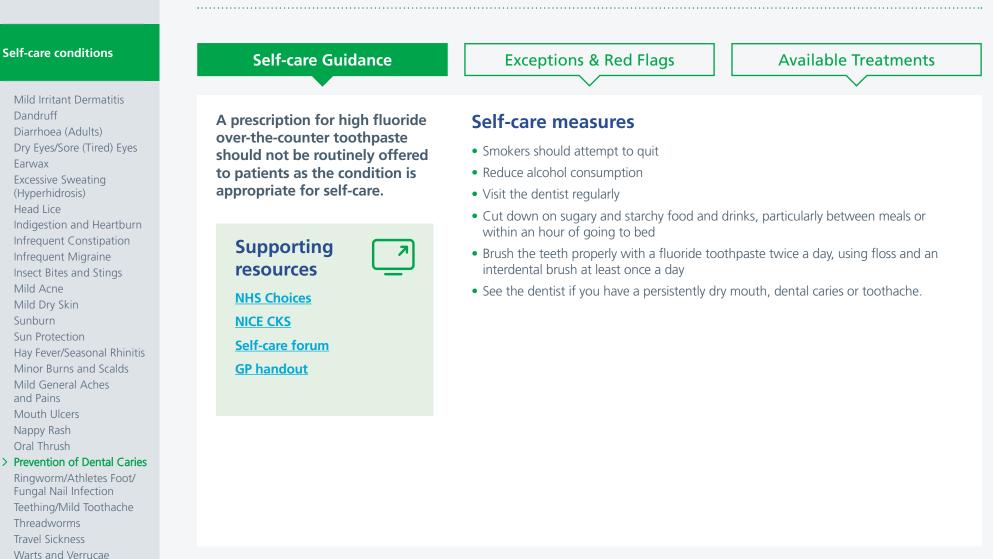
Prevention of Dental Caries

GP GUIDANCE

SELF-CARE

CONDITIONS

Overview



GP GUIDANCE

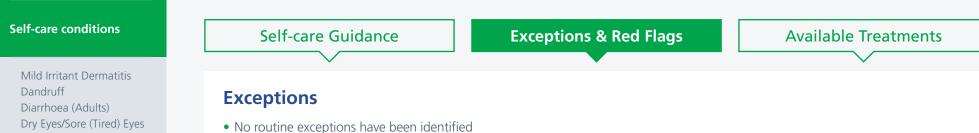
• See earlier for general exceptions.

Prevention of Dental Caries

SELF-CARE

CONDITIONS

Overview



- Earwax
- Excessive Sweating
- (Hyperhidrosis) Head Lice
- Head Lice Indigestion and Heartburn
- Infrequent Constipation
- Infrequent Migraine
- Insect Bites and Stings
- Mild Acne
- Mild Dry Skin
- Sunburn
- Sun Protection
- Hay Fever/Seasonal Rhinitis
- Minor Burns and Scalds Mild General Aches and Pains
- Mouth Ulcers Nappy Rash
- Oral Thrush
- > Prevention of Dental Caries
- Ringworm/Athletes Foot/ Fungal Nail Infection Teething/Mild Toothache Threadworms Travel Sickness Warts and Verrucae

GP GUIDANCE

SELF-CARE

CONDITIONS

Prevention of Dental Caries Overview Self-care conditions Self-care Guidance **Exceptions & Red Flags Available Treatments** Mild Irritant Dermatitis Dandruff Products listed in table are licensed to treat this condition. Please note there may be limited clinical evidence available to support use of some products. Diarrhoea (Adults) We recommend patients speak to a pharmacist for individual advice. Exceptions included are not an exhaustive list, please check product licences. Prices correct at time of writing and are subject to change. Dry Eyes/Sore (Tired) Eyes Earwax Excessive Sweating Example OTC medications (generic) Brand Price **OTC** restrictions (Hyperhidrosis) Head Lice Chlorhexidine gluconate 0.2% Corsodyl[®] • Children under 12 years £££ Indigestion and Heartburn mouthwash (££) Infrequent Constipation Infrequent Migraine Sodium fluoride (0.05%) 225ppm rinse • Colgate Fluorigard • Children under 10 years ££ Insect Bites and Stings Daily Rinse Mild Acne Mild Dry Skin Sunburn Sun Protection Hay Fever/Seasonal Rhinitis Minor Burns and Scalds Mild General Aches and Pains Mouth Ulcers Nappy Rash Oral Thrush > Prevention of Dental Caries Ringworm/Athletes Foot/ Fungal Nail Infection Teething/Mild Toothache ÷. Pharmacy only medication £ Less than £1 **£ £** £1-£5 **£ £ £** More than £5 Threadworms Travel Sickness Warts and Verrucae

