

Sefton medicines self care policy for minor illnesses and / or self limiting conditions

November 2018



Policy rationale

NHS South Sefton Clinical Commissioning Group (CCG) and NHS Southport and Formby CCG support and signpost their residents to self care solutions whenever possible and appropriate.

Self care provides people with the ability to take greater control of their health and wellbeing. It also helps the CCGs ensure they only offer treatments through the local NHS that are clinically effective and that provide a clear health benefit to patients.

A wide range of information is available to the public on the subjects of health promotion and the management of minor self treatable illnesses. Advice from organisations such as the Self Care Forum (selfcareforum.org) and NHS Choices (nhs.uk) is readily available on the internet. Many community pharmacies are open with extended hours including evening and weekends and are ideally placed to offer advice on the management of minor conditions and lifestyle interventions.

NHS South Sefton CCG and NHS Southport and Formby CCG do not support the routine prescribing of over the counter medicines for self limiting conditions or minor illnesses suitable for self care. Patients should be encouraged to purchase over the counter medication or access the CCG commissioned minor ailment scheme, Care at the Chemist which is offered in several Sefton pharmacies, for minor illnesses as the first stage of treatment. You can see a list of pharmacies that provide this service on the CCG websites. There will be occasions however where prescribers may use their discretion when consulting individual patients and decide a prescription for an over the counter (OTC) medicine is warranted.

The next sections describe which medicines and preparations this policy relates to and the patients considered exempt. In addition, the table in Appendix 1 makes it easy for prescribers to see the most appropriate way for patients to access medicines and preparations for short term and minor illnesses as described below.

Which medicines does this policy affect?

The majority of medicines that are used to treat self limiting conditions / minor illnesses do not require the patient to be seen by a GP. These products can be purchased from pharmacies and supermarkets (Appendix 1). Where patients are on long term medicines, pharmacists can offer expert advice and support to patients.

Some medicines used to treat self limiting conditions/minor illnesses are not clinically effective or cost effective and some self limiting conditions/minor illnesses do not routinely require treatment (Appendix 1).

Does this policy affect all patients?

Vulnerable patient groups may be signposted to the CCG commissioned minor ailments scheme, Care at the Chemist to access advice and treatment. A summary of conditions, treatments and route of access of medicines for self limiting conditions/minor illnesses is detailed in Appendix 1.

Individual patients where the clinician considers that their ability to self manage is compromised as a consequence of medical, mental health or significant social vulnerability to the extent that their health and/or wellbeing could be adversely affected should continue to have their treatment prescribed. Being exempt from paying a prescription charge does not automatically warrant an exception to the guidance. Consideration should also be given to safeguarding issues.

This policy does not remove the clinical discretion of prescribers in accordance with their professional duties.

Appendix 1: List of self limiting conditions/minor ailments and available treatments

Condition	Self care guidance	Treatment (N.B this is not an exhaustive list)	OTC	Exceptions to self care*	CATC**	Prescribing guidance***
Mild Acne	Minor condition suitable for self care	Benzoyl peroxide 5% gel	✓	Children under 12 years of age Severe acne Pregnancy, breastfeeding	✗	Routine prescribing not recommended, patients should be encouraged to manage condition with long term use of OTC products
		Benzoyl peroxide 5% wash	✓		✗	
Athletes foot/ Ringworm	Minor condition suitable for self care	Clotrimazole 1% cream	✓	Pregnancy, breastfeeding Diabetes, severe or extensive infection, immunocompromised patients, treatment failure, lymphoedema or history of lower limb cellulitis.	✓	Routine prescribing not recommended, condition suitable for self care
		Clotrimazole 1% solution Clotrimazole powder/spray	✓		✗	
		Econazole 1% cream	✓	Pregnancy, breastfeeding Diabetes, severe or extensive infection, immunocompromised patients, treatment failure, lymphoedema or history of lower limb cellulitis. Taking oral anticoagulants	✗	
		Ketoconazole 2% cream	✓	Children Diabetes, severe or extensive infection, immunocompromised patients, treatment failure, lymphoedema or history of lower limb cellulitis.	✗	
		Miconazole 2% cream	✓	Pregnancy, breastfeeding Diabetes, severe or extensive	✗	

