

# Patient Self-Care Policy

**Including prescribing for minor ailments and/or self-limiting conditions**

**Version 1.0**

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## **1. Background**

The NHS Cheshire and Merseyside (C&M) Patient Self-Care Policy is based on guidance published by NHS England. The policy enables NHS C&M to fulfil its duties to the people of C&M and the NHS, around appropriate use of resources and to supporting prescribers in their prescribing practice.

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

This document aims to promote greater uniformity with national advice and make local prescribing practices more effective. NHS C&M will focus on implementation locally; ensuring decisions consider the legal duties to advance equality, to have regard to reducing health inequalities, to address social vulnerability and to consider levels of poverty within our population.

## **2. Policy rationale**

Self-care is widely acknowledged as an important solution to managing demand and keeping the NHS sustainable. Self-care provides people with the ability to take greater control of their health and wellbeing.

Patients can access self-care advice in several ways including on the NHS website, via the self-care forum ([www.selfcareforum.org](http://www.selfcareforum.org)) or the NHS App, by accessing NHS 111 and from community pharmacy. Many community pharmacies are open for extended hours including evenings and weekends and are ideally placed to offer advice on the management of minor conditions and lifestyle interventions.

NHS 111 and general practices may signpost or refer patients to community pharmacy colleagues for advice and to purchase over-the-counter medication. The appropriate purchase of over-the-counter (OTC) medicines supports the management of NHS resources.

The cost to the NHS for prescribing medicines to treat minor conditions are higher than the cost of the medicine alone due to additional costs such as dispensing fees and GP consultations.

The National Pharmacy First Service was launched in January 2024. This is a service provided by Community Pharmacy which involves pharmacists providing advice and NHS-funded treatment, where clinically appropriate, for seven common conditions: sinusitis, sore throat, acute otitis media, infected insect bite, impetigo, shingles, uncomplicated urinary tract infection in women.

Consultations for these seven common conditions can be provided to patients self-presenting to the pharmacy as well as those referred by NHS 111, general practices and others.

In the consultation with a pharmacist, people with symptoms suggestive of the seven conditions will be provided with advice and will be supplied, where clinically appropriate, with a prescription-only treatment under a Patient Group Direction (PGD). Medicines supplied under a PGD will be free for those that are exempt from prescription charges.

Where a patient does not meet the gateway criteria for supply of medication under the PGD they may be offered advice on self-care and symptom management. This may include recommendations on the use of an over-the-counter (OTC) or Pharmacy only (P) medication. The supply of any OTC or P medication in this instance is not funded as part of the Pharmacy First Service.

The Pharmacy First service also incorporates provision of support for wider minor illness consultations by a pharmacist following a referral from NHS 111, general practices and other authorised healthcare providers i.e. patients are not able to present to the pharmacy without a referral. The range of minor illness appropriate for referral is not defined and can incorporate any condition that is appropriate to be managed and treated via patient self-care or with the support and advice of a pharmacist.

Where locally commissioned, a Minor Ailments Service (MAS) enables community pharmacists to support wider minor illness conditions and supply an appropriate medicine from an agreed local formulary.

This policy is intended to encourage people to self-care for minor illness as a first stage of treatment. It is envisioned that in most cases these minor conditions will resolve with appropriate self-care. If symptoms are not improving or responding to self-care the patient should be encouraged to seek further advice. It is not intended to discourage patients from going to the GP practice when it is appropriate to do so.

Locally commissioned MASs are not available in all C&M Places.

A list of pharmacies that provide a local MAS and /or the National Pharmacy First Service can be found on the Integrated Care Board (ICB) website. [Home - NHS Cheshire and Merseyside](#)

**Please see the Self Care Matrix (Appendix 1) for full details of minor ailments and access to treatments**

### **3. Scope**

- This policy applies to all NHS C&M commissioned services.
- This policy is intended for all patients (adults and children) who are registered with a GP or who access NHS services across C&M who are suffering from acute, minor, or self-limiting conditions which are suitable for self-care with products that are available without a prescription.

### **4. Equality**

The aim of this policy and related support materials is to meet the diverse needs of the population to be served. NHS C&M is committed to ensuring equality of access and non-discrimination, irrespective of age, disability (including learning disability, neurodiversity), gender reassignment, marriage and civil partnership, pregnancy and maternity, race, religion or belief, sex (gender) or sexual orientation.