Overview

Self-care conditions

Mild Irritant Dermatitis Dandruff Diarrhoea (Adults) Dry Eyes/Sore (Tired) Eyes Earwax Excessive Sweating (Hyperhidrosis) Head Lice Indigestion and Heartburn Infrequent Constipation Infrequent Migraine Insect Bites and Stings Mild Acne Mild Dry Skin Sunburn Sun Protection Hay Fever/Seasonal Rhinitis Minor Burns and Scalds Mild General Aches and Pains Mouth Ulcers Nappy Rash Oral Thrush Prevention of Dental Caries

> Ringworm/Athletes Foot/ **Fungal Nail Infection**

Teething/Mild Toothache Threadworms Travel Sickness Warts and Verrucae

Ringworm/Athlete's Foot/Fungal Nail Infection

Self-care Guidance

Exceptions & Red Flags



SELF-CARE

CONDITIONS

A prescription for treatment of ringworm or athlete's foot will not be routinely offered to patients as the condition is appropriate for self-care.

Treatment with a topical antifungal cream is recommneded if there is mild, non-extensive disease in children and adults.



NHS Choices - Ringworm

NHS Choices - Athlete's Foot

NICE CKS Ringworm

NICE CKS Athlete's foot

Self-care forum

GP handout

Self-care measures

For ringworm:

- Wear loose-fitting clothes made of cotton or a material designed to keep moisture away from the skin
- Avoid scratching affected skin, as this may spread infection to other sites
- Clean clothes and bed sheets regularly
- Do not share clothes/towels or items with others and in the case of athlete's foot use a separate towel for the feet
- Maintain good hygiene by washing affected skin areas daily
- Do not share towels, and wash them frequently, to reduce the risk of transmission
- Wash clothes and bed linen frequently to eradicate fungal spores
- If a child is affected, it is not necessary to exclude them from school or nursery.

For fungal foot and nail infections:

- Wear well-fitting, non-occlusive footwear that keeps the feet cool and dry. Consider replacing old footwear which could be contaminated with fungal spores
- Maintain good foot hygiene by wearing a different pair of shoes every 2–3 days
- Wear clean cotton, absorbent socks
- Avoid scratching affected skin, as this may spread infection to other sites
- After washing the feet, dry thoroughly, especially between the toes
- Do not share towels, and wash them frequently, to reduce the risk of transmission
- Do not walk around barefoot, wear slippers in changing rooms and showers to reduce the risk of transmission
- Avoid prolonged or frequent exposure to warm, damp conditions if possible
- If a child is affected, it is not necessary to exclude them from school or nursery.

SELF-CARE

CONDITIONS

Overview

Self-care conditions

Mild Irritant Dermatitis Dandruff Diarrhoea (Adults) Dry Eyes/Sore (Tired) Eyes Earwax **Excessive Sweating** (Hyperhidrosis) Head Lice Indigestion and Heartburn Infrequent Constipation Infrequent Migraine Insect Bites and Stings Mild Acne Mild Dry Skin Sunburn Sun Protection Hay Fever/Seasonal Rhinitis Minor Burns and Scalds Mild General Aches and Pains Mouth Ulcers Nappy Rash Oral Thrush Prevention of Dental Caries > Ringworm/Athletes Foot/ **Fungal Nail Infection** Teething/Mild Toothache

- Threadworms
- Travel Sickness
- Warts and Verrucae

Ringworm/Athlete's Foot/Fungal Nail Infection



GMMMG specific guidance for Fungal Nail Infection can be found **here**.

SELF-CARE

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Self-care conditions

Mild Irritant Dermatitis Dandruff Diarrhoea (Adults) Dry Eyes/Sore (Tired) Eyes Earwax Excessive Sweating (Hyperhidrosis) Head Lice Indigestion and Heartburn Infrequent Constipation Infrequent Migraine Insect Bites and Stings Mild Acne Mild Dry Skin Sunburn Sun Protection Hay Fever/Seasonal Rhinitis Minor Burns and Scalds Mild General Aches and Pains Mouth Ulcers Nappy Rash Oral Thrush Prevention of Dental Caries > Ringworm/Athletes Foot/ **Fungal Nail Infection** Teething/Mild Toothache Threadworms Travel Sickness

Warts and Verrucae

Ringworm/Athlete's Foot/Fungal Nail Infection



Products listed in table are licensed to treat this condition. Please note there may be limited clinical evidence available to support use of some products. We recommend patients speak to a pharmacist for individual advice. Exceptions included are not an exhaustive list, please check product licences. Prices correct at time of writing and are subject to change.

