

Self-care and Pharmacy First (Minor Ailment Scheme) Information

Correct as of 18/4/2018

This information contains the products available when a patient is eligible to receive treatment and also some of the possible reasons why patients cannot receive treatment under this scheme – **it may be a useful indicator as to whether products are available to buy over the counter**. Please note the pharmacist will still be able to give advice and recommend appropriate follow up and often no treatment will be needed. The exclusions summarised below may be due to individual product licences or may signify high risk patients requiring more urgent GP review. There are other exclusions which may require referral to a GP which are too varied and specific to each condition to list concisely. In general these include symptoms of more severe illness, recurrent conditions and uncertainty regarding the diagnosis.

Condition	Exclusions	Products provided
Athlete's Foot	No age exclusions	Clotrimazole 1% cream 20g
Bacterial Conjunctivitis	Age under 2y, pregnancy or breastfeeding, known neutropenia, liver disease, glaucoma or eye problems, already on eye drops	Chloramphenicol 0.5% eye drops 10mls
Constipation (adults)	Age under 12 or over 75, already on laxatives	Ispaghula husk (Fybogel Hi-Fibre) sachets x 10
Constipation (children)	Age under 1 or over 12, symptoms lasting more than 1 week	Lactulose 200mls
Diarrhoea	Age under 1y, symptoms lasting more than 48h, recent travel, known bowel disease, immunocompromised pts	Oral rehydration salts (Dioralyte sachets) x 6
Earache	Age under 3m, alcohol dependence, liver or renal disease, symptoms lasting more than 72h	Paracetamol 500mg tablets x 32 or 120mg/5ml or 250mg/5ml suspension x 100ml
Haemorrhoids	Under 16y excluded, no previous diagnosis	Anusol cream x 23g or suppositories x 12
Hay fever (cetirizine)	Age under 2, symptoms lasting more than 3m, pregnant or breastfeeding, epilepsy, liver or renal impairment	Cetirizine 10mg tabs x 30 or 1mg/ml syrup x 150ml
Hayfever (eye drops)	Age under 2y, pregnant or breastfeeding	Sodium cromoglicate 2% eye drops x 10ml
Hayfever (nasal spray)	Age under 18y, pregnant or breastfeeding	Beconase allergy 50mcg x 180 dose
Head Lice	Age under 6m, pregnancy	Comb, Hedrin x 100ml, Fullmarks x 100ml, Derbac M x 100ml
Insect Bites and Stings	Age over 75, pregnant or breastfeeding, epilepsy, liver or renal impairment Hydrocortisone cream not for under 10y	Hydrocortisone 1 % cream x 15g or Crotamiton (Eurax) cream x 30g
Sore Throat	Age under 3m, symptoms lasting more than 7 days, immunocompromised/diabetic patients, alcohol dependence, liver or renal disease	Paracetamol 500mg tablets x 32 or 120mg/5ml or 250mg/5ml suspension x 100ml

Condition	Exclusions	Products provided
Teething	Age under 3m or over 36m	Paracetamol 120mg/5ml suspension x 100ml
Temperature/Fever with URTI	Age under 3m, alcohol dependence, liver or renal disease	Paracetamol 500mg tablets x 32 or 120mg/5ml or 250mg/5ml suspension x 100ml
Threadworm	Age under 2y, pregnancy or breastfeeding, recent travel	Mebendazole (ovex) 100mg tab x 1
Toothache	Alcohol dependence, liver or renal disease, symptoms lasting more than 3 weeks	Paracetamol 500mg tablets x 32 or 120mg/5ml or 250mg/5ml suspension x 100ml
Vaginal Thrush	Men, women aged under 16 or over 60, pregnancy.	Clotrimazole pessary (Canestan) 500mg x 1 and clotrimazole 1% cream x 20g
Warts and Verrucas	Age over 60, treatment for facial or ano-genital areas.	Salactol paint x 10ml

NHS England identified conditions that are self-limiting or suitable for self-care. **Vitamins/minerals and probiotics** have also been included as items of low clinical effectiveness which are of high cost to the NHS. Some conditions* could be treated through the Pharmacy First Scheme (if deemed appropriate by the Community Pharmacist). Indicative minor illnesses or items for which prescribing could be restricted:

Self-limiting illnesses:

- | | | |
|-----------------------|--|------------------|
| 1. Acute Sore Throat* | 4. Coughs and colds and nasal congestion | 6. Haemorrhoids* |
| 2. Cold Sores | 5. Cradle Cap (Seborrhoeic dermatitis – infants) | 7. Infant Colic |
| 3. Conjunctivitis* | | 8. Mild Cystitis |

Minor illnesses suitable for self-care:

- | | | |
|--|--|---------------------------------|
| 9. Contact Dermatitis | 19. Insect bites and stings* | 25. Mouth ulcers |
| 10. Dandruff | 20. Mild Acne | 26. Nappy Rash |
| 11. Diarrhoea (Adults)* | 21. Mild Dry Skin/Sunburn | 27. Oral Thrush |
| 12. Dry Eyes/Sore tired Eyes | 22. Mild to Moderate Hay fever/Allergic Rhinitis* | 28. Prevention of dental caries |
| 13. Earwax | 23. Minor burns and scalds | 29. Ringworm/Athletes foot* |
| 14. Excessive sweating (Hyperhidrosis) | 24. Minor conditions associated with pain, discomfort and/fever. (e.g. aches and sprains, headache, period pain, back pain)* | 30. Teething/Mild toothache* |
| 15. Head lice* | | 31. Threadworms* |
| 16. Indigestion and Heartburn | | 32. Travel Sickness |
| 17. Infrequent constipation* | | 33. Warts and Verrucae* |
| 18. Infrequent Migraine | | |