## 5. NHS Cheshire and Merseyside Prescribing Guidance for Minor Ailments and/or Self-Limiting Conditions

NHS C&M supports the national NHS England policy guidance for conditions for which over the counter items should not routinely be prescribed in primary care:

[NHS England » Guidance on conditions for which over the counter items should not routinely be prescribed in primary care](#)

An NHS C&M self-care matrix (Appendix 1) makes it easy for prescribers and patients to see the most appropriate way to access medicines for minor ailments and/or self-limiting conditions.

Recommendations are made to address over the counter items which would fall into one of the following three categories:

1) Those of **limited clinical effectiveness**: *the item should not be routinely prescribed in primary care due to limited evidence of clinical effectiveness.*

2) Those used to treat **self-limiting conditions**: *a prescription for treatment of a condition should not routinely be offered in primary care as the condition is self-limiting and will clear up on its own without the need for treatment.*

3) Those used to treat **minor conditions suitable for self-care**: *a prescription for treatment of a condition should not routinely be offered in primary care as the condition is appropriate for self-care.*

NHS C&M will support and signpost their residents to self-care solutions whenever possible and appropriate.

There will be occasions however where prescribers may use their clinical judgement when consulting individual patients for a minor ailment and will decide if a prescription for an OTC medicine is warranted. Circumstances where this may be appropriate are detailed in section 5, general exceptions, below.

It is the individual responsibility of the health professional to support their patients in agreeing the most appropriate treatment option for them through taking a shared decision-making approach. [NHS England » Shared decision-making](#)

## 6. General Exceptions to Prescribing Guidance for Minor Ailments and/or Self-Limiting Conditions

The following are example scenarios where it would be appropriate for patients to continue to have their treatments prescribed:

### 6.1 Chronic and Complex Conditions not classed as minor

- Patients prescribed an OTC 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 OTC 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 severe pain.)
- Treatment for patients with complex conditions (e.g. immunosuppressed patients).
- Prescription only treatments.
- Patients prescribed OTC products to treat an adverse effect or symptom of a more complex illness and/or side effects of prescription only medications.
- Circumstances where the product license doesn't allow the product to be sold over the counter to certain groups of patients. This may vary by medicine, but could include babies, children and/or women who are pregnant or breast-feeding.
- Patients with a minor condition suitable for self-care that has not responded sufficiently to treatment with an OTC product.
- Patients where the clinician considers that the presenting symptom is due to a condition that would not be considered a minor condition.

## **6.2 Exceptional Circumstances, Socially Vulnerable Patients and Patients Living with Poverty**

- Circumstances where the prescriber believes that in their clinical judgement, exceptional circumstances exist that warrant deviation from the recommendation to self-care.
- Individual patients where the clinician considers that their ability to self-manage is compromised because of medical, mental health or significant social vulnerability to the extent that their health and/or wellbeing could be adversely affected, if reliant on self-care. To note that being exempt from paying a prescription charge does not automatically warrant an exception to the guidance. Consideration should also be given to safeguarding issues.
- Where a prescriber, through their knowledge and clinical judgement believes that the patient will be unable to access a minor ailment service, the prescriber may use their judgement to decide if a prescription for an OTC medicine is warranted, in line with the rationale of this document, national guidance and the general exceptions detailed above.

## **7. OTC (non-prescription) Medicines in Nurseries and Schools**

Prescribers in C&M will not accept requests for prescriptions of OTC medicines solely for the purposes of enabling administration within a nursery or school. The MHRA licenses all medications and classifies them as OTC when it considers them safe and appropriate to be used without prescription. Medicines purchased OTC to treat minor self-limiting conditions include dosage instructions and patient information leaflets with information relating to the medicine.

The relevant Department of Education guidelines supporting this are detailed below:

### **7.1 Nurseries**

The [Early years foundation stage \(EYFS\) statutory framework - GOV.UK \(www.gov.uk\)](https://www.gov.uk/guidance/early-years-foundation-stage-eyfs-statutory-framework) governs the standards of institutions looking after and educating children from birth to 5

years. **The framework states that** *“Prescription medicines must not be administered unless they have been prescribed for a child by a doctor, dentist, nurse or pharmacist (medicines containing aspirin should only be given if prescribed by a doctor).” “Medicine (both prescription and non-prescription) must only be administered to a child where written permission for that particular medicine has been obtained from the child’s parent and/or carer. Providers must keep a written record each time a medicine is administered to a child and inform the child’s parents and/or carers on the same day, or as soon as reasonably practicable.”*