Example OTC medications (generic)	Brand	Price	OTC restrictions
Miconazole 2% Cream Miconazole powder Miconazole 0.16% spray powder	 Daktarin[®] Daktarin[®] Powder Daktarin aktiv[®] 	££ ££ ££	 Diabetes Pregnancy, breastfeeding Warfarin and any other anti-coagulants
Terbinafine hydrochloride 1%	 Lamisil[®] AT cream, gel Scholl[®] Athlete's Foot powder, spray, liquid 	£ £ £ £ £	Children under 16 yearsDiabetesPregnancy, breastfeeding
Clotrimazole 1% cream	• Canestan [®] 1% cream (20g)	££	Pregnancy, breastfeeding

Pharmacy only medication

£ Less than £1

£ £ More than £5

£ £ f1-f5

ENHANCING SELF-CARE MEDICINES USE SELF-CARE CONDITIONS

Dry Eyes/Sore (Tired) Eyes Earwax Excessive Sweating (Hyperhidrosis) Head Lice Indigestion and Heartburn Infrequent Constipation Infrequent Migraine Insect Bites and Stings Mild Acne Mild Dry Skin Sunburn Sun Protection Hay Fever/Seasonal Rhinitis Minor Burns and Scalds Mild General Aches and Pains Mouth Ulcers Nappy Rash Oral Thrush Prevention of Dental Caries Rinaworm/Athletes Foot/

 Fungal Nail Infection
 Teething/Mild Toothache Threadworms Travel Sickness Warts and Verrucae

Teething/Mild Toothache

↗

Self-care Guidance

A prescription for teething in babies or toothache in children and adults will not be routinely offered to patients as these conditions are appropriate for self-care. Patients of teething infants should be reassured that teething is normal, not an illness and will pass.

Supporting resources

NHS Choices

NICE CKS

Self-care forum

- MHRA
- **GP** handout

Self-care measures

For teething infants:

- Gentle rubbing of the gum with a clean finger
- Teething rings give babies something to chew safely. This may ease their discomfort and distract them from any pain
- Some teething rings can be cooled first in the fridge, which may help to soothe the baby's gums. The instructions that come with the ring should indicate how long to chill it for. Never put a teething ring in the freezer, as it could damage the baby's gums if it gets frozen
- Teething gels often contain a mild local anaesthetic, which helps to numb any pain or discomfort caused by teething. The gels may also contain antiseptic ingredients, which help to prevent infection in any sore or broken skin in the baby's mouth

• Consider paracetamol or ibuprofen suspension for relieving the discomfort of teething symptoms in infants 3 months of age or older. Paracetamol is preferred for infants with asthma

SELF-CARE

CONDITIONS

- For adults with toothache, oral analgesics such as paracetamol and ibuprofen can help ease toothach pain (see <u>OTC restrictions</u>). Patients with toothache should seek advice from their dentist
- Use a soft tooth brush, avoid flossing
- Avoid food or drinks that are too hot or cold



INTRODUCTION

Dandruff

Self-care conditions

Diarrhoea (Adults)

Mild Irritant Dermatitis

Teething/Mild Toothache

SELF-CARE

CONDITIONS

Overview

Excessive Sweating (Hyperhidrosis) Head Lice

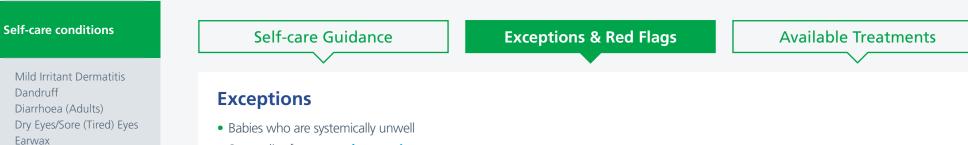
Mild Acne Mild Dry Skin Sunburn Sun Protection

and Pains Mouth Ulcers Nappy Rash Oral Thrush

Indigestion and Heartburn Infrequent Constipation Infrequent Migraine Insect Bites and Stings

Hay Fever/Seasonal Rhinitis Minor Burns and Scalds Mild General Aches

Prevention of Dental Caries Ringworm/Athletes Foot/ Fungal Nail Infection > Teething/Mild Toothache Threadworms Travel Sickness Warts and Verrucae



• See earlier for general exceptions.