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Condition	Self care guidance	Treatment (N.B this is not an exhaustive list)	OTC	Exceptions to self care*	CATC**	Prescribing guidance***
Athletes foot/ Ringworm	Minor condition suitable for self care	Bifonazole 1% cream Miconazole powder/spray powder	✓	inf., immunocompromised patients, treatment failure, patients on oral anticoagulants, lymphoedema or history of lower limb cellulitis.	x	Routine prescribing not recommended, condition suitable for self care
		Terbinafine 1% cream	✓	Children under 16 years Pregnancy, Breastfeeding Diabetes, severe or extensive infection, immunocompromised patients, treatment failure, lymphoedema or history of lower limb cellulitis.	x	
		Terbinafine 1 gel/spray				
		Terbinafine 1% sol	✓	As for terbinafine but not for use in patients under 18 years	x	
		Clotrimazole with hydrocortisone cream Miconazole with hydrocortisone cream	✓	Children under 10 years Pregnancy, breastfeeding Diabetes, severe or extensive infection, immunocompromised patients, treatment failure, lymphoedema or history of lower limb cellulitis.	x	

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Condition	Self care guidance	Treatment (N.B this is not an exhaustive list)	OTC	Exceptions to self care*	CATC**	Prescribing guidance***
Minor burns and scalds	Minor condition suitable for self care	Antiseptic burns cream Cooling burns gel	✗	Serious burns	✗	Routine prescribing not recommended. More serious burns always require professional medical attention. Burns requiring hospital A&E treatment include but are not limited to: all chemical and electrical burns, large or deep burns, burns that cause white or charred skin, burns on the face, hands, arms, feet, legs or genitals that cause blisters.
Infrequent cold sores of the lip	Self limiting condition	Aciclovir 5% cream	✓	Pregnancy, breastfeeding Immunocompromised patients Red flag symptoms	✓	Routine prescribing not recommended. Condition will clear up on its own without the need for treatment. OTC antiviral creams can help ease symptoms and speed up the healing time
Infant colic	Self limiting condition	Infacol suspension	✓	Concomitant use of levothyroxine Red flag symptoms	✗	Routine prescribing not recommended. Self limiting condition that will clear up on its own without the need for treatment. There are some OTC treatments available that could be tried however there is limited evidence for the effectiveness of these treatments.
Conjunctivitis	Self limiting condition	Chloramphenicol 0.5% eye drops	✓	Children under 2 years Pregnancy, breastfeeding History of blood disorder or bone marrow disease during previous use, family history of blood dyscrasias, glaucoma Red flag symptoms	✓	Routine prescribing not recommended. Treatments for conjunctivitis can be purchased OTC however almost half of all simple cases of conjunctivitis clear up within ten days without any treatment. Public Health England advises that children with infective conjunctivitis do not need to be excluded from school, nursery or child minders, and it does not state any requirement for treatment with topical antibiotics.
		Chloramphenicol 1% eye ointment	✓		✓	

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Infrequent constipation (Children under 18 years should be referred to GP)	Minor condition suitable for self care	Senna	✓	Pregnancy, breastfeeding Longer than 1 week treatment Red flag symptoms	✓	Routine prescribing not recommended for short term, infrequent constipation caused by changes in lifestyle or diet.
		Ispaghula husk sachets	✓	Long term use Pregnancy, breastfeeding Red flag symptoms	✓	
		Lactulose solution	✓	Pregnancy, breastfeeding Long term use Red flag symptoms	✓	
Coughs, colds and nasal congestion	Self limiting condition	Simple s/f linctus	✓	Children under 12 years Pregnancy, breastfeeding Red flag symptoms	✓	Routine prescribing not recommended. Self limiting condition that will clear up on its own without the need for treatment.
		Simple paediatric linctus	✓	Children under 1 year Red flag symptoms	✓	
		Sodium Chloride 0.9% nasal drops	✓	Red flag symptoms	✓	
		Menthol and eucalyptus inhalation	✓	Children under 3 months Red flag symptoms	✗	
		Xylometazoline (0.05% drops & 0.1% spray)	✓	Children under 12 years Pregnancy, breastfeeding Overactive thyroid, glaucoma, Diabetes, heart or circulatory disease, hypertension Red flag symptoms	✗	