**There is a clear distinction made between prescription and non-prescription medications. Therefore, a non-prescription medicine can be administered by a member of staff in a nursery or school if written permission has been obtained from a child’s parent or carer and a written record of administration is kept.**

**A prescription is only necessary for administration of a prescription only medication.**

## 7.2 Schools

Department of Education guidance for governing bodies of maintained schools & proprietors of academies in England , [Supporting pupils with medical conditions at school - GOV.UK \(www.gov.uk\)](http://www.gov.uk/government/uploads/system/uploads/attachment_data/file/344222/Supporting_pupils_with_medical_conditions_at_school_-_GOV.UK.pdf)

*“Wherever possible, children should be allowed to carry their own medicines and relevant devices or should be able to access their medicines for self-medication quickly and easily. Children who can take their medicines themselves or manage procedures may require an appropriate level of supervision. If it is not appropriate for a child to self-manage, relevant staff should help to administer medicines and manage procedures for them.”*

**Children should therefore be allowed to self-medicate where appropriate.**

*“No child under 16 should be given prescription or non-prescription medicines without their parent’s written consent – except in exceptional circumstances where the medicine has been prescribed to the child without the knowledge of the parents. In such cases, every effort should be made to encourage the child or young person to involve their parents while respecting their right to confidentiality. Schools should set out the circumstances in which non-prescription medicines may be administered”*

*“A child under 16 should never be given medicine containing aspirin unless prescribed by a doctor. Medication, e.g. for pain relief, should never be administered without first checking maximum dosages and when the previous dose was taken. Parents should be informed”*

**This makes clear that non-prescription medicines can be administered with written permission from the child’s parent. There is no requirement for a prescriber to provide consent for the administration of a non-prescription medication.**

*Schools should only accept prescribed medicines if these are in-date, labelled, provided in the original container as dispensed by a pharmacist and include instructions for administration, dosage and storage. The exception to this is insulin, which must still be in*

*date, but will generally be available to schools inside an insulin pen or a pump, rather than in its original container*

**This makes clear that the requirements for labelling of medications with instructions for administration only applies to prescribed medications.**

## **8. Non-prescription (OTC) medications in care homes**

The National Institute for Health and Care Excellence (NICE) published [Managing medicines in care homes](#) which advises on processes for prescribing, handling and administering medicines in care homes. It also recommends how care and services relating to medicines should be provided to people living in care homes, including advice on the provision of OTC medicines for care home residents.

The Care Quality Commission (CQC) also published [Treating minor ailments and promoting self-care in adult social care](#) which explains homely remedies and provides information on supporting residents in care homes to self-care where appropriate and advises that carers should support people who receive social care to access OTC products to enable them to self-care, appropriate safeguards should be in place. There should also be policies in place to support people who wish to access OTC products in a timely manner. This document also covers how the administration of the OTC medicines to residents should be documented.

## **9. Malaria prophylaxis**

Medicines for malaria prophylaxis are not prescribable on the NHS. Private prescriptions should be written for prescription only medicines for malaria prophylaxis.

Some medicines for the prevention of malaria are available for the patient to purchase over the counter at a community pharmacy. If this is the case a prescriber need not write a prescription.

## Appendix one

# NHS Cheshire and Merseyside Patient Self-Care Matrix



# List of self-limiting conditions/minor ailments and available treatments.

Please note, not all Cheshire and Merseyside sub locations (Places) Community Pharmacies provide a Minor Ailment Service (MAS) or Patient Group Directions (PGDs). Please see the Integrated Care Board (ICB) website or contact Place Medicines Management Teams to confirm which services are commissioned locally.