	INTRODUCTION	GP GUIDANCE		MS OF LIMITE CLINICAL FFECTIVENESS		SELF-CARE CONDITIONS	FURTHER SUPPOR MATERIALS
Overview	Teeth	ning/Milo	d Tootha	che			
Self-care conditions	Self	-care Guidance	Except	ons & Re	d Flags	Available Treat	tments
Mild Irritant Dermatitis Dandruff Diarrhoea (Adults) Dry Eyes/Sore (Tired) Eyes Earwax	We recomme	d in table are licensed to trea nd patients speak to a pharn e of writing and are subject t	nacist for individual advice. E				
Excessive Sweating (Hyperhidrosis)	Example O	TC medications (generic)	Brand	Price	OTC restrictions		
Head Lice Indigestion and Heartburn Infrequent Constipation Infrequent Migraine Insect Bites and Stings Mild Acne Mild Dry Skin Sunburn Sun Protection Hay Fever/Seasonal Rhinitis Minor Burns and Scalds	lidocaine hy cetylpyridini		 Bonjela teething gel[®] Dentinox teething gel[®] 	££ ££	• Babies under 2 mo	onths	
Millor Burns and Scalds Mild General Aches and Pains Mouth Ulcers Nappy Rash Oral Thrush Prevention of Dental Caries Ringworm/Athletes Foot/ Fungal Nail Infection							

> Teething/Mild Toothache Threadworms Travel Sickness Warts and Verrucae

Pharmacy only medication

£ £ f1-f5

£ £ £ More than £5

£ Less than £1

Mild Irritant Dermatitis Dandruff Diarrhoea (Adults) Dry Eyes/Sore (Tired) Eyes Earwax Excessive Sweating (Hyperhidrosis) Head Lice Indigestion and Heartburn Infrequent Constipation Infrequent Migraine Insect Bites and Stings Mild Acne Mild Dry Skin Sunburn Sun Protection Hay Fever/Seasonal Rhinitis Minor Burns and Scalds Mild General Aches and Pains Mouth Ulcers Nappy Rash Oral Thrush Prevention of Dental Caries

Overview

- Rinaworm/Athletes Foot/ Fungal Nail Infection Teething/Mild Toothache
- > Threadworms

Travel Sickness Warts and Verrucae A prescription for treatment of threadworm should not be routinely offered to patients as the condition is appropriate for self-care.



NHS Choices

NICE CKS

Self-care forum

GP handout

Self-care measures

For adults and children over 2 years, treat with a single dose of an antihelminthic such as mebendazole (unless contraindicated) — the dose may need to be repeated in 2 weeks if infection persists:

- Children under the age of 6 months and pregnant or breastfeeding women should be treated with hygiene measures alone for 6 weeks
- Mebendazole is not licensed for the treatment of threadworm in children under the age of 2 years
- Wash hands thoroughly with soap and warm water after using the toilet, changing nappies and before handling food. Scrub underneath fingernails
- Cut finger nails regularly, avoid biting nails and scratching around anus

• Bathe or shower each morning, washing the perianal area, to remove eggs from the skin. Do not share towels and flannels