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Coughs, colds and nasal congestion	Self limiting condition	Pseudoephedrine 60mg tabs Pseudoephedrine 30mg/5ml linctus	✓	Children under 12 years Pregnancy, breastfeeding Patients taking or have taken MOI within the preceding two weeks, hypertension, heart disease, diabetes, hyperthyroidism, elevated intraocular pressure, prostatic enlargement, severe hepatic impairment, moderate to severe renal impairment. Red flag symptoms	x	Routine prescribing not recommended. Self limiting condition that will clear up on its own without the need for treatment
		Cough mixtures, cold and flu capsules or sachets e.g. Benylin cough products Covonia cough products Meltus Pholcodine linctus Menthol vapour rubs	✓	Red flag symptoms Any exceptions listed in individual patient information leaflets.	x	
Cradle cap (seborrhoeic dermatitis-infants)	Self limiting condition	Cradle Cap Shampoos Emulsifying ointment	✓	If causing distress to the infant Condition not improving Any exceptions listed in individual patient information leaflets	x	Routine prescribing not recommended. Condition will usually clear up without treatment within weeks to a few months.

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Mild cystitis	Self limiting condition	Potassium citrate mixture	✓	Children under 1 year Pregnancy, breastfeeding Heart or kidney disease, raised potassium, Addison's disease Red flag symptoms	✓	Routine prescribing not recommended. Mild cases can be defined as those that are responsive to symptomatic treatment but will also clear up on their own. If symptoms don't improve in 3 days despite self care measures, patient should be advised to see their GP. Symptomatic treatment using products that reduce the acidity of the urine to reduce symptoms are available, but there's a lack of evidence to suggest they're effective.
Mild irritant dermatitis	Minor condition suitable for self care	Hydrocortisone 1% cream	✓	Children under 10 years Pregnancy, breastfeeding Face or near eyes, ano-genital area or on broken or infected skin. Bacterial, viral, fungal infections. Long term skin conditions requiring regular treatment	✓	Routine prescribing not recommended; condition appropriate for self care with OTC emollients and topical corticosteroids.
		Emulsifying ointment	✓	Failing to respond to therapy	✓	
		ZeroAQS	✓	Long term skin conditions requiring regular treatment	✓	
Dandruff	Minor condition suitable for self care	Coal tar shampoo (Alphosyl 2 in 1)	✓	Children under 12 years Infected open skin lesions. Sore or acute pustular psoriasis	✗	Routine prescribing not recommended. Patients should be encouraged to manage mild dandruff with long term OTC treatments.
		Coal tar/salicylic acid/coconut oil shampoo (Capasal)	✓	No routine exceptions	✗	
		Ketoconazole shampoo	✓	Children Pregnancy, breastfeeding	✗	

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Dandruff	Minor condition suitable for self care	Selenium sulphide shampoo (Selsun)	✓	Children under 5 years Pregnancy, breastfeeding	✗	Routine prescribing not recommended. Patients should be encouraged to manage mild dandruff with long term OTC treatments.
Prevention of dental caries	Minor condition suitable for self care	Sodium fluoride mouthwash, oral drops, tablets & toothpaste (including the brands: Colgate®, EndeKay)	✓	Any exceptions listed in individual patient information leaflets	✗	Routine prescribing not recommended. Some higher fluoride toothpastes and mouthwashes can be purchased OTC. For further information see Pan Mersey APC guidance for dental prescribing in primary care.
Diarrhoea (Adults)	Minor condition suitable for self care	Dioralyte sachets	✓	Children Liver or kidney disease, low potassium/sodium diets, diabetes. Condition lasting more than 24-48h.	✓	Routine prescribing not recommended. OTC treatments can help replace lost fluids or reduce bowel motions.
		Loperamide 2mg capsules	✓	Children Pregnancy, breastfeeding Liver disease, acute dysentery, acute ulcerative colitis, IBS, bacterial enterocolitis caused by invasive organisms, pseudomembranous colitis associated with the use of broad-spectrum antibiotics.	✓	
Dry eyes/Sore tired eyes	Minor condition suitable for self care	Hypromellose 0.3% eye drops	✓	Long term use	✓	Routine prescribing not recommended. Patients should be encouraged to manage both dry eyes and sore eyes by implementing some self care measures such as good