Condition	Treatment (N.B this is not an exhaustive list)	OTC	MAS <sup>1</sup>	Pharmacy First/PGD <sup>2</sup>	Rationale for Self-Care <sup>**</sup>	Prescribing guidance <sup>3</sup>
Mild Acne	Benzoyl peroxide 5% gel	✓	x	x	Minor condition suitable for self-care	<a href="https://cks.nice.org.uk/topics/acne-vulgaris/">https://cks.nice.org.uk/topics/acne-vulgaris/</a>
	Benzoyl peroxide 5% wash	✓	x	x		
Athlete's foot Ringworm	Clotrimazole 1% cream	✓	✓ (20g)	x	Minor condition suitable for self-care	<a href="#">Fungal skin infection - foot   Health topics A to Z   CKS   NICE</a>
	Clotrimazole 1% solution Clotrimazole powder/spray	✓	x	x		<a href="https://cks.nice.org.uk/topics/fungal-skin-infection-body-groin/">https://cks.nice.org.uk/topics/fungal-skin-infection-body-groin/</a>
	Econazole 1% cream	✓	x	x		
	Ketoconazole 2% cream	✓	x	x		
	Miconazole 2% cream	✓	x	x		
	Bifonazole 1% cream Miconazole powder/spray powder	✓	x	x		
	Terbinafine 1% cream	✓	x	x		
	Terbinafine 1 gel/spray	✓	x	x		
	Terbinafine 1% sol	✓	x	x		
	Clotrimazole with hydrocortisone cream	✓	x	x		

<sup>\*\*</sup> Where exceptions exist details can be found via [NHS England guidance for conditions for which over the counter items should not routinely be prescribed in primary care:](#)

<sup>1</sup>Minor Ailments Service

<sup>2</sup>Provided by pharmacies who have signed up to provide PGDs

<sup>3</sup>Where prescribers believe that, in their clinical judgment, a prescription is required they should refer to the NICE CKS guidelines and the Cheshire and Merseyside Area Prescribing Group prescribing recommendations.

Condition	Treatment (N.B this is not an exhaustive list)	OTC	MAS <sup>1</sup>	Pharmacy First/PGD <sup>2</sup>	Rationale for Self-Care <sup>**</sup>	Prescribing guidance <sup>3</sup>
	Miconazole with hydrocortisone cream	✓	x	x		
Minor burns and scalds	Antiseptic burns cream	✓	x	x	Minor condition suitable for self-care	<a href="https://cks.nice.org.uk/to-pics/burns-scalds/">https://cks.nice.org.uk/to-pics/burns-scalds/</a>
	Cooling burns gel	✓	x	x		
Infrequent cold sores of the lip	Aciclovir 5% cream	✓	✓ (2g)	x	Self-limiting condition	<a href="https://cks.nice.org.uk/to-pics/herpes-simplex-oral/">https://cks.nice.org.uk/to-pics/herpes-simplex-oral/</a>
Infant colic	Infacol suspension	✓	x	x	Self-limiting condition	<a href="https://cks.nice.org.uk/to-pics/colic-infantile/">https://cks.nice.org.uk/to-pics/colic-infantile/</a>
Conjunctivitis	Chloramphenicol 0.5% eye drops	✓	✓ (10ml)	x	Self-limiting condition	<a href="https://cks.nice.org.uk/topics/conjunctivitis-infective/">https://cks.nice.org.uk/topics/conjunctivitis-infective/</a>
	Chloramphenicol 1% eye ointment	✓	✓ (4g)	x		
Infrequent constipation	Senna 7.5mg tablets	✓	✓ (20)	x	Minor condition suitable for self-care	<a href="https://cks.nice.org.uk/to-pics/constipation/">https://cks.nice.org.uk/to-pics/constipation/</a>
	Ispaghula husk sachets	✓	✓ (30)	x		
	Lactulose Solution	✓	✓ (500ml)	x		

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Condition	Treatment (N.B this is not an exhaustive list)	OTC	MAS <sup>1</sup>	Pharmacy First/PGD <sup>2</sup>	Rationale for Self-Care <sup>**</sup>	Prescribing guidance <sup>3</sup>
<b>Coughs, colds and nasal congestion/ Flu symptoms</b>	Simple s/f linctus	✓	✓ (200ml)	x	Self-limiting condition	<a href="#">Cough   Health topics A to Z</a> <a href="#">  CKS</a>   <a href="#">NICE</a>  <a href="https://cks.nice.org.uk/topics/common-cold/">https://cks.nice.org.uk/topics/common-cold/</a>  <a href="https://cks.nice.org.uk/topics/allergic-rhinitis/">https://cks.nice.org.uk/topics/allergic-rhinitis/</a>
	Simple paediatric linctus sugar free	✓	✓ (200ml)	x		
	Sodium Chloride 0.9% nasal drops	✓	✓ (10ml)	x		
	Menthol and eucalyptus inhalation	✓	x	x		
	Xylometazoline (0.05% drops & 0.1% spray)	✓	x	x		
	Pseudoephedrine 60mg tabs Pseudoephedrine 30mg/5ml linctus	✓	x	x		
	Cough mixtures, cold and flu capsules or sachets e.g. Benylin cough products Covonia cough products Meltus Menthol vapour rubs	✓	x	x		
<b>Cradle cap (seborrheic dermatitis- infants)</b>	Cradle Cap Shampoos Emulsifying ointment	✓	x	x	Self-limiting condition	<a href="https://cks.nice.org.uk/topics/seborrheic-dermatitis/">https://cks.nice.org.uk/topics/seborrheic-dermatitis/</a>