Available Treatments

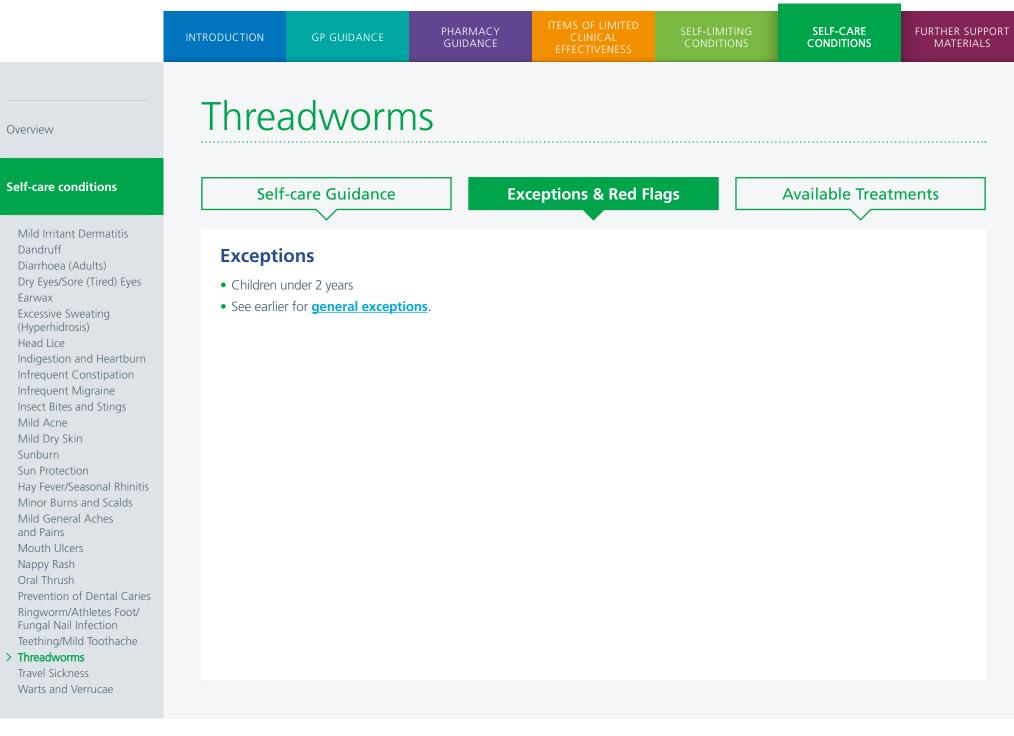
SELF-CARE

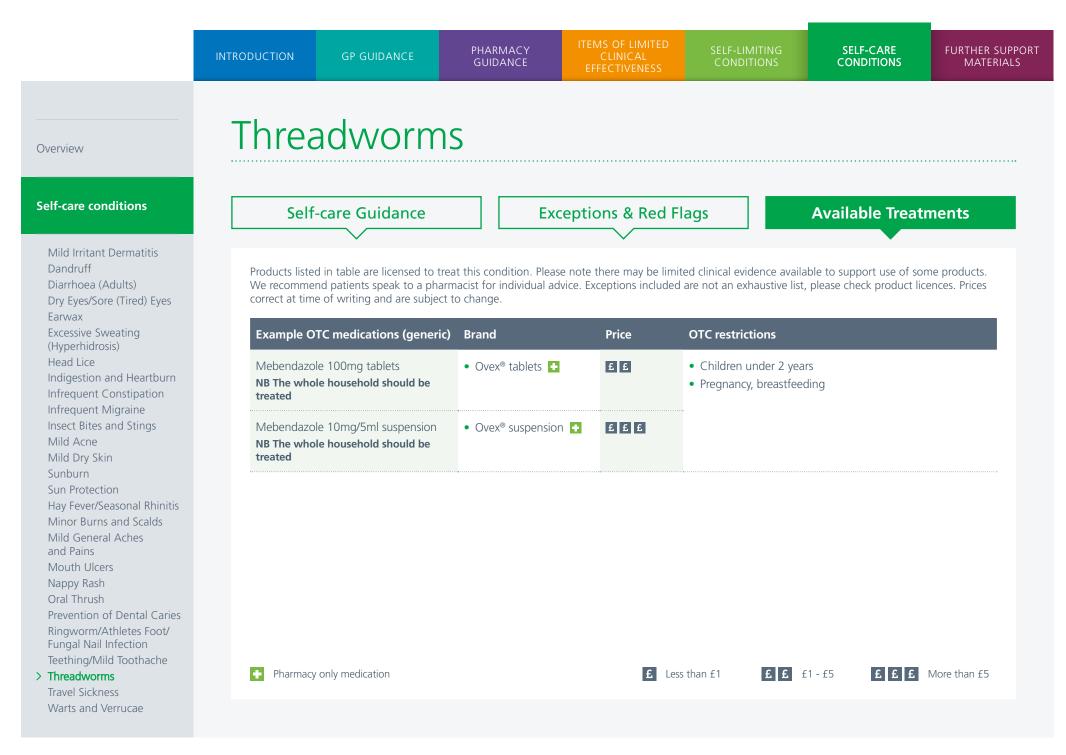
CONDITIONS

FURTHER SUPPORT

MATERIALS

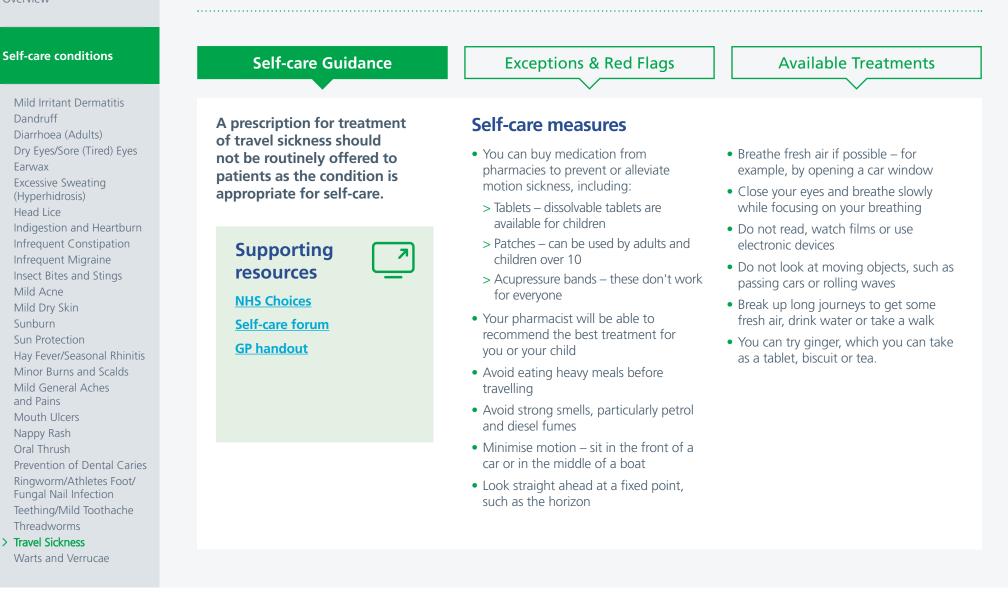
- Pregnant women and children under 6 months should use hygiene measures alone for 6 weeks
- Ensure children wear nightwear and change bed clothes and nightwear daily for several days after treatment
- Do not shake out items as this may distribute eggs around the room
- Washing/drying in a warm cycle will kill threadworm eggs
- Thoroughly dust and vacuum (including vacuuming mattresses) and clean the bathroom by 'damp-dusting' surfaces, washing the cloth frequently in hot water. Disinfect bathroom and kitchen surfaces
- Infected people do not have to stay off school, nursery or work.