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Dry eyes/Sore tired eyes	Minor condition suitable for self care	Blephaclean Eye Lid Wipe Lid-Care Eyelid Wipe Optrex Supranettes RefreshOphth Soln 0.4ml Ud Ster Eye Cleansing Wipes	✓	No routine exceptions	✗	eyelid hygiene and avoidance of environmental factors alongside treatment Mild to moderate cases of dry eye syndrome or sore tired eyes can usually be treated using lubricant eye treatments that consist of a range of drops, gels and ointments that can easily be purchased OTC.
Mild dry skin	Minor condition suitable for self care	Aveeno products Dermacool products Dermalol Bath Emollient Dermamist Spray Diprobath Emollient Eucerin products Neutrogena products Balneum Products Dermol 200 Shower Emollient Dermol Wash Doublebase products E45 products Hydromol products Oilatum products	✓	Patients with a confirmed diagnosis of significant skin disease (including eczema and psoriasis).	✗	Routine prescribing not recommended. Mild dry skin can be managed using OTC products on a long term basis.
Earwax	Minor condition suitable for self care	Sodium bicarbonate 5% ear drops	✓	Recent ear surgery, injury or infection.	✓	Routine prescribing not recommended. A build-up of earwax is a common problem that can often be treated using eardrops bought from a pharmacy. These can help soften the earwax so that it falls out naturally.
		Olive oil	✓	Perforated ear drum	✗	

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Condition	Self care guidance	Treatment (N.B this is not an exhaustive list)	OTC	Exceptions to self care*	CATC**	Prescribing guidance***
Mild to moderate hay fever/seasonal rhinitis	Minor condition suitable for self care	Acrivastine	✓	Children under 12 years Adults over 65 years Significant renal impairment Pregnancy, breastfeeding	✗	Routine prescribing not recommended. Most people with mild to moderate symptoms are able to relieve symptoms with OTC treatments recommended by a pharmacist.
		Cetirizine 10mg tablets	✓	Children (see individual patient information leaflets for use in children) Pregnancy, breastfeeding Severe kidney disease, predisposing factors for urinary retention, epilepsy or at risk of convulsions.	✓	
		Chlorphenamine 4mg tablets	✓	Children under 6 years Pregnancy, breastfeeding On MAOI, raised blood pressure, heart disease, epilepsy, glaucoma, enlarged prostate, liver disease, kidney disease, bronchitis, asthma, bronchiectasis	✓	
		Loratadine 10mg tablets	✓	Children (see individual patient information leaflets for use in children) Pregnancy, breastfeeding Liver disease	✗	