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Condition	Treatment (N.B this is not an exhaustive list)	OTC	MAS <sup>1</sup>	Pharmacy First/PGD <sup>2</sup>	Rationale for Self-Care <sup>**</sup>	Prescribing guidance <sup>3</sup>
<b>Mild cystitis/ Urinary tract infection</b>	Potassium citrate mixture	✓	x	x	Self-limiting condition management of common infection	<a href="https://cks.nice.org.uk/to-pics/urinary-tract-infection-lower-women/">https://cks.nice.org.uk/to-pics/urinary-tract-infection-lower-women/</a>
	Nitrofurantoin 100mg MR capsules/ Nitrofurantoin 50mg Capsules/Tablets	x	x	✓		
<b>Mild irritant dermatitis</b>	Hydrocortisone 1% cream	✓	✓ (15g)	✓ <sup>**</sup>	Minor condition suitable for self-care <sup>**</sup> Liverpool Place only	<a href="#">Dermatitis - contact   Health topics A to Z   CKS   NICE</a>
	Emulsifying ointment	✓	✓ (500g)	x		
	ZeroAQS	✓	✓ (500g)	x		
	Zerodouble	✓	✓ (100g)	x		
<b>Impetigo (widespread non bullous)</b>	Erythromycin tablets, oral solution/suspension and oral solution/suspension SF- for pregnant patients 16 years and older	x	x	✓	Management of common infection	<a href="#">Impetigo   Health topics A to Z   CKS   NICE</a>
	Clarithromycin tablets, oral solution/suspension	x	x	✓		
	Flucloxacillin capsules, oral solution, suspension or SF oral solution	x	x	✓		

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<b>Impetigo (localised non bullous)</b>	Fusidic acid cream 20mg/g	x	x	✓	Management of common infection	<a href="#">Impetigo   Health topics A to Z   CKS   NICE</a>
	Hydrogen peroxide 1% cream (Crystacide®)	x	x	✓		
<b>Dandruff</b>	Coal tar shampoo (Alphosyl 2 in 1)	✓	x	x	Minor condition suitable for self- care	<a href="https://cks.nice.org.uk/topics/seborrhoeic-dermatitis/">https://cks.nice.org.uk/topics/seborrhoeic-dermatitis/</a>
	Coal tar/salicylic acid/coconut oil shampoo (Capasal)	✓	x	x		
	Ketoconazole shampoo	✓	x	x		
	Selenium sulphide shampoo (Selsun)	✓	x	x		
<b>Prevention of dental caries</b>	Sodium fluoride mouthwash, oral drops, tablets & toothpaste (including the brands: Colgate®, EndeKay)	✓	x	x	Minor condition suitable for self- care	<a href="https://cks.nice.org.uk/topics/gingivitis-periodontitis/">https://cks.nice.org.uk/topics/gingivitis-periodontitis/</a>
<b>Diarrhoea (Adults)</b>	Oral rehydration sachets	✓	✓ (6)	x	Minor condition suitable for self- care	<a href="https://cks.nice.org.uk/topics/diarrhoea-adults-assessment/">https://cks.nice.org.uk/topics/diarrhoea-adults-assessment/</a>
	Loperamide 2mg capsules	✓	✓ (12)	x		

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<b>Dry eyes/Sore tired eyes</b>	Hypromellose 0.3% eye drops	✓	x	x	Minor condition suitable for self-care	<a href="https://cks.nice.org.uk/topics/dry-eye-disease/">https://cks.nice.org.uk/topics/dry-eye-disease/</a>
	Blephaclean Eye Lid Wipe Lid-Care Eyelid Wipe Optrex Supranettes RefreshOphth Soln 0.4ml Ud Ster Eye Cleansing Wipes	✓	x	x		
<b>Mild dry skin</b>	Aveeno products Dermacool products Dermalo 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	✓	x	x	Minor condition suitable for self-care	<a href="https://cks.nice.org.uk/topics/eczema-atopic/">https://cks.nice.org.uk/topics/eczema-atopic/</a>  <a href="https://cks.nice.org.uk/topics/psoriasis/">https://cks.nice.org.uk/topics/psoriasis/</a>