INTRODUCTION	GP GUIDANCE	PHARMACY GUIDANCE
Trave	l Sickne	255

Overview

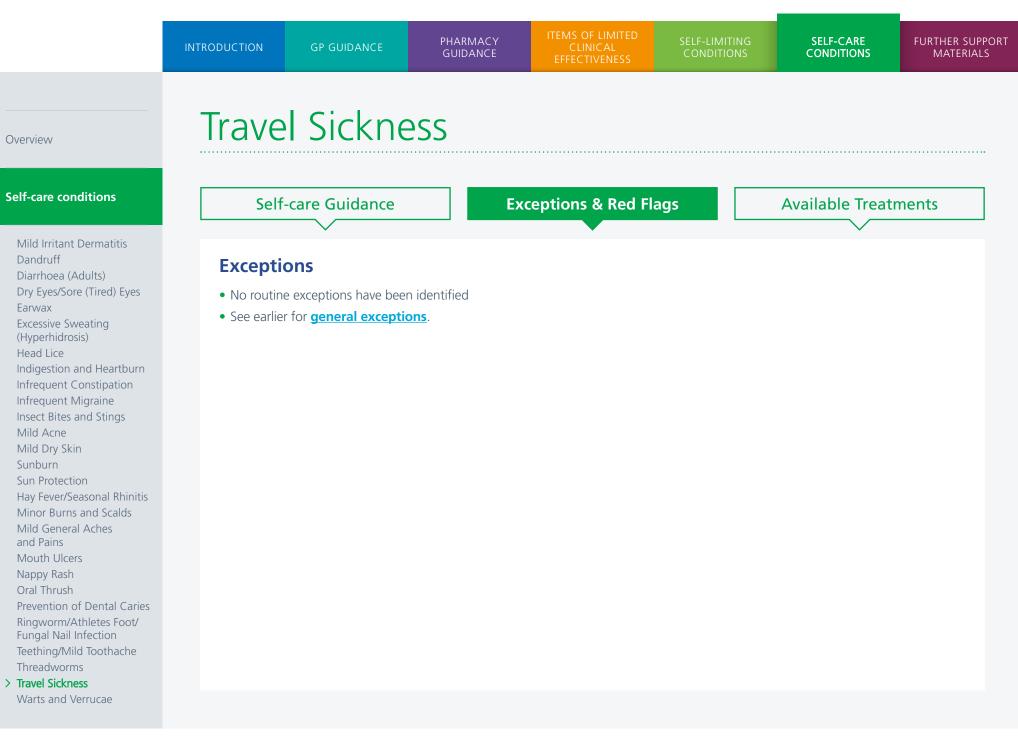


SELF-CARE

CONDITIONS

FURTHER SUPPORT

MATERIALS



	INTRODUCTION	GP GUIDANCE		MS OF LIMITED CLINICAL FFECTIVENESS	SELF-LIMITING CONDITIONS	SELF-CARE CONDITIONS	FURTHER SUPPORT MATERIALS
Overview	Trave	el Sickne	SS				
Self-care conditions	Self	-care Guidance	Except	ons & Red I	lags	Available Treat	ments
Mild Irritant Dermatitis Dandruff Diarrhoea (Adults) Dry Eyes/Sore (Tired) Eyes Earwax Excessive Sweating	We recomme correct at tim						
(Hyperhidrosis) Head Lice Indigestion and Heartburn Infrequent Constipation Infrequent Migraine Insect Bites and Stings Mild Acne Mild Dry Skin Sunburn Sun Protection		15mg tablets	 Stugeron[®] Tablets 15mg ➡ 	6	sucrase- isomaltase in	or galactose intolerance, icose- galactose malabsc isufficiency, should not t ontains lactose and sucr	orption or ake this
Hay Fever/Seasonal Rhinitis Minor Burns and Scalds Mild General Aches and Pains	Hyoscine hy tablets	drobromide 150mcg	 Joy-Rides[®] Tablets Chewable 150mcg Kwells 300mcg tablets Kwells Junior[®] Tablets 	E E E E	 Children under 3 year Epilepsy Glaucoma Pregnancy, breastfeer Paralytic ileus, pyloric 	rs (Joyrides®) under 4 yea ding	ars (Kwells®)

Pharmacy only medication

> Travel Sickness Warts and Verrucae

Threadworms

Teething/Mild Toothache

£ £ £1 - £5

£ Less than £1

£ £ More than £5

Warts and Verrucae

SELF-CARE

CONDITIONS

Overview

Self-care conditions Self-care Guidance **Available Treatments Exceptions & Red Flags** Mild Irritant Dermatitis Dandruff A prescription for treatment Self-care measures Diarrhoea (Adults) of warts and verrucae will not Dry Eyes/Sore (Tired) Eyes • Most warts will usually resolve • Treatments may be prolonged and be routinely offered to Earwax spontaneously within months or, at the may cause adverse effects e.g. local patients as these are Excessive Sweating skin irritation Apply petroleum jelly to most, within 2 years appropriate for self-care. (Hyperhidrosis) surrounding skin to decrease irritation However, treatment could be Head Lice For most people there is a strong considered if: • Use waterproof plasters/duct tape (can Indigestion and Heartburn case for not treating warts or be purchased from hardware stores) if Infrequent Constipation > The wart is painful verrucae. Warts do not usually cause swimming, wear flip-flops in communal Infrequent Migraine > The wart is cosmetically unsightly symptoms. wet areas and do not share footwear Insect Bites and Stings > The wart is persisting for a long time and towels Mild Acne • Wash hands after touching the wart/ Mild Dry Skin • Dispose of skin filings hygienically and Supporting Sunburn verruca do not use the emery board elsewhere 7 Sun Protection to avoid spreading the warts. • Avoid biting nails or sucking fingers resources Hay Fever/Seasonal Rhinitis with warts on them Minor Burns and Scalds **NHS Choices** Take care not to cut a wart when Mild General Aches **NICE CKS** shaving and avoid scratching or picking and Pains Mouth Ulcers a wart Self-care forum Nappy Rash **GP** handout Oral Thrush Prevention of Dental Caries Rinaworm/Athletes Foot/ Fungal Nail Infection Teething/Mild Toothache Threadworms Travel Sickness

> Warts and Verrucae

	INTRODUCTION	GP GUIDANCE	PHARMACY GUIDANCE	ITEMS OF LIMITED CLINICAL EFFECTIVENESS	SELF-LIMITING CONDITIONS	SELF-CARE CONDITIONS	FURTHER SUPPORT MATERIALS
Overview	Wart	s and V	errucae	2			
Self-care conditions	Self	-care Guidance	Ex	ceptions & Red Fla	ags	Available Treat	tments
Mild Irritant Dermatitis Dandruff Diarrhoea (Adults) Dry Eyes/Sore (Tired) Eyes Earwax Excessive Sweating (Hyperhidrosis) Head Lice Indigestion and Heartburn Infrequent Constipation Infrequent Migraine Insect Bites and Stings Mild Acne Mild Dry Skin Sunburn Sun Protection Hay Fever/Seasonal Rhinitis Minor Burns and Scalds Mild General Aches and Pains Mouth Ulcers Nappy Rash Oral Thrush Prevention of Dental Caries Ringworm/Athletes Foot/ Fungal Nail Infection Teething/Mild Toothache Threadworms Travel Sickness X Warts and Verrucae	 The diagn The perso The perso Genital wave 	n has a facial wart losis is uncertain n is immunocompromi n has areas of skin tha	t are extensively affeo	ted			