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Mild to moderate hay fever/seasonal rhinitis	Minor condition suitable for self care	Promethazine 10mg tablets Promethazine 25mg tablets	✓	Children (see individual patient information leaflets for use in children) On MAOI	x	Routine prescribing not recommended. Most people with mild to moderate symptoms are able to relieve symptoms with OTC treatments recommended by a pharmacist.
		Promethazine 5mg/5ml oral solution	✓	Pregnancy, breastfeeding Asthma, bronchitis, epilepsy, heart disease, liver disease, kidney disease, blocked intestine, difficulty passing urine, prostate problems, glaucoma, hearing problems, Reye's syndrome.	x	
		Cetirizine 1mg/ml oral solution	✓	Children under 2 years Pregnancy, breastfeeding Liver or kidney disease, epilepsy or at risk of convulsions, difficulty passing urine	x	
		Chlorphenamine 2mg/5ml syrup	✓	Children under 1 year As for chlorphenamine tablets	✓	
		Loratadine 5mg/5ml syrup	✓	Children under 2 years Pregnancy, breastfeeding Liver disease	✓	
		Beclomethasone 50mcg/dose nasal spray	✓	Children under 18 years. Long term treatment >3 months	x	
		Fluticasone 50mcg/dose nasal spray	✓	Pregnancy, breastfeeding	✓	

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Condition	Self care guidance	Treatment (N.B this is not an exhaustive list)	OTC	Exceptions to self care*	CATC**	Prescribing guidance***
Mild to moderate hay fever/seasonal rhinitis	Minor condition suitable for self care	Sodium cromoglycate 2% eye drops	✓	Pregnancy, breastfeeding	✓	Routine prescribing not recommended. Most people with mild to moderate symptoms are able to relieve symptoms with OTC treatments recommended by a pharmacist
Haemorrhoids	Self limiting condition	Anusol Ointment	✓	Children under 18 years Pregnancy, breastfeeding Red flag symptoms	✓	Routine prescribing not recommended. Treatments that can reduce itching and discomfort are available to purchase OTC.
		Anusol suppositories				
Head lice	Minor condition suitable for self care	Bug Buster kit	✓	None	✗	Routine prescribing not recommended. Live head lice can be treated by wet combing; chemical treatment only recommended in exceptional circumstances and in these cases OTC medicines can be purchased from a pharmacy. If appropriate, everyone in the household needs to be treated at the same time even if they don't have symptoms.
		Nitcomb-M2	✓	None	✓	
		Dimethicone lotion 4%	✓	Children under 6 months Any exceptions listed in individual patient information leaflets	✓	
		Malathion 0.5% liquid	✓		✓	
Excessive sweating (hyperhidrosis)	Minor condition suitable for self care	Aluminium chloride 20% solution (Anhydrol Forte, Driclor)	✓	No routine exceptions	✗	Routine prescribing not recommended; condition appropriate for self care.
Indigestion and heartburn (Children under 18 years should be referred to GP)	Minor condition suitable for self care	Mucogel suspension 195/220	✓	Children Renal disease Pregnancy, breastfeeding	✗	Routine prescribing not recommended. Mild and infrequent symptoms can be treated with OTC products.
		Maalox 175/200 oral suspension Maalox plus tablets	✓	Children Renal disease Pregnancy, breastfeeding	✗	

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Indigestion and heartburn (Children under 18 years should be referred to GP)	Minor condition suitable for self care	Maalox plus suspension	✓	Children Pregnancy, breastfeeding Renal disease, patients with low phosphate	✗	Routine prescribing not recommended. Mild and infrequent symptoms can be treated with OTC products.
		Peptac liquid	✓	Children Long term use	✓	
		Phillips milk of magnesia	✓	Children Pregnancy, breastfeeding	✗	
		Ranitidine 75mg tablets	✓	Children Longer than 2 weeks treatment Pregnancy, breastfeeding Kidney disease, liver disease, porphyria, elderly, breathing problems, immunocompromised patients, diabetes. Red flag symptoms	✗	
Insect bites and stings	Minor condition suitable for self care	Hydrocortisone 1% cream	✓	See previous entry under "mild irritant dermatitis".	✓	Routine prescribing not recommended; condition suitable for self care.
		Hydrocortisone 1% ointment	✓		✗	
		Crotamiton 10% cream	✓	Children under 3 years Pregnancy, breastfeeding In or around the eyes, on broken skin, for weeping skin conditions.	✗	