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Condition	Treatment (N.B this is not an exhaustive list)	OTC	MAS <sup>1</sup>	Pharmacy First/PGD <sup>2</sup>	Rationale for Self-Care <sup>**</sup>	Prescribing guidance <sup>3</sup>
<b>Earwax</b>	Sodium bicarbonate 5% ear drops	✓	✓ (10ml)	x	Minor condition suitable for self-care	<a href="https://cks.nice.org.uk/topics/earwax/">https://cks.nice.org.uk/topics/earwax/</a>
	Olive oil	✓	x	x		
<b>Mild to moderate hay fever/ Seasonal rhinitis</b>	Acrivastine	✓	x	x	Minor condition suitable for self-care	<a href="https://cks.nice.org.uk/topics/allergic-rhinitis/">https://cks.nice.org.uk/topics/allergic-rhinitis/</a>
	Cetirizine 10mg tablets	✓	✓ (30)	x		
	Chlorphenamine 4mg tablets	✓	✓ (28)	x		
	Loratadine 10mg tablets	✓	x	x		
	Promethazine 5mg/5ml oral solution	✓	x	x		
	Cetirizine 1mg/ml oral solution	✓	x	x		
	Chlorphenamine 2mg/5ml syrup	✓	✓ (150ml)	x		
	Loratadine 5mg/5ml syrup	✓	✓ (100ml)	x		
	Beclomethasone 50mcg/dose nasal spray	✓	x	x		
	Fluticasone 50mcg/dose nasal spray	✓	✓ (60 dose)	x		
	Sodium cromoglycate 2% eye drops	✓	✓ (10ml)	x		

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Condition	Treatment (N.B this is not an exhaustive list)	OTC	MAS <sup>1</sup>	Pharmacy First/PGD <sup>2</sup>	Rationale for Self-Care <sup>**</sup>	Prescribing guidance <sup>3</sup>
Haemorrhoids	Anusol Ointment	✓	✓ (25g)	x	Self-limiting condition	<a href="https://cks.nice.org.uk/topics/haemorrhoids/">https://cks.nice.org.uk/topics/haemorrhoids/</a>
	Anusol suppositories	✓	✓ (12)	x		
Head lice	Bug Buster kit	✓	x	x	Minor condition suitable for selfcare	<a href="https://cks.nice.org.uk/topics/head-lice/">https://cks.nice.org.uk/topics/head-lice/</a>
	Nitcomb-M2	✓	✓	x		
	Dimethicone lotion 4%	✓	✓ (2 x 50ml)	x		
	Malathion 0.5% liquid	✓	✓ (150ml)	x		
Excessive sweating (hyperhidrosis)	Aluminium chloride 20% solution (Anhydrol Forte, Driclor)	✓	x	x	Minor condition suitable for self-care	<a href="https://cks.nice.org.uk/topics/hyperhidrosis/">https://cks.nice.org.uk/topics/hyperhidrosis/</a>
Indigestion and heartburn	Mucogel suspension 195/220	✓	x	x	Minor condition suitable for self-care	<a href="https://cks.nice.org.uk/topics/dyspepsia-unidentified-cause/">https://cks.nice.org.uk/topics/dyspepsia-unidentified-cause/</a>
	Maalox 175/200 oral suspension	✓	x	x		
	Maalox plus tablets	✓	x	x		
	Maalox plus suspension	✓	x	x		
	Peptac liquid/alginate acid	✓	✓	x		
	Phillips milk of magnesia	✓	x	x		
Insect bites and stings	Hydrocortisone 1% cream	✓	✓ (15g)	x	Minor condition suitable for self-care	<a href="https://cks.nice.org.uk/topics/insect-bites-stings/">https://cks.nice.org.uk/topics/insect-bites-stings/</a>
	Hydrocortisone 1% ointment	✓	x	x		
	Crotamiton 10% cream	✓	x	x		
	Crotamiton with hydrocortisone cream	✓	x	x		