	INTRODUCTION	GP GUIDANCE	PHARMACY GUIDANCE	TEMS OF LIMITED CLINICAL EFFECTIVENESS	SELF-LIMITING CONDITIONS	SELF-CARE CONDITIONS	FURTHER SUPPORT MATERIALS
Overview	Wart	s and Ve	errucae				
Self-care conditions	Self-care Guidance		Exceptions & Red Flags			Available Treatments	
Mild Irritant Dermatitis Dandruff Diarrhoea (Adults) Dry Eyes/Sore (Tired) Eyes Earwax Excessive Sweating	We recomme correct at tim	ed in table are licensed to treated patients speak to a pharma of writing and are subject	nacist for individual advice to change.	Exceptions include	ed are not an exhaustive list		
(Hyperhidrosis) Head Lice Indigestion and Heartburn Infrequent Constipation Infrequent Migraine		OTC medications (generic) (containing salicyclic acid cid)	 Brand Bazuka[®] Extra streng gel + Bazuka[®] Gel + 	Price	 OTC restrictions Diabetes patients Face, neck, ano-genitie Moles, birthmarks, has 	al area airy warts or skin lesions	
Insect Bites and Stings Mild Acne Mild Dry Skin Sunburn	Wart paint and lactic a	(containing salicyclic acid cid)	 Salactol[®] Salatac[®] Verrugon[®] ointment 	333 333 333	 Broken skin Impaired peripheral b 	lood circulation	
Sun Protection Hay Fever/Seasonal Rhinitis Minor Burns and Scalds Mild General Aches and Pains Mouth Ulcers Nappy Rash Oral Thrush	liquid freezi	e treatments containing ing agents (dimethyl ether, d isobutane)	 Scholl[®] Freeze Bazuka[®] Sub Zero 	333 333	 Children under 4 yea Diabetes patients Face, armpits, breasts Moles, birthmarks, ha Broken skin Impaired peripheral b 	s, ano-genital area airy warts or skin lesions	
 Prevention of Dental Caries Ringworm/Athletes Foot/ Fungal Nail Infection Teething/Mild Toothache Threadworms Travel Sickness Warts and Verrucae 	+ Pharmacy	y only medication		£	.ess than £1 £ £ f	1 - £5 £ £ £	More than £5

SELF-CARE CONDITIONS

National Materials and Shared Learning

Acknowledgements

Further Support Materials





National Materials and Shared Learning

Monitoring of self-care prescribing is being done on a national basis and details of self-care prescribing can be monitored local EPACT reporting or via national tools such as <u>NHSBSA national self-care prescribing monitoring</u> <u>dashboard</u> (access to EPACT 2 required)

If you are a subscriber to PrescQIPP there is a scorecard available.

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National Materials and Shared Learning

Acknowle	edgements

National Materials and Shared Learning

National support materials

Patient leaflets

Information Booklet NHSE Over the counter leaflet 1a

Changes leaflet NHSE Over the counter leaflet 1b easy read

Condition advice NHSE Over the counter 1c

Pharmaceutical Services Negotiating Committee information

PSNC Support for Self Care

PresQIPP resources

Resources for professionals

NICE support

Summary of antimicrobial prescribing guidance – managing common infections

Community pharmacies: promoting health and wellbeing

Self Care Forum supporting documents

How to Implement a Self Care Aware Approach to Demand Management

Posters

Is your medicine cabinet fit for the winter?

Be prepared... To make over your medicine cabinet

Ask your pharmacist how you can be self care aware

I don't feel very well... how long should I wait before I need treatment?

Treat yourself better with pharmacist advice

Home care is best - Most common illnesses don't need antibiotics

Factsheets

Shared Learning examples

Brighton & Hove CCG

Healthy London Partnership - Steps towards implementing self-care: A resource for local commissioners

Derby & Burton Facebook Advert

National materials and Shared Learning

Acknowledgements

Acknowledgements

GP GUIDANCE

This interactive PDF has been produced for Greater Manchester Medicines Management Group (GMMMG). It has been developed by Midlands and Lancashire Commissioning Support Unit in collaboration with NHSE, Clarity Consulting Associates Ltd, Deloittes LPP, MIAA Solutions.

The collaborative project group included:

Midlands and Lancashire Commissioning Support Unit

Project lead: Paula Wilson Project support: Daya Singh, Diane Hornsby Project supervisor: Jonathan Horgan

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- NHS Tameside & Glossop CCG
- NHS Trafford CCG
- NHS Wigan Borough CCG

A range of publicly available/NHS information has been utilised from the following organisations:

• NHS England

SELF-CARE

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- National Self Care Forum
- NHS South West London
- NHS Birmingham and Solihull CCG
- NHS Bexley CCG
- NHS Warrington CCG
- NHS Eastern Cheshire CCG, NHS South Cheshire CCG and NHS Vale Royal CCG
- PrescQIPP

General Enquiries

For general enquiries regarding the tool, please contact MLCSU via: <u>mlcsu.medicinesmanagement@nhs.net</u>

This tool is intended for NHS use

Design by the Creative, Campaigns and Digital Team at Midlands and Lancashire Commissioning Support Unit

August 2019