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Insect bites and stings	Minor condition suitable for self care	Crotamiton with hydrocortisone cream	✓	Children under 10 years Pregnancy, breastfeeding Bacterial, fungal or viral infection of the skin. Face or near eyes, ano-genital area or on broken or infected skin.	x	Routine prescribing not recommended; condition suitable for self care.
		Chlorphenamine 4mg tablets	✓	See previous entry under "mild to moderate hayfever".	x	
		Chlorphenamine 2mg/5ml syrup	✓	See previous entry under "mild to moderate hayfever".	x	
		Loratadine 10mg tablets	✓	See previous entry under "mild to moderate hayfever".	x	
		Cetirizine 10mg tablets	✓	See previous entry under "mild to moderate hayfever".	x	
Mouth ulcers	Minor condition suitable for self care	Hydrocortisone 2.5mg muco-adhesive buccal tablet	✓	Children under 12 years Pregnancy, breastfeeding Infection of the mouth, recurring ulcers, severe ulcers.	x	Routine prescribing not recommended; condition appropriate for self care.
		Bonjela®	✓	Children under 16 years Pregnancy, breastfeeding Stomach ulcer, allergy to salicylates, aspirin or NSAIDs	x	
		Bonjela teething gel		Infants under 2 months Liver or heart disease, concurrent use of cimetidine or propranolol	x	

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Mouth ulcers	Minor condition suitable for self care	Difflam (Throat Spray & rinse)	✓	Pregnancy, breastfeeding Red flag symptoms	✗	Routine prescribing not recommended; condition appropriate for self care.
Nappy rash	Minor condition suitable for self care	Conotrane	✓	Signs of bacterial infection Severe inflammation	✓	Routine prescribing not recommended. Nappy rash usually clears up after about three to seven days if recommended hygiene tips are followed. Can be treated at home using OTC barrier creams.
		Sudocrem cream	✓		✗	
		Drapolene cream	✓		✗	
Nutrition	Limited evidence of clinical effectiveness	Probiotics	✓	ACBS approved indication	✗	Routine prescribing not recommended. Insufficient clinical evidence to support prescribing of probiotics within the NHS for the treatment or prevention of diarrhoea of any cause.

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Nutrition	Limited evidence of clinical effectiveness	Vitamins and Minerals	✓	<p>Medically diagnosed deficiency including for those patients who may have a lifelong or chronic condition or have undergone surgery that results in malabsorption.</p> <p>Iron deficiency anaemia.</p> <p>Demonstrated vitamin D deficiency</p> <p>(NB not maintenance unless in a group specified by Pan Mersey APC guidance)</p> <p>Calcium and vitamin D for osteoporosis</p> <p>Malnutrition including alcoholism (see NICE guidance)</p> <p>Patients suitable to receive Healthy Start vitamins for pregnancy or children between the ages 6 months to their fourth birthday. (NB this is not on prescription but commissioned separately)</p>	✗	Routine prescribing not recommended. Insufficient high quality evidence to demonstrate the clinical effectiveness of vitamins and minerals.
Oral Thrush	Minor condition suitable for self care	Miconazole gel	✓	<p>Infants less than 4 months</p> <p>Co-administration of drugs that are subject to metabolism by CYP3A4 or CYP2C9 (see SPC for further details), liver disease</p>	✓	Routine prescribing not recommended. Can be treated without the need for a GP consultation or prescription in the first instance.