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	Chlorphenamine 4mg tablets	✓	x	x		
	Chlorphenamine 2mg/5ml syrup	✓	x	x		
	Loratadine 10mg tablets	✓	x	x		
	Cetirizine 10mg tablets	✓	x	x		
<b>Infected insect bite(s) and sting(s)</b>	Flucloxacillin capsules, oral solution, suspension or SF oral solution Erythromycin tablets, oral solution, suspension or SF solution /suspension Clarithromycin tablets, oral solution or suspension	x	x	✓	Management of common infection	<a href="#">Insect bites and stings   Health topics A to Z</a> <a href="#">  CKS   NICE</a>
<b>Mouth ulcers</b>	Anbesol adult strength gel 10g / Anbesol liquid 10ml	✓	✓	x	Minor condition suitable for self- care	<a href="https://cks.nice.org.uk/topics/aphthous-ulcer/">https://cks.nice.org.uk/topics/aphthous-ulcer/</a>
	Bonjela teething gel	✓	x	x		
	Diffiam (Throat Spray & rinse)	✓	x	x		
<b>Nappy rash</b>	Zinc and castor oil ointment	✓	✓ (500g)	x	Minor condition suitable for self- care	<a href="https://cks.nice.org.uk/topics/nappy-rash/">https://cks.nice.org.uk/topics/nappy-rash/</a>
	Sudocrem cream	✓	✓ (60g)	x		
	Drapolene cream	✓	x	x		
<b>Nutrition</b>	Probiotics	✓	x	x	Limited evidence of clinical effectiveness.	<a href="https://cks.nice.org.uk/topics/vitamin-d-deficiency-in-adults/">https://cks.nice.org.uk/topics/vitamin-d-deficiency-in-adults/</a>
	Vitamins and Minerals	✓	x	x		

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Oral Thrush	Miconazole oral gel	✓	✓ (15g)	x	Minor condition suitable for self-care	<a href="https://cks.nice.org.uk/topics/candida-oral/">https://cks.nice.org.uk/topics/candida-oral/</a>
	Nystatin oral suspension	x	x	x		
Acute otitis media	Erythromycin tablets, oral solution/suspension and oral solution/suspension SF- for pregnant patients aged 16 or 17 years old	x	x	✓	Management of common infection	<a href="#">Otitis media - acute   Health topics A to Z</a> <a href="#">  CKS</a>   <a href="#">NICE</a>
	Clarithromycin tablets, oral solution/suspension	x	x	✓		
	Amoxicillin capsules, oral solution/suspension and SF oral solution/suspension	x	x	✓		
Symptomatic relief of pain due to acute otitis media	Phenozone 40mg lidocaine hydrochloride 10mg/g (Otigo®) ear drops	x	x	✓		
Minor Conditions associated with pain, discomfort and fever (e.g. aches,	Ibuprofen 200mg tablets	✓	✓ (24)	x	Minor condition suitable for self-care	<a href="#">Analgesia – mild-to-moderate pain   Health topics A to Z</a> <a href="#">  CKS</a>   <a href="#">NICE</a>  <a href="#">Back pain – low</a>
	Ibuprofen 100mg/5ml SF Susp.	✓	✓ (100ml)	x		
	Ibuprofen 200mg capsules	✓	x	x		

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sprains, headache, period pain, back pain). Infrequent migraine	Ibuprofen 200mg orodispersible tablets Ibuprofen 400mg capsules Ibuprofen 400mg tablets					<a href="#">(without radiculopathy)   Health topics A to Z   CKS   NICE</a> <a href="#">Sprains and strains   Health topics A to Z   CKS   NICE</a> <a href="#">Migraine   Health topics A to Z   CKS   NICE</a>
	Paracetamol 500mg tablets	✓	✓ (2 x 16)	x		
	Paracetamol 500mg capsules Paracetamol supp all strengths Paracetamol 500mg soluble tablets Paracetamol 250mg orodispersible tablets	✓	x	x		
	Paracetamol 120mg/5ml SF Susp	✓	✓ (100ml)	x		
	Paracetamol 250mg/5ml SF Susp	✓	✓ (200ml)	x		
	Co-Codamol 8mg/500mg tablets Co-Codamol 8mg/500mg effervescent tablets	✓	x	x		
	Diclofenac 1.16% gel Diclofenac 2.32% gel	✓	x	x		
	Ibuprofen 5% gel	✓	x	x		
	Rubefacients	✓	x	x		
	Sumatriptan (treatment of acute migraine only) 50mg tablets	✓	✓ (2)	x		

