

Skeltons Chemists

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Opening Times

Monday to Friday - 8.30am - 5.30pm

Saturday - 8.30am - 3pm

Sundays & Bank Holidays - Closed

Your FREE Healthy Living Leaflet for August 2024

1. What is Pharmacy First?
2. What are minor ailments?
3. What is the point of this new service?
4. What conditions can I get a supply of antibiotics for?
5. Can we just walk in and get an antibiotic?
6. Who can get help for a UTI?
7. Who can't get help for a sore throat?
8. What are the criteria for acute earache?
9. Who can get help for shingles?
10. What are the restrictions on pharmacists helping people with impetigo?



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Answers on the bottom of P2

What is Pharmacy First?

It is a new service that the government has introduced to help relieve the pressure on GPs and other emergency settings. Hopefully it will also mean that you will be seen by a highly qualified healthcare professional without an appointment and more quickly than previously. The system is intended to work like this: You visit your GP, Out of Hours, a walk-in centre or you contact NHS 111 and the person you speak to, after asking several questions, decides you have what is called a minor ailment and refers you to your local pharmacy. A minor ailment is one that will usually clear up on its own, after a few days but you may feel that you need some sort of medication to ease the symptoms. In this



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case you will be referred to your local pharmacy for advice and some over the counter remedy to help.

What are the conditions that pharmacists can supply antibiotics for on the NHS?

The Government has decided that there are 7 minor ailments that pharmacists can supply antibiotics on the NHS provided strict criteria are met. The ailments are:

- UTI - only to women aged 16-64 who haven't had a UTI in the last 6 months
- Impetigo - as long as it's non-bullous, you haven't had an episode in the last year, and you are not pregnant under 16
- Shingles - any adult over 18 except pregnant

women.

- Insect bites - anybody over 1 year old excluding pregnant women under 16
- Sinusitis - for anybody over 12 excluding immunocompromised people, chronic sinusitis (symptoms have lasted for more than 12 weeks) and pregnant women under 16
- Ear infections - for children aged 1 to 17 excluding those who have had 3 or more infections in 6 months or 4 or more in 12 months and pregnant women under 16
- Sore throat - for adults and children over 5 excluding women under 16 who are pregnant

What is the procedure if I have one of these conditions?

Our pharmacist will take you into the consulting room and ask you questions to assess if you are seriously ill. If they think you may be, they will send you back to your GP or to A&E. If they think it is less serious, they will continue to ask you questions to ascertain the severity of your symptoms.

Depending on the answers you give, our pharmacist will either:

- ◆ Offer advice and an OTC remedy to ease your symptoms while your body fights off the infection, asking you to return in a few days if you are still not well.
- ◆ Review your symptoms and if they pass a “gateway point” set by the protocol determined by NHS, our pharmacist can prescribe you an antibiotic.

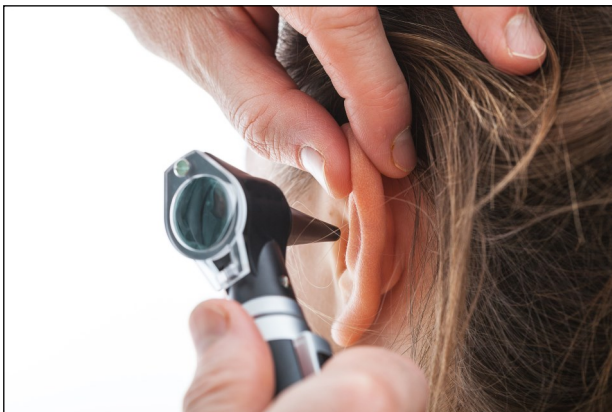


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Examples of the criteria for each condition are:

- * If you have impetigo with 3 or less lesions you may be offered hydrogen peroxide cream for 5 days. If you have 4 or more, you could be offered an antibiotic.
- * If you have an uncomplicated UTI with mild symptoms, you could be asked to return in 48 hours if there is no improvement but if the symptoms are moderate to severe you may be given nitrofurantoin.
- * If you have acute, severe symptoms of a sore throat, you may be offered an antibiotic.
- * If your child has mild earache, you may be offered self-care advice and pain killers but if it is more severe and/or your child has had it for more than 3 days, you may be offered an antibiotic
- * Most insect bites are not serious and will get better in a few hours/days but if there is redness and swelling around the bite or pus discharge, you may be offered an antibiotic.
- * If you think you may have shingles and our pharmacist agrees, it is within 72 hours of the onset of the rash and you are over 50 OR it is one week after the onset of the rash, and you are over 70 you may be offered an antiviral.
- * If you have been suffering from sinusitis for less than 10 days, you could be offered self-care advice and pain relief but if the symptoms have lasted more than 10 days and are getting worse you may be offered an antibiotic.

For more information talk to one of our trained team.

Answers: Q1, It is a new service that has been introduced so you get a supply of certain medicines for certain minor ailments. Q2, These are conditions that will usually resolve themselves like coughs, colds, insect bites, nasal congestion. Q3, It aims to reduce the workload of GPs. Q4, Urinary tract infections (UTIs), impetigo, shingles, insect bites, sinusitis, ear infections and sore throats. Q5, No. Your infection has to meet certain criteria set by the government. Q6, You must be a woman between 16 and 64 years and it must be your first infection in the last 6 months. Q7, Children under 5 and pregnant women under 16. Q8, Children aged 1 to 17 with severe infection who have had less than 3 episodes in 6 months. Q9, Any adult over 18 years old. Q10, Anybody with bullous impetigo, recurrent impetigo (2 or more episodes in the same year), pregnant women under 16.