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Minor conditions associated with pain, discomfort and fever (e.g. aches, sprains, headache, period pain, back pain). Infrequent migraine	Minor condition suitable for self care	Ibuprofen 200mg tablets Ibuprofen 100mg/5ml SF Susp.	✓	See individual patient information leaflets for use in children.	✓	Routine prescribing not recommended; condition suitable for self care. Patients should be encouraged to keep small supply of OTC analgesics in their medicines cabinet at home so they are able to manage minor conditions at home without the need for a GP appointment. Mild infrequent migraines can be adequately treated with over the counter pain killers and a number of combination medicines for migraine are available that contain both painkillers and anti-sickness medicines.
		Ibuprofen 200mg capsules Ibuprofen 200mg orodispersible tablets Ibuprofen 400mg capsules Ibuprofen 400mg tablets	✓	Patients with previous hypersensitivity reactions in response to aspirin or other NSAIDs, active or history of recurrent peptic ulcer/haemorrhage, severe heart failure, renal failure or hepatic failure, history of gastrointestinal bleeding or perforation related to previous NSAIDs therapy Pregnancy, breastfeeding Long term conditions requiring regular pain relief Severe or recurrent migraines	✗	
		Ibuprofen 100mg chewable capsules Ibuprofen 200mg caplets Ibuprofen lysine 200mg Ibuprofen sodium dihydrate 200mg tablets Ibuprofen 200mg m/r capsules Ibuprofen 300mg m/r capsules Ibuprofen lysine 342mg Ibuprofen 400mg caplets Ibuprofen lysine 400mg Ibuprofen sodium dehydrate 400mg tablets	✓		✗	
		Paracetamol 500mg tablets	✓	See individual patient	✓	

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Minor conditions associated with pain, discomfort and fever (e.g aches and sprains , headache, period pain, back pain) Infrequent migraine	Minor condition suitable for self care	Paracetamol 500mg capsules Paracetamol supp all strengths Paracetamol 500mg soluble tablets Paracetamol 250mg orodispersible tablets	✓	information leaflets for use in children Pregnancy, breastfeeding Long term conditions requiring regular pain relief Severe or recurrent migraines	✗	Routine prescribing not recommended; condition suitable for self care. Patient should be encouraged to keep small supply of OTC analgesics in their medicines cabinet at home so they are able to manage minor conditions at home without the need for a GP appointment. Mild infrequent migraines can be adequately treated with over the counter pain killers and a number of combination medicines for migraine are available that contain both painkillers and anti-sickness medicines.
		Paracetamol 500mg caplets Paracetamol powder all strengths Paracetamol/ Isometheptene mucate 325mg/65mg Paracetamol/Bucliz./Codeine	✓		✗	
		Paracetamol 120mg/5ml SF Susp Paracetamol 250mg/5ml SF Susp	✓	Children under 2 months Babies born before 37 weeks Babies weighing < 4 kg	✓	
		Co-Codamol 8mg/500mg tablets Co-Codamol 8mg/500mg effervescent tablets	✓	See individual patient information leaflets for use in children Patients with raised intracranial pressure or head injury,	✗	

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Minor conditions associated with pain, discomfort and fever (e.g aches and sprains , headache, period pain, back pain) Infrequent migraine	Minor condition suitable for self care	Co-Codamol 8mg/500mg caplets Co-Codamol 8mg/500mg capsules Co-Codamol 12.8mg/500mg tablets	✓	respiratory depression, acute asthma and acute alcoholism Patients receiving monoamine oxidase inhibitors Pregnancy, breastfeeding Long term conditions requiring regular pain relief Severe or recurrent migraines	✗	Routine prescribing not recommended; condition suitable for self care. Patient should be encouraged to keep small supply of OTC analgesics in their medicines cabinet at home so they are able to manage minor conditions at home without the need for a GP appointment. Mild infrequent migraines can be adequately treated with over the counter pain killers and a number of combination medicines for migraine are available that contain both painkillers and anti-sickness medicines.
		Diclofenac 1.16% gel Diclofenac 2.32% gel	✓	Children under 14 years Concomitant use of oral NSAIDs Pregnancy, breastfeeding	✗	
		Ibuprofen 5% gel	✓	Children under 14 years Concomitant use of oral NSAIDs, renal failure Pregnancy, breastfeeding	✗	
		Rubefaciants	✓	No routine exceptions	✗	
Scabies	Minor condition suitable for self care	Permethrin 5% dermal cream	✓	Children under 2 years Pregnancy, breastfeeding Severe rash, secondary infection, systemically unwell.	✓	Routine prescribing not recommended; condition suitable for self care.
		Malathion 0.5% liquid	✓	Children under 6 months Severe rash, secondary infection, systemically unwell	✓	