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<b>Scabies</b>	Permethrin 5% dermal cream	✓	✓ (2 x 30g)	x	Minor Condition suitable for self-care	<a href="https://cks.nice.org.uk/topics/scabies">https://cks.nice.org.uk/topics/scabies</a> -
	Malathion 0.5% liquid	✓	✓ (150ml)	x		
<b>Shingles</b>	Aciclovir tablets and dispersible tablets Valaciclovir tablets	x	x	✓	Management of common infection	<a href="#">Shingles   Health topics A to Z   CKS   NICE</a>
<b>Acute bacterial sinusitis (rhinosinusitis)</b>	Erythromycin tablets, oral solution/suspension and oral solution/suspension SF- for pregnant patients	x	x	✓	Management of common infection	<a href="#">Sinusitis   Health topics A to Z   CKS   NICE</a>
	Clarithromycin tablets, oral solution/suspension	x	x	✓		
	Doxycycline capsules, dispersible tablets Phenoxymethylpenicillin tablets, oral solution/suspension and oral solution/suspension sugar free	x	x	✓		
<b>Acute sinusitis (rhinosinusitis)</b>	Mometasone furoate nasal spray 50mcg/dose Fluticasone furoate nasal spray (Avamys®) 27.5mcg/dose	x x	x x	✓ ✓		
<b>Acute Sore throat</b>	Diffiam (Throat Spray & rinse)	✓	x	x	Self-limiting condition	<a href="#">Scenario: Management   Management   Sore throat - acute   CKS   NICE</a>
	Antiseptic lozenges and sprays	✓	x	x		

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Acute sore throat due to suspected streptococcal infection	Erythromycin tablets, oral solution/suspension and oral solution/suspension SF- for pregnant patients 16 years and older	x	x	✓	Management of common infection	<a href="#">Scenario: Management t   Management t   Sore throat - acute   CKS</a> <a href="#">  NICE</a>
	Clarithromycin tablets, oral solution/suspension	x	x	✓		
	Phenoxymethylpenicillin tablets, oral solution/suspension and oral solution/suspension sugar free	x	x	✓		
Sunburn due to excessive sun exposure	After sun cream	✓	x	x	Minor Condition suitable for self-care	<a href="https://cks.nice.org.uk/topics/burns-scalds/management/managing-non-complex-burns/">https://cks.nice.org.uk/topics/burns-scalds/management/managing-non-complex-burns/</a>
Sun protection	Anthelios XL Sunsense Ultra	✓	x	x	Minor Condition suitable for self-care	
Teething/ Mild toothache	Anbesol teething gel and Anbesol liquid	✓	✓ (10g/10ml)	x	Minor Condition suitable for self-care.	<a href="https://cks.nice.org.uk/topics/teething/">https://cks.nice.org.uk/topics/teething/</a> †
	Clove oil	✓	x	x		
	Painkillers		Refer to Section on mild pain for details			
Threadworms	Mebendazole 100mg tablets	✓	✓ (2)	x	Minor Condition suitable for self-care	<a href="https://cks.nice.org.uk/topics/threadworm/">https://cks.nice.org.uk/topics/threadworm/</a>
	Mebendazole 100mg/5ml suspension	✓	x	x		

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Travel Sickness	Hyoscine hydrobromide 300mcg (Kwells®)	✓	x	x	Minor Condition suitable for self- care	
	Hyoscine hydrobromide 150mcg (Kwells kids®)	✓	x	x		
	Cinnarizine 15mg tablets (Stugeron®)	✓	x	x		
Vaginal thrush	Clotrimazole 1% cream	✓	✓ (20g)	x	Minor Condition suitable for self- care	<a href="https://cks.nice.org.uk/topics/candida-female-genital/">https://cks.nice.org.uk/topics/candida-female-genital/</a>
	Clotrimazole 500mg pessary x 1	✓	✓	x		
	Fluconazole 150mg capsule x 1	✓	✓	x		
Warts and Verrucas	Salactol wart paint	✓	✓	x	Minor Condition suitable for self- care	<a href="https://cks.nice.org.uk/topics/warts-verrucae/">https://cks.nice.org.uk/topics/warts-verrucae/</a>

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