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**Care at the Chemist

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Condition	Self care guidance	Treatment (N.B this is not an exhaustive list)	OTC	Exceptions to self care*	CATC**	Prescribing guidance***
Acute Sore throat	Self limiting condition	AAA throat spray	✓	Children under 6 years Pregnancy, breastfeeding Methaemoglobinaemia Difficulty breathing, noisy breathing, severe difficulty swallowing. Red flag symptoms	✓	Routine prescribing not recommended. There is little evidence to suggest that treatments such as lozenges or throat sprays help to treat the cause of sore throat and patients should be advised to take simple painkillers and implement some self care measures such as gargling with warm salty water instead.
		Diffiam (Throat Spray & rinse)	✓	Pregnancy, breastfeeding Red flag symptoms	✗	
		Antiseptic lozenges and sprays	✓	As per PIL Red flag symptoms	✗	
Sunburn due to excessive sun exposure	Minor condition suitable for self care	After sun cream	✓	No routine exceptions	✗	Routine prescribing not recommended; condition suitable for self care.
Sun protection	Minor condition suitable for self care	Anthelios XL Sunsense Ultra	✓	ACBS approved indication of photodermatoses	✗	Routine prescribing not recommended; condition suitable for self care.
Teething/Mild toothache	Minor condition suitable for self care	Calgel	✓	Children under 3 months	✓	Routine prescribing not recommended. For further information see Pan Mersey APC guidance for dental prescribing in primary care.
		Clove oil	✗	No routine exceptions	✗	
		Painkillers	For individual preparations see under "pain".			

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Condition	Self care guidance	Treatment (N.B this is not an exhaustive list)	OTC	Exceptions to self care*	CATC**	Prescribing guidance***
Threadworms	Minor condition suitable for self care	Mebendazole 100mg tablets	✓	Children under 2 years Pregnancy, breastfeeding	✓	Routine prescribing not recommended. Patients should be advised to treat with OTC treatments. Strict hygiene measures can also help clear up a threadworm infection and reduce the likelihood of reinfection Everyone in the household will require treatment, even if they don't have symptoms.
		Mebenadazole 100mg/5ml suspension	✓		✗	
Travel Sickness	Minor condition suitable for self care	Hyoscine hydrobromide 300mcg (Kwells)	✓	Children under 10 years Adults over 60 years Pregnancy, breastfeeding Glaucoma, paralytic ileus, pyloric stenosis, myasthenia gravis, enlarged prostate gland, any heart/ liver/GI/kidney condition, previous sudden inability to pass urine, ulcerative colitis, diarrhoea or fever, Down's syndrome, seizures or fits.	✗	Routine prescribing not recommended. Mild motion sickness can be treated by various self care measures; more severe motion sickness can be treated with OTC medicines.
		Hyoscine hydrobromide 150mcg (Kwells kids)	✓	As for Kwells but not for use in children under 4 years	✗	
		Cinnarizine 15mg tablets (Stugeron)	✓	Children under 5 years Pregnancy, breastfeeding Parkinson's disease, liver or kidney disease, porphyria.	✗	

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Condition	Self care guidance	Treatment (N.B this is not an exhaustive list)	OTC	Exceptions to self care*	CATC**	Prescribing guidance***
Vaginal thrush	Minor condition suitable for self care	Clotrimazole 1% cream	✓	Children under 16 years. Adults over 60 years. Pregnancy, breastfeeding. Immunocompromised women, poorly controlled diabetes. More than 2 infections in last 6 months	✓	Routine prescribing not recommended; condition suitable for self care.
		Clotrimazole 500mg pessary	✓			
		Fluconazole 150mg capsule	✓			
Warts and Verrucas	Minor condition suitable for self care	Salactol wart paint	✓	Diabetes, immunocompromised patients, multiple recalcitrant warts, extensive affected areas. Non responsive to treatment On or near the face, intertriginous or ano-genital regions.	✓	Routine prescribing not recommended. Several treatments can be purchased from a pharmacy to get rid of warts and verrucae more quickly if patients require treatment.

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